

Yoga teacher training syllabus

200 hours Accredited training

INTRODUCTION

YogaWellbeing's teacher training is designed to help the student understand the core principles and philosophies of yoga and its enormous benefits. We aim to support each student to develop as a person, to achieve personally, physically, intellectually, socially and open their mind to embrace the gift of yoga on a personal level and to seek to share that gift with others.

We offer an outstanding level of instruction and guidance so as to create a principled, well-rounded and knowledgeable yoga teacher with understanding, compassion and a love for teaching yoga. The course offers 181 hours of face-to-face tuition. The remaining 21 hours will be made up of personal study, assignments, reading and personal practice.

The course is aligned to the guidelines of Yoga Alliance Professionals and offers an engaging approach of learning for every student. We aim to offer a multi-faceted course that embraces physical, theoretical and practical subjects in an accessible way.

Trainee teachers should come to a training course with a good experience and knowledge of yoga and above all, a maturity and willingness to learn, to accept feedback and communicate well with others. The need to work harmoniously and compassionately with their fellow trainees will help provide the ideal environment for learning from each other and set a good precedent for working with students once qualified.

MODULE ONE

This module focuses on providing a practical introduction to being a yoga teacher. Understanding why we want to teach yoga, what we bring as individuals to the students in our care. Students are encouraged to learn acceptance and appreciation of their own strengths, abilities and limitations through personal practice and reflection. We introduce them to the powers, benefits and potentials of the asanas, in part through practice but also through the study of human anatomy and physiology. We expect them to learn the basics of yoga studio safety, lesson planning, modifications and working with students with care, humility and respect. We also address some of the history and philosophy of yoga.

1. Basic leg stretches Warriors, Triangle, Parsvottanasana
2. Balancing posture, Vrksasana, Virabhadrasana I, II and III
3. Spinal twists
4. Forward and backbends
5. Development through personal practice, your individuality as a yoga teacher, finding your own voice, understanding your unique yoga lifestyle
6. Teaching as a vocation, the qualities of a competent yoga teacher

7. Learning 'how to teach' with clarity and confidence
8. Teaching techniques, learning styles and lesson planning
9. Health and safety for your students, yourself, risk assessments, yoga "first aid"
10. The origins of yoga and its evolution
11. The Yoga Sutras of Patanjali, Bhagavad Gita
12. Anatomy and physiology for yoga, understanding bones, muscles, joints, ligaments, tendons and fascia
13. Teaching total beginners

WRITTEN ASSIGNMENTS

- Keep a personal yoga journal/diary. Make it a combination of photographic or videographic and written. Keep records of all the yoga activities you have participated in, events, workshops etc. attended. Take time to reflect on your practice and record your improvements, set-backs and breakthroughs.
- Anatomy and physiology for yoga
- Prepare a 60-minute outline lesson plan including risk assessment

PRACTICAL ASSIGNMENTS

- Teach a 15 minute session of standing asanas and spinal twists of your own choice

MODULE TWO

This module is designed to deepen students' understanding of the eight limbs of yoga and discover the elements of a yogic lifestyle. We also go into greater depth with asana practice and develop our understanding of some of the classical features of yoga such as the Salutations and basic Pranayama techniques. Students will continue to maintain a journal of their personal practice and reflect on their development. We will continue with study of anatomy and physiology, in particular of the breathing mechanism to compliment students' understanding of pranayama. Students will explore the philosophy of yoga in greater depth. We will offer an insight into the use of language, voice and clarity of explanation. Key teaching skills such as demonstrating yoga postures safely, modifying and adapting postures and using props will be explored.

1. The chakras, nadis and a yogic diet
2. Knowing and using Sanskrit terms correctly
3. Supine and prone postures including back bends
4. Mudras and bandhas, understanding and harnessing our body's subtle energy
5. Understand and be able to explain the benefits of the yoga postures and practices
6. Inverted postures and how to teach and demonstrate safely
7. The philosophy of yoga
8. Alignment, adaptation, modification of asanas
9. Using props effectively
10. Classical sun salute
11. The anatomy and physiology of breathing
12. The practice and benefits of pranayama and how to teach it
13. Dealing with less able students, pregnancy and mixed ability groups

WRITTEN ASSIGNMENTS

- Describe the physical benefits of yoga practice on a chosen element of the body
- Write an essay explaining the key philosophical principles of the eight limbs of yoga
- Describe three different techniques that can be used to help students in relaxation

PRACTICAL ASSIGNMENTS

- Teach a 20-minute session of inversions and back bends
- Teach a 10-minute pranayama session

MODULE THREE

This module explores the psychological and mental health aspects of yoga. Students can discover and begin to appreciate the subtle effects of yoga on the body, breathe and brain. We introduce more advanced asana practice and the purpose and practice of bandhas. Students will be introduced to the intricacies of focus and concentration through the use of the drishti and mantras. Students will be encouraged to learn more about dharana, visualisation and meditation and introduced to a basic understanding of the kriyas and cleansing practices. We will also aim to develop the students' knowledge and practice of Pratyahara, stillness and yoga nidra. We continue the study of anatomy and physiology with a focus on the brain and nervous system to support students with their understanding of relaxation and meditation. Comparative study of yoga styles is intended to help students experience a range of yoga styles and develop an appreciation of the pros and cons associated with each.

More advanced teaching skills will be introduced as students are expected to understand and plan lessons that have structure. One-to-one teaching will be examined and the importance of planning and teaching lessons safely to avoid injury.

1. Basic anatomy and physiology of the brain and nervous system
2. Psychological aspects of yoga
3. Meditation practice, theory and benefits
4. Mantras and the impact of sound vibration in the body
5. Comparative yoga styles, Vinyasa and Hatha, Yin, restorative, Iyengar, Kundalini, hot yoga etc.
6. Sequencing and creating flow, peaks and troughs in a lesson
7. Managing and preventing injuries
8. One-to-one teaching and creating individual programmes
9. Pratyahara
10. Surya Namaskar A and B
11. Focus and the importance of the drishti
12. Kriyas and cleansing practices
13. Using yoga therapeutically (this will not permit a student to practice as a yoga therapist)
14. Stillness and yoga nidra

WRITTEN ASSIGNMENTS

- Write an essay on the benefits of meditation
- Prepare an outline lesson plan of a 30-minute session in a yoga style of your choosing
- Discuss the key elements of injury prevention and management in a yoga class environment

PRACTICAL ASSIGNMENTS

- Teach a 30-minute session in a yoga style of your choosing. Give thought to the structure of your lesson, how focus, concentration and stillness are incorporated into the class and managing the class to reduce risk of injury.
- Teach a 10-minute session to introduce either meditation, visualisation or yoga nidra practice to students

MODULE FOUR

Here we discuss the practicalities of running yoga classes and making our chosen vocation into a viable living.

1. Comparative teaching techniques
2. Adjusting postures, hands on and through instruction
3. The how and why of offering alternatives
4. Demonstrating postures safely
5. Learning about and observing students, supporting students safely
6. Postures and contraindications, playing the edge of your ability
7. A yoga teacher's ethical and professional behaviour
8. Basics of business
9. Learning your craft
10. Recruiting and retaining students
11. Running an ethical and successful business
12. Dealing with studios, gyms and clients
13. Marketing your yoga business
14. Your USP

WRITTEN ASSIGNMENTS

- Write a business plan outlining how you will run the first year of your new yoga business
- Produce a detailed lesson plan for the 60-minute yoga session you are to teach in your practical assignment

PRACTICAL ASSIGNMENTS

- Teach a 60-minute session demonstrating your knowledge and understanding of different teaching techniques, adjusting students, demonstration of postures, offering modifications and teaching a range of standing, seated and other postures, savasana, and pranayama

FINAL EXAM (1½ hours)

A written exam that is designed to test the student's understanding of the following:

- Anatomy and physiology of the human body
- Use of asanas and their benefits
- The history and philosophy of yoga
- Traditional principles and practices
- The practice and benefits of pranayama
- The benefits of relaxation, meditation and nidra
- Health and safety

PROBATIONARY PERIOD OF SUPPORT FOR NEWLY QUALIFIED TEACHERS

Once qualified students are required to set up and run a minimum of one weekly yoga class for a period of 12 months post course. On two occasions YogaWellbeing's Director of Teacher Training will observe the qualified student to provide support, guidance and feedback. During this probationary period qualified students should take the opportunity to contact the Director of Teacher Training for advice and support.