

Ashtangasana

200 Hour Yoga

Teacher Certification

Course Dates: March 31, 2019 through July 28, 2019

16 Week Program

Thursdays 6-9 pm/Sundays 11-4 pm

Are you ready to take your practice to a whole new level?

Our Yoga Alliance Credentialed 200 Hr YTT Training will prepare you for the role of Yoga Instructor. No desire to be a teacher? Some students are more interested in deepening their personal practice by adding to their yoga "toolbox". Either way...our training is perfect for you!

Topics for our training include:

1. Techniques, Training and Practice: 100 hours
2. Teaching Methodology: 25 hours
3. Anatomy and Physiology: 20 hours
4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours
5. Practicum: 10 hours

You will learn Lesson Plan Creation in 5 different formats
Asana Anatomical Cueing, Modifications, Variations, Props
Hands On Teaching Practice/Adjusting/Assisting

Certification Cost: \$3,500

Course Manuals included with tuition:

Student Manual, Asana Manual and Yoga Terms Dictionary (including Sutras & Sanskrit Roots)

***Over 104 digital stick figures for lesson plan creation for the future**

***You will also share/receive lessons from E-RYT, Micki Beach & classmates so you will collect many lessons already prepared for you.**

****You will be responsible for purchasing additional course textbooks and an online account to Gaiamtv.com***

If installment payments are made, please submit application and \$850.00 deposit.

Tuition can be paid in full at time of registration for an early bird fee of \$3200.00

There will be no discount applied to payments after March 1st, 2019 because manuals will need to be ordered. Course start date March 31, 2019 and will run tentatively through July 28, 2019.

All payments must be paid in full by start date.

Training Days: Thursdays 6-9 pm/Sundays 9-2 pm or 11-4 pm (TBA)

We will take the first week off of every month with classes being held on the 2nd, 3rd and 4th Thursday from 6-9 pm and 2nd, 3rd and 4th Sunday 9-2 pm or 11-4 pm.

Students are required to purchase additional text books. These are not included in the course fees.

Course Overview



ASHTANGASANA

200 hr. Yoga Teacher Training Curriculum

Yoga Philosophy

What is Yoga?
Western vs Classical
Origins of Yoga
Different Types vs Different Styles of Yoga
8 Limbs of Yoga
The Great Masters
Understanding the Teacher/Student Relationship

Asana

The Anatomical Study of Poses (over 100 poses):

What Makes up a Pose:

- Category of Pose
- Benefits of Pose
- Preparation & Directions (Step by Step)
- Alignment
- Energy Lines
- Counter Pose
- Drishti
- Variations
- Sequencing
- Reflections/Affirmation
- Adjustments (3 Types with Hands on Practice)
- Anatomical Cueing: PNF, Reciprocal Inhibition, Muscle/Joint Stabilization
- Contraindications/Cautions: Ways to help your students with these

Meditation

Learn Various Styles
Practice & Lead Meditations/Visualizations
Mudra & Mantra: Types/Practice

Pranayama

Meaning & Philosophy
Pranayama Methods & Benefits: Practice
Nadis & Bandhas

Fundamentals of Teaching

How to Develop a Class
Sequencing Concepts: Sunrise Yoga Format
Design a Peak Pose Lesson:

- Selecting and Identifying Purpose for Peak Pose
- Biomechanical Requirements for Goal Posture

- Preparation, Warm Up & Compensation Asanas
- Logical Sequencing
- Transitions & Counter Poses
- Preparing a Class for more Challenging Poses

Creating Level 1 vs Level 2 Class

Creating Theme Classes/Styles of Classes

Adjustments:

- Principles: Restorative, Vinyasa, Gentle, Yin
- Types of Adjustments (Passive, Active, Resistance, Partner)
- Mechanics of Adjusting
- Terminology for Adjusting

Qualities of a Yoga Teacher

Personal Parameters & Boundaries

Code of Ethics

Teacher/Student Relationship

Your Role as Teacher

Business Aspects

Create a Business Plan

Private Sessions: Establishing & Maintaining Students

Consent & Liability Waiver

Marketing & Advertising

Supplemental Workshop- Retreat Sunday with All Day Yoga, Workshops and Lunch

Ayurveda- Find Your Dosha

Chakras- Your Inner Rainbow

Balancing Your Wellness Wheel:

Social, Emotional, Intellectual, Physical, Spiritual and Occupational Health

Tree of Life Yoga Studio

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www.tolyoga.com



*You will be able to pay in full or installments through our MindBody App after your application has been accepted. Cash or check in studio is also acceptable.

Feel free to visit yogaalliance.com to see a detailed list of our day to day syllabus.

<https://www.yogaalliance.org/SchoolPrograms?pid=4265&sid=6056>

