

This course gives profound knowledge about the yoga principles with a strong emphasis on correct alignment and through understanding of the body, learn how to establish a healthy practice and how to make a sequence.

1.1 DESCRIPTION

During this course you will establish a good understanding of the human body. This will help you to learn how to establish a healthy practice, good sequences and will make you confident as a yoga teacher.

The course includes studies of:

- Asana
- Pranayama
- Philosophy
- Anatomy
- Teaching Methodology

1.2 COURSE OBJECTIVES

- Trainees will understand the pedagogy of Yoga
- Trainees will learn the art of observation & adjustment in Asana
- Trainees will become knowledgeable about the roots & philosophy of Yoga, particularly the Sutras of Patanjali
- Trainees will be able to teach basic Pranayama techniques
- Trainees will learn Sanskrit names and meanings of Yoga postures

1.3 STRUCTURAL BREAKDOWN

The course consists of 500 contact hours:

433 hours Asana/Pranayama with Pankaj

35 hours Anatomy with Johannes (sports scientist, physiotherapist, osteopath & yoga student)

35 hours Philosophy with Indian Swami from Vedanta Center

1st semester (105 hours):

- * standing poses - principles & practice
- * workshop standing poses & alignment
- * asana practice
- * class sequencing
- * teaching beginners
- * teaching safely
- * Introduction to anatomy

2nd semester (90 hours):

- * forward bends - principles & practice
- * twists - principles & practice
- * Pranayama - principles & practice
- * Anatomy: respiratory system
- * Anatomy: neurological system
- * Ethics of teaching

3rd semester (105 hours):

- * backbends: principles & practice
- * workshop: backbends & twisting
- * Pranayama: principles & practice
- * Anatomy: breath work
- * Philosophy: Yoga Sutras of Patanjali

4th semester (90 hours):

- * Anatomy & Physiology
- * inversions: principles & practice
- * seated poses & hip openers: principles & practice

5th semester (90 hours):

- * Yoga history & Philosophy
- * adjustments
- * Anatomy: digestive system

last month (24 hours):

- * teaching methodology
- * safety guidelines
- * preparation for exam

1.4 MATERIALS

A reading list will be provided upon the start of the course and students are expected to purchase these themselves.

Trainees should have a proper yoga mat (for the home practice) as well as other props like belts and blankets as recommended by the teacher.

1.5 PREREQUISITES

Trainees are required to have a minimum of 2 years of good yoga practice before they can be accepted onto the teacher training course. No exceptions can be made.

1.6 EVALUATION PROCEDURE & GRADING CRITERIA

There will be 3 essays throughout the course and a final assessment.

1.7 COURSE SCHEDULE

tuesdays 20:00-21:30

one week-end monthly: saturday 11:00 - 17:00 (1 1/2 hours break)

sunday 11:00 - 17:00 (1 1/2 hours break)

This course has 504 hours with 90% contact hours as required.

Finish date: 02.10.2016

Final assessment: 02.10.2016

Certificates will be provided on 02nd October for successful students.

1.8 ATTENDANCE

Trainees should attend a minimum of 90% of the course.

1.9 ACCREDITATION

The teacher training course has met the stringent requirements set by Yoga Alliance Professionals. Our graduates are trained to the highest standard and are eligible to register with Yoga Alliance Professionals.