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Syllabus for 200 Yoga Teacher Online Training

Preparation homework-review "The Heart of Yoga," Section I and 175-180
Sessions are three hours with 15-minute break

Week One:
Introduce chant for beginning each session. Sahana Vavatu

A. Module One-YP Legal and Ethical

   Yoga Alliance: introduction of Yoga Alliance guidelines, professional path, Code of conduct. Trainer Vision, mission, school lineage, code of conduct, liability waiver, culture of feedback, inclusion principles self-test, teaching qualities self-test, resources, reading list, review homework, reading assignments, test preparation.

B. Module Two-YP Legal and Ethical

   Evolution Theory, history of human development, compare/contrast Eastern and Western Philosophy, differences in human development, ancient texts, integrate knowledge.

Assignment: Review "Articles" section of Training Manual
Reading Articles 1-5, 21, 25, 38, 45, 50, 70-74 and 80-84 (Will review articles at seven weeks)
Introduce chant for ending each session. Shivaya Gurave

Week Two:
Introduce chant for beginning each session.

A. Module Six-Teaching Methods

   Introduction to 'Yamas' and 'Niyamas' in context of Yoga Sutras as guide to practice of teaching, integrate concept of Student/teacher relationship, discuss differences in personality, identify your patterns, review the qualities of a good teacher, integrated effective relational qualities. Take 'Kahoe' Leadership and Cultural Competence Self-Test, Score.

B. Module Twenty-One-A&P

   Respiratory System, structure of lungs, gas exchange process, capacity and volume, describe how the human body creates energy, how oxygen and carbon dioxide are used by the lungs to trigger inhalation and exhalation, how breath is used in Pranayama and Asana practice, how bandhas are used to control breath.

Assignment
Review "Memorization Techniques" chose methods that work for you
Review Page 46-47 in "The Language of Yoga."
Introduce chant for ending each session.

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Week Three:
Introduce chant for beginning each session. Sahana Vavatu

A. Module Three-YP Legal and Ethical

   In depth study Samkhya Philosophy, enlightenment, recitation of Sanskrit terms, eight limbs of yoga, introduce Sanskrit language, orthodox school, and important books in study of Samkhya Philosophy, eight limbs of yoga in Yoga Sutras.

B. Module Twenty-A&P

   In depth study of Circulatory System, substance exchange process, how circulatory and respiratory system link, principles of flow, pressure, blockage, Sanskrit and Latin vocabulary in Anatomy and Physiology.

Assignment: Review & Practice Pranayama, Chapter 6, Heart of Yoga
Introduce chant for ending each session.

Week Four:
Introduce chant for beginning each session. Sahana Vavatu

A. Module Nineteen-A&P

   In depth study of the Cardio-vascular System, Sanskrit and Latin terms, vital organs, hormones interactions with CV System, function Endocrine System linkages in function of human body.

B. Module Twenty-seven-Vinyasa

   Vinyasa Yoga principles and practice, Anatomy and Physiology of vinyasa yoga, variations on vinyasa yoga (floor, chair, medical), proper sequence of vinyasa yoga class, alignments, misalignments, adjustments, corrections, learn Surya Namaskara A and B. Pattabhi Jois - Richard Freeman and Carl Swanson.

Assignment: Review chants in "Language of Yoga," pages 10, 12, 14.
Introduce chant for ending each session. Shivaya Gurave

Week Five:
Introduce chant for beginning each session. Sahana Vavatu

A. Module Sixteen: A&P

   In depth study of structure and function of nervous system, Brain anatomy and functions, Latin and Sanskrit names, CNS anatomy and functions, PNS anatomy and functions, limbic & vagal systems anatomy and functions, Memory function and Neural Pathways, connections with endocrine system, mind-body connections, and response process. Brief meditation to integrate learning last 15 minutes.

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Week Five: continued

B. Module Eighteen: A&P

In depth study of endocrine system, glands, structure, vital organs, physiology of hormones, operation of the human body, integrated understanding of role of endocrine system.

Assignment: Study "Language of Yoga" page 46 and 47
Assignment: Review "Teaching Yoga – Part I"
Introduce chant for ending each session. Shivaya Gurave

Week Six:
Introduce chant for beginning each session. Sahana Vavatu

A. Module Nine: A&P

In depth study, contrast and compare eastern and western concepts, history of Anatomy and Physiology, Planes, directions, locations, regions, cavities, Anatomical language. Bio-Mechanics references, initiation of movement, joint motion and function, role of muscle/skeletal interactions.

Brief meditation to integrate learning last 15 minutes.

B. Module Seven: Teaching Methods

Structuring class, Queuing, Spacing, Class Management, Practice Teaching, Mirroring, difficulty of change, behavior of change, holding space, sacred space, class management, consistency, function over form, krama, relationships.

Assignment: Read "Heart of Yoga Part II"
Introduce chant for ending each session. Shivaya Gurave

Week Seven:
Introduce chant for beginning each session. Sahana Vavati

A. Module Four: YP Legal and Ethical

In depth study of Prakruti, Purusa, nature of two bodies, elements of individual evolution, Prana, Tejas, Ojas, PanchaGuna, Tattvas, Subtle Body. Take Prakruti/Vikruti Assessment, score.

B. Module Five: YP Legal Ethical

In depth study of Prakruti/Vikruti, Asana, Kosha, Dosha, Sub-Dosha, Subtle body systems and connections with Physical body, Nadi System, role of Pranayama and Meditation, Gross body, Attributes, Ama, Agni, Digestion, Dinacharya, Ritucharya, Goals, Karma, Dharma, Svadyaya.

Assignment: Chapter 1, Yoga Sutras, Heart of Yoga pg. 149-164
Introduce chant for ending each session. Shivaya Gurave

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Week Eight:
Introduce chant for beginning each session. Sahana Vavatu

A. Module Eleven: A&P

   In depth study of the human cell, mitosis, myosis, function, structure, absorption, digestion, understanding the physiological process in the human body. Anabolic, Catabolic, Metabolic.

B. Module Seventeen: A&P

   Stress and the human brain, physiological effects of stress, and trauma, Involuntary and voluntary functions, Concept of pain, Physiology of pain, pain and the nervous system, pain feedback System, Relief of pain, chronic pain. Lorimer Moseley

Assignment: Chapter 2, Yoga Sutras, Heart of Yoga pg. 165-183
Introduce chant for ending each session. Shivaya Gurave

Week Nine:
Introduce chant for beginning each session. Sahana Vavatu

A. Module Twelve: A&P

   In depth study of structure and function of skin, layered functions, fascia and trails, internal Structures, connective tissues, entire body connections.

B. Module Thirteen: A&P

   In depth study of skeletal system, tendons, ligaments, joints, movement references, major bones, bone matrix and calcium, function and structure of skeletal system, differences in bone structure, twenty-five important bones.

Assignment: Complete study guide, memorize bones and connective tissues
Introduce chant for ending each session. Shivaya Gurave

Week Ten:
Introduce chant for beginning each session. Tryambakam

A. Module Fourteen: A&P

   Muscular System function and structure, major muscles, types of muscles, functions of muscle types, location, origin, insertion, muscle contractions.

B. Module Eight: Teaching Methods

   Teacher/Student relationship, mentor relationships, lifetime learning, fluctuation and developmental nature of relationships, setting boundaries, pratyahara, svadyaya connection. Mirroring.

Assignment: Complete study guide, memorize muscles, connections, and functions
Introduce chant for ending each session. Svasti Prajabyaha

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Week Eleven:
Introduce chant for beginning each session. Tryambakam

A. Module Fifteen: AP

   Muscular Physiology, Biomechanics, Analyze Asana for structure, muscles, precautions, functional alignment, problematic muscle groups.
   Use Ray Long, "Key Muscle Groups in Yoga" for analysis.

B. Module Three: YP Legal and Ethical

   Yoga Sutra Study, Chapter one. Develop an understanding of Yoga through the study of Yoga Sutras in translation from Sanskrit.

Assignment: Review your Yoga Sutra Translation from the day.
Introduce chant for ending each session. Svasti Prjabyaha

Week Twelve:
Introduce chant for beginning each session. Tryambakam

A. Module Fifteen: A&P

   Muscular Physiology, Biometrics, analysis Asana for structure, muscles, precautions
   Function before form, alignment, problematic muscle groups.
   Continue with Ray Long, "Key muscle groups in Yoga" for analysis.

B. Module Three: YP Legal and Ethical

   Yoga Sutras Study, Chapter one. Develop an understand of Yoga through the study of Yoga Sutras in translation from Sanskrit.

Assignment: Review your Yoga Sutra Translation from the day.
Introduce chant for ending each session. Svasti Prajabyaha

Week Thirteen:
Introduce chant for beginning each session. Tryambakam

C. Module Twenty-two: A&P

   Digestive System, Gastro-intestinal track, structure and function, formation, maintenance, Care and feeding, cellular exchange, keeping body oiled and clean.

C. Module Twenty-three: A&P

   Disease Process, ama, agni, doshas and food, function of mind in digestion and disease process, absorption of food, metabolic, catabolic, anabolic.

Assignment: Complete Study Guide, memorize parts of digestive system
Introduce chant for ending each session. Svasti Prajabyaha

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Week Fourteen:
Introduce chant for beginning each session. Tryambakam

A. Module Twenty-three: A&P

   A study of the reproductive Systems of the human male and female. Yoga implications of reproductive system, bramacharya, Pratyahara, sensory management.

B. Module Three: YP Legal and Ethical

   Yoga Sutra Study, Chapter two. Develop an understanding of Yoga through study of the Yoga Sutras in translation from Sanskrit Assignment: Review your Yoga Sutras translation for the day.

Introduce chant for ending each session. Svasti Prajabyaha

Week Fifteen:
Introduce chant for beginning each session. Tryambakam

A. Module Twenty-seven: Vinyasa

   Review Surya Namaskara A and B and Position of vinyasa yoga practice of Pattabhi Jois, Level I Practice. Learn the Yoga Asana involved in the
   aaa
   practice. Watch: Ray Long Bandhas:

B. Module Twenty-four: Subtle Body

   Study of subtle body systems, tantra yoga, chakra system, chakra structure, asana, pranayama, meditation practices, connections between physical and subtle body, kosha system, kleshas, nadis, consciousness.
   Develop Vinyasa class for presentation.

Introduce chant for ending each session. Svasti Prajabyaha

Week Sixteen:
Introduce chant for beginning each session. Tryambakam

A. Module Twenty-five: Subtle Body

   Develop an understanding of practices effecting the Chakra, Aura, Nadi and Kosha systems, using gems, oils, colors, and variations to determine proper yoga practice for different subtle body concerns.

B. Module Thirty: Vinyasa

   Present your beginning Vinyasa class for assessment. Prepare to attend three vinyasa yoga classes and write a one-page paper about your experience, take into consideration teaching methods, skill level, organization of class, instructor's mastery of vinyasa yoga, and sensibility of the teacher in the class (did the teacher mirror students, did the teacher give each student person attention, was the class well organized in terms of sequence). Do your class with friends and video yourself.
   Assignment: Attend three yoga classes and be prepared to talk about your experience.

Introduce chant for ending each session. Svasti Prajabyaha

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Week Seventeen:
Introduce chant for beginning each session. Tryambakam

A. Module Thirty: Teaching Methods

   Feedback Session for Vinyasa Session. Discuss concepts presented, connections to additional concepts, clarity of presentation, positive feedback and skill building needed for improvement in presentation.

B. Module Thirty: Teaching Methods

   Discuss preparation of a 30-minute class using information from training. Begin to develop a class to introduce your students to two or more concepts including details about structure, function, balance, and practice. Review subtle body in terms of teaching methodology, scientific definitions, clarity of practice as to imbalance. Do a brief lesson plan for your 30-minute class and present it to instructor for feedback. The outline should include what aspect of the subtle body you want to present and what you want to say about that aspect in outline form.

Assignment: Read "Teaching Yoga" page 29-48
Assignent: Read "Teaching Yoga" page 105-113
Introduce chant for ending each session. Svasti Prajabyaha

Week Eighteen:
Introduce chant for beginning each session. Tryambakam

A. Module Twenty-nine Yoga
   Discuss the implementation of and important concepts of Yin Yoga through Video and discussion from Paul Grilley's work.

B. Module Twenty-nine:
   Discuss differences between Vinyasa and Yin and practice Asana in preparation for choosing Practicum class structure.

Assignment: Review Asana Chart and begin to chose Asana for Practicum.
Introduce chant for ending each session. Svasti Prajabyaha

Week Nineteen:
Introduce chant for beginning each session. Tryambakam

A. Module Twenty-nine Yoga
   Discuss the implementation of and important concepts of Yin Yoga through Video and discussion from Paul Grilley's work continued.

B. Module Twenty-nine:
   Introduce Discuss differences between Vinyasa and Yin and practice Asana in preparation for choosing Practicum class structure. Begin development of Yin Practice.

Introduce chant for ending each session. Svasti Prajabyaha

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Week Twenty:

Introduce chant for beginning each session.

A. Module Twenty-nine
   Continue to discuss the implementation of and important concepts of Yin Yoga through Video and discussion from Paul Grilley's work.

B. Module Twenty-nine:
   Review planned practicum Yin Class and receive feedback.

Assignment: Teach Yin Practicum
Introduce chant for ending each session.

Week Twenty-one:
Introduce chant for beginning each session. Vande Gurunam

A. Module Twenty-nine: Yin Yoga
   Review Yin Video and receive feedback on teaching quality.

B. Module Twenty-nine: Yin Yoga
   Continue study of Ray Long Vinyasa Yoga Asana.

Assignment: Review "Language of Yoga," Page 48-54, memorize Sanskrit names and meaning.
Introduce chant for ending each session. Yogena Chitasya

Week Twenty-two:
Introduce chant for beginning each session. Vande Guruman

A. Module Twenty-seven: Subtle Body
   Continue study of Subtle Body and design of presentations.
   Review notes and glossary for subtle body Sanskrit names and meanings.

B. Module Twenty-seven: Subtle Body

Introduce chant for ending each session. Yogena Chitasaya

Week Twenty-three:
Introduce chant for beginning each session. Vande Gurunam

A. Module Twenty-Seven: Subtle Body
   Complete Study of Subtle Body with vibrational study and application.

B. Module Twenty-Seven: Subtle Body
   Present class and review with Trainer, get feedback and discuss complications. Integrate solutions.

Introduce chant for ending each session. Yogena Chitasaya

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Week Twenty-four
Introduce chant for beginning each session. Vande Gurunam

A. Module Twenty-six: Meditation
   Review Meditation and Mindfulness Applications

B. Moduel Twenty-six: Meditation
   Practice Session and feedback

Introduce chant for ending each session. Yogena Chitasya

Week Twenty-five:
Introduce chant for beginning each session. Vande Gurunam

A. Module Twenty-six: Meditation
   Review Meditation and Mindfulness Applications

B. Module Twenty-six
   Practice Session and feedback

Introduce chant for ending each session. Yogena Chitasya

Week Twenty-six:
Introduce chant for beginning each session. Vande Gurunam

A. Module Twenty-six: Meditation
   Review Meditation and Mindfulness Applications

B. Module Twenty-six: Meditation
   Practice Session and Feedback

Introduce chant for ending each session. Yogena Chitasya

Week Twenty-seven:
Introduce Chant for beginning each session: Vande Gurunam

A. Module Twenty-six: Mindfulness
   Review Mindfulness Applications

B. Module Twenty-six: Mindfulness
   Practice Session and Feedback

Introduce chant for and ending each session. Yogena Chitasya

Week Twenty-eight:
Introduce chant for beginning each session. Vande Gurnam

A. Module Twenty-six: Meditation and Mindfulness
   Review Concepts and develop Practicum Class.

B. Module Twenty-six
   Practice and Feedback

Introduce chant for ending each session. Svasti Prajabyahai

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Week Twenty-nine:
Introduce chant for beginning each session. Vande Gurunam

A. Module Twenty-Six: Meditation and Mindfulness Practicum Review
   Review video of practicum and receive feedback.

B. Module Twenty-eight: Restorative
   Begin Restorative review, study and practice.

Introduce chant for ending each session. Svasi Prajabyaha

Week Thirty:
Introduce chant for beginning each session. Gayatri

A. Module Twenty-eight: Restorative
   Exploration of restorative concepts and practices.

B. Module Twenty-eight: Restorative
   Review Restorative Yoga Application, use Asana chart to develop Restorative Practicum class.

Assignment: Prepare Practicum Class for review
Introduce chant for ending each session. Purnamada

Week Thirty-one
Introduce chant for beginning each session. Gayatri

A. Module Twenty-eight: Restorative
   Review Video of Practicum Class and get feedback.

B. Module Twenty-eight: Asana Practices
   Review Vinyasa, Yin, Restorative, compare and contrast, discuss adjustments for each type of class and review form and function.

Introduce chant for ending each session. Purnamada

Week Thirty-two:
Introduce chant for beginning each session. Gayatri

A. Module Twenty-eight: Bhakti
   Review and discuss Bhakti concepts and practices

B. Module Twenty-eight
   Experience Bhakti and discuss

Introduce chant for ending each session. Purnamada

Week Thirty-three:
Introduce chant for beginning each session. Gayatri

A. Module Twenty-one: Ayurveda Disease Process
B. Module Twenty-one: Ayruveda Simple Concepts

Introduce chant for ending each session. Purnamada

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Week Thirty-four:
Introduce chant for beginning each session. Gayatri

A. Module Twenty-seven: Vinyasa Review
B. Module Twenty-seven: Vinyasa Review

Introduce chant for ending each session. Purnamada

Week Thirty-four:
Study at home to prepare for final exam up to 10 hours.

Week Thirty-five:
Introduce chant for beginning each session. Gayatri

A. Module Twenty-nine: Yin Yoga Review
B. Module Twenty-nine: Yin Yoga Review

Introduce chant for ending each session. Purnamada

Week Thirty-five:
Study at home to prepare for final exam up to 10 hours.

Week Thirty-six:
Introduce chant for beginning each session. Gayatri

A. Module Twenty-five: Subtle Body Review
B. Module Twenty-five: Subtle Body Review

Introduce chant for ending each session. Purnamada

Week Thirty-six:
Study at home to prepare for final exam up to 10 hours

Week Thirty-seven:
Introduce chant for beginning each session. Gayatri

A. Module Twenty-six: Meditation and Mindfulness Review
B. Module Twenty-six: Meditation and Mindfulness Review

Introduce chant for ending each session. Purnamada

Week Thirty-seven:
Study at home to prepare for final exam up to 10 hours.

Week Thirty-eight:
Introduce chant for beginning each session. Gayatri

A. Module Twenty: Pranayama, mudras, bandhas, Drishti Review
B. Module Twenty: Pranayama, mudras, bandhas, Drishti Review

Introduce chant for ending each session. Purnamada

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Week Thirty-eight:
Study at home to prepare for final exam up to 10 hours.

Week Thirty-nine:
Introduce chant for beginning each session. Gayatri

A. Module Twenty: Pranayama with Yin, Vinyasa, Restorative
B. Module Twenty: Pranayama with Yin, Vinyasa, Restorative

Introduce chant for ending each session. Purnamada

Week Thirty-nine:
Study at home to prepare for final exam up to 10 hours.

Week Forty:
Introduce chant for beginning of each session. Gayatri

A. Review, wrap up and answer questions.
B. Turn in projects and finish final exam.
C. Receive Certificate
D. Celebrate.

Practicum 60 hours spent in independent study or study with a small group
Homework 20 Hour spent on homework assignments