

# The Yoga Channel 200 Hour Teacher Training Program

## SYLLABUS

### Techniques (100 hours)

***Includes asanas, pranayama, kriyas, chanting and meditation.***

Physical alignment, Injury prevention and treatment, Adapting the pose to special needs, Use of props, Sequencing of poses, sanskrit names of the poses.

### Teaching Methodology (25 hours)

***Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a Teacher, and the student's process of learning.***

What makes a good teacher, class structure, sequencing, variety and timing of poses, safe teaching, touch , adjustments, use of voice and choice/amount of words, body language, teacher/student relationships.

### Anatomy & Physiology (20 hours)

***Includes both physical Anatomy and Physiology (bodily systems, organs, etc.) and astral/energy/subtle Anatomy and Physiology (chakras, nadis, etc.)***

How yoga influences the various systems of the body, study of the muscles, nerves and vital organs.

### Philosophy/Ethics/Lifestyle (30 hours)

***Study of Yoga Scriptures (Yoga Sutras, Bhagavad Gita, etc.), ethics for Yoga Teachers, etc.***

History, Eight Limbs of Yoga, Yoga Sutras.

### Practicum Hours (10 HOURS)

Includes practice teaching, receiving feedback, observing others teaching and hearing/giving feedback. Also includes assisting students while someone else is teaching.