

## The Well-Being Yoga School Syllabus

### YOGA TEACHING TRAINING VINYASA FLOW and YIN YOGA

#### 1. YOGA TEACHER TRAINING COURSE

**Name of Course :** 1 months intensive, Mystical Vinyasa & Yin Yoga

**Year:** 2018

**Number of Modules** 7

**Location:** London SE1

**Principal SYT:** Nathalie Dubreu

#### 2. Course Description:

This course presents a foundation in yoga principals with a strong emphasis on Vinyasa Flow and Yin Yoga. Trainees are expected to maintain a daily practice during their training.

The course will include the following areas of study:

- Yoga Asana and yin postures
- Anatomy and Physiology
- Subtle Anatomy
- Yoga Philosophy (8 Limbs or Yoga)
- Teaching Methods and Ethics
- Yoga Relaxation Techniques for Stress and emotional balance
- Pranayama, Meditation and mindfulness
- The Business of Yoga

This teaching training provided by The Well Being Yoga school uses the approach, principles and style of Vinyasa Flow and Yin Yoga, and will supply students with the tools to find their true expression and to develop as a teacher. Perhaps you enjoy the fast style or slow flow of Vinyasa sequences or maybe the Yin Style of Yoga. We love these two styles as they balance the Yin and Yang Energy and we believe it all has a place in your yoga teacher training. The course certifies you to teach vinyasa flow and more gentle Yin yoga style.

Embody all the sources of energy from life and expand the knowledge of your yoga practice. Asana work will go beyond the ordinary by looking at each multi dimensional aspect of the asana through the eyes of physical, mental, emotional and spiritual energy. Simple meditation and more advanced Daoist visualisations dedicated for students that can be used in a 60 min or 90 min class. Meditations for own personal practice to deepen your practice and creative tools will be provided to develop your own practice for workshops. Tools for teaching classes.

#### 2. Course Objectives

Trainees will become knowledgeable in the style of Vinyasa Flow and Yin yoga

Trainees will understand the methodology of Yoga

Trainees will learn the art of observation and safe adjustment in asanas

Trainees will learn and become knowledgeable about the routes and philosophy of yoga particularly the yoga Sutras of Patanjali, The Bhagavad Gita, the Hatha yoga Pradipika, the Yellow emperors classic of medicine, The Tao Te Ching.

Trainees will learn Sanskrit sufficiently enough to run a class

Trainees will be able to teach led classes based on Yin and Vinyasa Flow.

Trainees will be able to teach led meditation and pranayama techniques

Trainees will become knowledgeable on the basic skills in business and marketing

management

Trainees will be able to teach themed classes or workshops

### **3. Structural Breakdown**

This course will consist of Asana, Pranayama, Meditation, Nadis, Koshas, Mudras, Bandhas, Kriyas, Meditation, Pantanjali Yoga Sutra Study, Yoga History and Philosophy, Vinyasa Flow, Anatomy and Physiology, The meridian system, The law of the 5 elements theory, Daoyin and Qi-gong practice, Defining Your Role, Business of Yoga, the student will be taught to plan and teach classes from all levels.

#### **MODULE 1 GROUNDING PRACTICE 18 Hours**

Ethics of Teaching  
 Defining your Role as a Teacher  
 Vinyasa, Yin yoga and restorative introduction  
 Creative Practices of Energy Body and Mind  
 8 Limbs of Yoga  
 Mindfulness  
 Teaching Methodology  
 Yogic Lifestyle in Everyday Life  
 Subtle Anatomy Energy The Qi ,Prana and KI  
 Testing, Teaching and Sharing your Skills  
 Communication

#### **MODULE 2: PHYSICAL PRACTICE I**

##### **1) YIN YOGA 50 HOURS**

- Yin postures Training and Practice
- Daoyin transitions postures, Shizuto Masunaga stretches introduction
- The anatomy of Yin yoga
- The meridians, vessels and organs energy
- The 3 treasures (Jing, Qi, Shen)
- Teaching Asana skills
- Daoist breathing exercises, Meditation techniques
- Acupressure introduction and meridians massage stretching
- Safety in Teaching
- Precautions, Contraindications, modifications and variations
- Yin yoga methodology, Therapeutic Class Planning (5 elements theory)
- Therapeutic Benefits of Yin Yoga
- Time Management
- Demonstration, Assisting and Correcting
- Align and refine, Testing, Teaching and Sharing your Skills

#### **MODULE 3-PHYSICAL PRACTICE II**

##### **2) FLOWING WITH GRACE VINYASA YOGA 50 HOURS**

- Creative Vinyasa Flow practice & methodology (Expanding the practice towards arm balances, core strength, creative transitions, incorporating breath, drishti & bandhas)
- Creative sequencing and postures benefits for health, healing and well-being
- Moving meditation as an integrated practice
- Safety in Teaching (assisting and observing)
- Practice and Sequencing variety of vinyasa flow
- Incorporating Energy and Spiritual Flow for Body and Mind wellness (Qi-gong techniques to cleanse the body energy field and energy organs)
- Alignment, variations, modifications, contraindications of all postures
- Asana mythology
- Sacredness of the Flow, microcosm and macrocosm in practice
- Chakras vinyasa flow introduction
- Themed workshops proposal



THE WELL-BEING  
**YOGA SCHOOL**

**MODULE 4- HISTORY, PHILOSOPHY 25 HOURS**

- History of Yoga
- Hatha, Vinyasa, and Yin Yoga
- Yoga Sutras
- Bhagavad Gita
- Hatha Yoga Pradipika
- Philosophy of Daoism
- The Neijing Suwen (The Yellow emperor's classic of medicine)

**MODULE 5 - A&P + ENERGETIC ANATOMY 45 HOURS**

Two Days Workshop A&P

- Asana and Body Systems
- Asana benefit

Two Days energetic anatomy workshop

- Subtle Anatomy
- Integration and flow of Qi, Prana or KI, The power of Shakti/Shiva, The 7 Chakras system, The Mudras, The bandhas, The five Vayus, The Koshas, The Kleshas, The Nadis and Kryas
- 5 Elements theory from China & India
- The body as consciousness for vinyasa flow,
- Universal energy integrating the Chinese meridian system for the Yin yoga
- YIN-YANG/Medical Qi-gong meditation introduction & incorporation for therapeutic use

**MODULE 6 -BUSINESS OF YOGA 6 HOURS**

- The Business of Yoga
- Standard Insurance and Yoga Alliance Professional membership
- Where to Start?
- Defining your Role as a Teacher in business
- Marketing, design, branding
- Online presence, website, blogs
- Fees

**MODULE 7 - FIRST AID knowledge specific to yoga injury 6 HOURS**

**EXTRA MODULE 8 - TruBe (get employed) 8 HOURS**

You can chose to add an extra qualifying professional module to become a TruBe trainer, and work immediately after completion if accepted.

**THE 21 DAYS IMMERSION IN CENTRAL LONDON**

This 21 days residential immersion in Bali will be all about self-discovery, self-enquiry practice, with specific visualization techniques and meditations to connect to your inner source, release what doesn't serve you anymore, find your strength and allowing a new you to emerge. Through intensive practice of vinyasa & yin yoga with an aperçu of restorative yoga, yoga nidra and yin yoga.

**4. Materials**

A list of books to read prior to the course will be provided. Handouts, workshops and a manual will be provided to the student to read during the course.

**5. Course schedule**

Start Date :8January 2018. The course will consist of of 7 modules, 21 tuition days, (with included private group classes/meetings and 1 to 1 sessions.)

**6. Prerequisites**

Students must have 2 years regular yoga experience and knowledge and a current health status is required for this course. Practitioners are expected to have a minimum of 2 years strong yoga practice before they can be accepted onto a teacher training course. It is also



THE WELL-BEING  
**YOGA SCHOOL**

helpful to have a basic understanding of the philosophy of yoga in general and specifically the style of yoga they wish to pursue. This should include the importance of diet and the various arms of yoga, albeit they may not have a deep knowledge of this when they enrol onto the course. The 200 hour course is very much a foundation course and there is a lot of information to get through so by having some fundamental understanding and a strong practice means that the pace of the course is not help up by individuals lack of knowledge on the subjects.

Successful applicants should be in good health and have a stable personal circumstances to complete this course with the focus and dedication it requires.

**7. Hours**

Totalling 200 hours (180) contact Hours

The SYT will be teaching a minimum of 75% of the course.

**8. Evaluation Procedure and Grading Criteria**

Our students will be evaluated on an on-going basis with a final exam in the form of a 2 hours teaching a class of their own doing, 1 in Yin yoga, 1 in vinyasa yoga. Written class planning assignments (prepare few classes for your future teaching), asanas research (understand your favourite postures at the core) and one essay (based on your future career, and practice development) will need to be completed, with some participatory teaching during the course and having completed 90% of the course. The student will need to show full competency and safety during teaching with a 75% overall mark will be awarded a certificate.

**9. Attendance**

Trainees should attend a minimum of 90% of the course. Should trainees miss more then this minimum they will need to agree with the teacher on the modules to re-take. The school reserves the right to charge additional fees for these catch up modules.

**10. Accreditation**

'Our 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'.