

The Well-Being Yoga School Syllabus

YOGA TEACHING TRAINING

HATHA YOGA AND VINYASA FLOW

1. YOGA TEACHER TRAINING COURSE

Name of Course : 3 months intensive, Essence of Hatha Yoga & Mystical Vinyasa 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 Hatha Yoga and Vinyasa Flow. Trainees are expected to maintain a daily practice during their training.

The course will include the following areas of study:

- Yoga Asana
- Anatomy and Physiology
- Subtle Anatomy
- Yoga Psychology 8 Limbs or Yoga
- Teaching Methods and Ethics
- Yoga Relaxation Techniques for Stress
- Pranayama and Meditation
- The Business of Yoga

This teaching training provided by The Well Being Yoga school uses the approach and style of Hatha Yoga and Vinyasa Flow we focus on principles and will supply you with the tools to find your true expression and to develop as a teacher. Perhaps you enjoy the fast style of Vinyasa and flowing sequences or maybe the Hatha 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 hatha yoga style.

Embody all the sources of energy from life and go beyond the knowledge of your yoga practice. Asana work take beyond the ordinary but looking at each multi dimensional aspect of the asana through the eyes of physical mental energy and emotional body. Simple meditation dedicated for students that can be used in a 60 min or 90 min class. Meditations for own personal practice to to deeper to get creative tools to develop your own practice for workshops. Tools for teaching classes.

2. Course Objectives

Trainees will become knowledgeable in the style of Hatha and Vinyasa Flow

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

Trainees will learn Sanskrit sufficiently enough to run a class

Trainees will be able to teach led classes based on Hatha 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, 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

Hatha, Vinyasa, Restorative, and Yin introduction

Creative Practices of Energy Body and Mind

8 Limbs of Yoga

Teaching Methodology

Yogic Lifestyle in Everyday Life

Subtle Anatomy Energy The Qi ,Prana and KI

Testing and Teaching and Sharing your Skills

Communication

MODULE 2: PHYSICAL PRACTICE I

1) HATHA YOGA 50 HOURS

-Asana Training and Practice

-Teaching Asana skills

-Pranayama techniques

-Safety in Teaching

-Precautions, Contraindications, modifications and variations

-Creative Class Planning

-Therapeutic Benefits of Yoga

-Sanskrit

-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 in relation to the practice of Hatha yoga.

-Asana mythology

-Sacredness of the Flow, microcosm and macrocosm in practice

-Chakras vinyasa flow introduction

-Themed workshops proposal

MODULE 4- HISTORY, PHILOSOPHY 25 HOURS

-History of Yoga

-Hatha, Vinyasa, and Yin Yoga

- Yoga Sutras
- Bhagavad Gita
- Hatha Yoga Pradipika

MODULE 5 - A&P + ENERGETIC ANATOMY 45 HOURS

Two Days Workshop A&P

- Asana and Body Systems
- Asana benefit
- Physical Anatomy & Physiology

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 variation 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 into your yoga practice

MODULE 6 -BUSINESS OF YOGA 6 HOURS

- The Business of Yoga
- Standard Insurance and Yoga Alliance Professional membership
- Where to Start
- First aid
- 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 5 DAYS IMMERSION IN CENTRAL LONDON

This 5 full days immersion are all about yoga practice, self- discovery, self-enquiry, with specific visualisation 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 enjoyment of hatha & vinyasa yoga with restorative yoga, yoga nidra and yin yoga. Students will ground themselves in their future teaching, allowing the teacher in them to awaken and grow while planting the seed of their new career. This immersion will empower students to connect with the essence of Yoga and the sacred flow of life, deepening their practice into the mystic, therapeutic & energetic radiance of their own yoga practice.

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 held 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 1 hour teaching a class of their own doing. 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) 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 than 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

This training school has met the stringent requirements set by Yoga Alliance UK, demonstrating that the course is of the highest standard and that our graduates may use the Registered Yoga Teacher RYT as a sign of quality when they register themselves with Yoga Alliance UK.