

YOGA AND PILATES IN MALAGA

200 hour Yoga Teacher Training

*Dedicated to the provision of quality Yoga Teacher Training
[Ireland/UK/Spain]*

Instructor(s): Susan Church : Senior Yoga Teacher YA Professionals

I. Rationale:

Yoga and Pilates in Malaga is dedicated to the provision of quality Yoga Teacher Training courses. We endeavor to present dogma-free teacher training, in a compassionate and nurturing environment. On completion of this course students are certified with a 200 Hour Yoga Teaching Diploma

II. Course Aims and Outcomes:

Aims

This 200 hour Hatha Yoga Teacher Training course aims to impart the skills necessary for best practice in Yoga teaching. Using current research and methods, we will provide students with a broad skill set for the understanding and teaching of Yoga philosophy, asana, pranayama and nidra, and the tools for the practical application of same. All participants will receive a thorough grounding in the methods of teaching Yoga classes suitable for beginners to intermediate level. Along will auxiliary tools for the provision of these classes. Such as: Class planning, marketing, human anatomy, health and safety, sequencing and record keeping.

Specific Learning Outcomes:

By the end of this course, students will:

1. Practise, examine and dissect a range of Yoga asana from the standpoint of current evidence on safe movement practice.
2. Explore in detail neutral spine, plus safe and effective spinal movement in forward, backward side- bending, inversions and twists.
3. Practise, examine and explain a range of Yoga breathing techniques (pranayama), including three-part breathing, Ujjyai, Alternate Nostril breathing and Kapilabhati.
4. Examine the anatomy of breathing both mechanical and chemical.
5. Practise, explore and explain relaxation techniques accessible for the general public.
6. Examine and practise teaching skills for asana, pranayama and nidra. The use of the voice, verbal, and non-verbal communication as a means of safely facilitating yoga classes to a beginners and intermediate level.
7. Understand health and safety police and practice in a group class environment
8. Understand insurance and record keeping obligations for best practice.
9. Explore a variety of contraindications and cautions for yoga asana and to fully understand the modification and/or omission of asana where these contraindications present.
10. Practise, examine and explain meditation techniques accessible for the general public.
11. Understand functional anatomy, and to explore how to guide movement.
12. Explore at a fundamental level the systems of the body.
13. Explain current understanding on the effect of yoga practice on the body systems

14. Explore and understand the various elements, structure and timing that make up a yoga class.
15. Plan a personal practices to meet own needs, based on sound principles of preparation, body usage, balanced content, using modifications and counter-poses as appropriate.
16. Plan classes for the general public, based on sound principles of preparation, body usage, balanced content, using modifications and counter-poses as appropriate.
17. Define commonly used Sanskrit terms relating to Yoga practices on the syllabus.
18. Explore and discuss the fundamental history and principals of yoga, and begin to translate those principals into common terms for the modern yogi.
19. Examine the philosophy of yoga through the sutras, Upanishads and modern yoga gurus.
20. Explore and dissect Vinyasa as a heating element within a yoga class is suitability or otherwise.

III. Format and Procedures:

The modules will be presented through a variety of mediums including text, practice, observation, audio, video, discussion, workshop, and power-point. Students will be obliged to fulfill some assignment and study in between training weekends.

Requirements:

Attendance – Students are expected to attend 90% of the scheduled dates. In the event of non-attendance, the modules must be made up.

Punctuality – All students must arrive 10 minutes before each session commences.

Attitude – A respectful attitude to all other students and teachers is expected at all times. Silence in between lectures is encouraged.

Homework – Your homework assignments must be printed or emailed, as requested by your teacher, and handed in on time. Failure to do so may result in lost marks at the final summation.

2. Course reading:

- Anatomy & Physiology: Louise Tucker; Holistic Therapy Book
- The Bhagavad Gita : Eknath Easwaran
- Yoga and Pilates in Malaga Manuals
- The Muscle Book: Paul Blakey; Bibliotek Books

- The Key Muscles of Yoga – Ray Long

Extra text resources:

- Light on Yoga : B.K.S Iyengar
- The Mirror of Yoga ; Richard Freedman
- The Heart of Yoga: TKV Desikachar; Inner Traditions International

VI. Academic Integrity

Each student in this course is expected to abide by the Yoga and Pilates in Malaga Code of Conduct. Any work submitted by a student in this course will be the student's own work.

You are encouraged to study together and to discuss information and concepts covered in lecture and the sections with other students. You can give "consulting" help to or receive "consulting" help from such students. However, this permissible cooperation should never involve one student having possession of a copy of all or part of work done by someone else.

During examinations, you must do your own work. Talking or discussion is not permitted during the examinations, nor may you compare papers, copy from others, or collaborate in any way. Any collaborative behavior during the examinations will result in failure of the exam, and may lead to failure of the course and University disciplinary action.

EVALUATION PROCEDURE and GRADING CRITERIA

- 1 essay based on history of yoga & philosophy
- Written paper - based on asana, pranayama, meditation, anatomy and teaching methodology
- 2 observational class assessments –
 - (a) trainee will be assessed on teaching a led class, including adjustments
 - (b) trainee will be assessed on individual asana, including demonstrations, and answering questions on some of the following – modification, contraindications, benefits, alignment, and common problems

PREREQUISITES

Practitioners are expected to have a minimum of 2 years of yoga practice before they can be accepted.

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

ACCREDITATION

	Module Topics	Resources	Contact hrs SYT	Non contact Hours
1	Respiratory System	Louise Tucker – Anatomy and Physiology	2	.5
	Sanskrit Introduction	Yoga and Pilates in Malaga Manual	2	.5
	Teaching skills- non verbal communication	Yoga and Pilates in Malaga Manual/ workshop	2	
	Asana practice	Workshop	3	
	Asana breakdown for safe practice and commonality of execution	Yoga and Pilates in Malaga Asana Manual	3	
	Planes of movement	Yoga and Pilates in Malaga Manual	1.5	
	3 part breathing	Yoga and Pilates in Malaga Manual	1	
2	Practice	Workshop	3	
	Asana breakdown	Yoga and Pilates in Malaga Manual	3.5	
	Teaching skills – verbal communication	Yoga and Pilates in Malaga Manual / workshop	1.5	
	Anatomy - Skeleton - joints - spine, pelvic & shoulder girdle	Power Point presentation	2	1
	Neutral spine Bony landmarks for observation	Yoga and Pilates in Malaga Manual The Muscle Book Workshop	2	
	Bandhas	Yoga and Pilates in Malaga Manual/ Asana Pranayama Mudra Bandha: Swami Satyananda Saraswati; Bihar School of Yoga	1	
	Philosophy History of yoga to modern day	Yoga and Pilates in Malaga Manual/Discussion	2	
3	Practice	Workshop	3	
	Seated and twists breakdown for alignment execution and	Workshop/ Yoga and Pilates in Malaga Manual/ Leslie Kaminoff- Yoga Anatomy	2	

	<p>common difficulties</p> <p>Anatomy test- simple questions on respiration and skeleton</p> <p>Teaching skills Practicum demonstrate and verbally cue</p> <p>Anatomy ligaments, muscles connective tissue</p> <p>Forward bends breakdown for alignment execution and common difficulties</p> <p>Warm up – what why and how</p> <p>Restorative Yoga Intro</p>	<p>Test</p> <p>Workshop</p> <p>Power point presentation/ The Muscle Book</p> <p>Yoga and Pilates in Malaga Manual/ Ray Long Anatomy/ workshop</p> <p>Yoga and Pilates in Malaga Manual/ Workshop</p> <p>Workshop</p>	<p>1</p> <p>1.5</p> <p>2</p> <p>2</p> <p>2</p> <p>1.5</p>	<p>1</p>
4	<p>Practice</p> <p>Self practice- why and how</p> <p>Sitting poses for pranayama</p> <p>Ujjayi breath- explore and explain</p> <p>Muscles how they move-how they stabilise</p> <p>Standing poses break down for alignment, execution and common difficulties</p> <p>Philosophy- Introduction to the Hindu tradition Upanishads, and Vedas.</p> <p>Anatomy- The Foot</p>	<p>Workshop</p> <p>Discussion/Yoga and Pilates in Malaga Manual/ workshop</p> <p>Yoga and Pilates in Malaga Manual</p> <p>Workshop/ Yoga and Pilates in Malaga Manual/</p> <p>Power point presentation/ the Muscle Book</p> <p>Workshop/ Yoga and Pilates in Malaga Manuals</p> <p>Yoga and Pilates in Malaga Manual/ Richard Freedman- Mirror of Yoga</p> <p>Power point presentation</p>	<p>3</p> <p>1.5</p> <p>.5</p> <p>1.5</p> <p>1.5</p> <p>2.5</p> <p>2</p> <p>1</p>	<p>.5</p>

	Philosophy-Stillness, silence and prathyahara	Discussion/ workshop/	1	
	Test- connective tissue		.5	
5	Practice	Workshop	3	
	Sun Salutation	Yoga and Pilates in Malaga Manual/ workshop	2.5	
	Nervous System Introduction	Yoga and Pilates in Malaga Manual	2	1
	Restorative- Why and how	Yoga and Pilates in Malaga Manual	1.5	
	Nidra Why & How	Workshop/ Yoga and Pilates in Malaga Manual/ Workshop/ Yoga and Pilates in Malaga Manual/ Asana Pranayama Mudra Bandha: Swami Satyananda Saraswati; Bihar School	1	
	Philosophy- The Sutras	Yoga and Pilates in Malaga Manual/ The sutras of Patanjali The Mirror of Yoga- Richard Freeman	2	1
	Inversions breakdown for preparatory poses alignment and common difficulties	Yoga and Pilates in Malaga Manual/	2.5	
	Create a nidra script			1
6	Self Practice	Workshop	3	
	Shoulder anatomy and stabilization in asana	The Muscle Book/ Ray Long Anatomy/ Workshop	2	
	Pranayama- Alternate Nostril breathing and Kapilabhati breath exploration	Yoga and Pilates in Malaga Manual/ Asana Pranayama Mudra Bandha: Swami Satyananda Saraswati;	1.5	
	Teaching methodology- Sequencing basics	Yoga and Pilates in Malaga Manual	2	
	Group teaching practice- create and present a short beginners sequence	Workshop	2	
	Propping asana- rational and practice	Workshop/ Yoga and Pilates in Malaga Manual	2	
	Teaching ethics- explore procedures and solutions	Discussion/	2	

	for some problematic situations which may occur in class Teaching practice- Present a nidra	Workshop	1.5	
7	Practice Intermediate sequences Observation skills- Learn to observe asana for back, knee and neck safety Backbends- breakdown for preparatory poses, alignment and common difficulties Anatomy & Physiology the Circulatory System Philosophy-Modern Yogi – ancient wisdom how is Yoga impacting your life? Philosophy- the notion of Karma Teaching practice- teach asana chosen by the tutor observe and then and add a cue for knee, neck or spine safety Test – The nervous system	Workshop Workshop/ Yoga and Pilates in Malaga Manual Workshop/ Yoga and Pilates in Malaga Manual/ Louise Tucker – Introduction to Anatomy and Physiology Discussion Discussion/ The Baghavad Gita – Eknath Easwaran Workshop	3 2.5 2 1.5 1.5 2 2 .5	1
8	Practice Guided meditation and pranayama theory and practice Anatomy – The Digestive System Yoga and digestive health. Twists and cleansing practices	Workshop Workshop/ Yoga and Pilates in Malaga Manual/ Louise Tucker- introduction to Anatomy and Physiology Asana Pranayama Mudra Bandha: Swami Satyananda Saraswati	3 2.5 1.5 2	

	Methodology and teaching practice- Class sequencing for specific anatomical focus. Plan and present	Workshop/ Yoga and Pilates in Malaga Manual/	3	
	Contraindications in Yoga Practices- Examine and identify cautions in asana and breath work	Yoga and Pilates in Malaga Manual/	2.5	
	Anatomy- The Core in Yoga. Examine the stabilizing muscles of the core in asana	The Muscle Book/ Yoga and Pilates in Malaga Manual	1	
9	Practice	Workshop	3	
	Adjusting- Theory, and practice Using verbal and tactile cues for adjustment.	Yoga and Pilates in Malaga Manual/ Workshop/	3	
	The Chakra System – Introduction and exploration	Yoga and Pilates in Malaga Manual/ Mirror of yoga Richard Freeman	2.5	
	Teaching practice Restorative Voice, prop, timing	Workshop	2	
	Anatomy of Twisting	The Muscle Book/ Ray Long Yoga Anatomy	1	
	Common modifications asana when and how	Yoga and Pilates in Malaga Manual	2	
	Teaching Practice- each student present a 3 minute talk on any aspect of yoga philosophy suitable for beginners	Workshop	2	
10	Practice	Workshop	3	
	Teaching practice align, observe, adjust, modify For a mixed level class.	Workshop	2.5	
	Revisit Nidra- teach nidra	Yoga and Pilates in Malaga Manual	1.5	

	Vinyasa – the art of breath lead movement. Theory, practice and explore simple vinyasa sequences	Yoga and Pilates in Malaga Manual/ workshop/	2.5	
	Revisit bandhas- practice and present	Asana Pranayama Mudra Bandha: Swami Satyananda Saraswati	2	
	Methodology- cuing complete beginners How to simplify yoga practices for complete beginners.	Workshop	2.5	
	Health and safety in the studio	Discussion	1	
11	Practice	Workshop	3	
	The business of Yoga- marketing, planning, booking, record keeping, CPD requirements	Workshop/discussion/ Yoga and Pilates in Malaga Manual	2.5	
	The Endocrine System	Louise Tucker- Introduction to Anatomy and Physiology	1.5	
	Sanskrit revisit – practice and translate	Workshop	1.5	
	Asana- check up. Go through all asana for any clarifications needed	Yoga and Pilates in Malaga Manual/Ray Long- Yoga anatomy/	3	
	Teaching Practice Observe, align, adjust , modify for common injury which may present in class	Workshop	2	
	Philosophy- Discuss and teach meditation practices preferred by each student	Discussion/ Presentation/	2	
12	Practice –	Workshop	3	
	Examination day Q & A	Discussion	1	

	Revision of themes and/or modules based on students requests	Various	4	
	Hip Openers- Anatomy of the hip in detail. workshop explore, explain, discuss	Workshop/ Leslie Kaminoff- Yoga Anatomy/ The Muscle Book/Yoga and Pilates in Malaga Manual	3	
	Mindfulness workshop explain and explore	Workshop/ Eckhart Tolle /	3	
13	Practice	Workshop	3	
	Mock Exam day- Teaching, asana demonstrations	Various	4	
	Sun Salutations revisited Beginners to improvers	Workshop/ Yoga and Pilates in Malaga Manual/	2	
	What next- Open discussion on how the course has impacted the students. What areas were most helpful. Which direction they wish to go from here.	Discussion	2	
	Final modules to be made up by tutors' assessment of any gaps in learning still to be filled.		4	

Assessment Method:

During the training course students will be given weekly tests along practical assessments for their practice and teaching skills. Feedback will be given in real time and methods for improving offered. Half-way through the course each tutor will appraise each student and this appraisal will be discussed in a one to one session.

50% written and 50% practical assessment
Pass Mark: 60%

Grading: Pass or Refer

Written:

Multiple Choice plus essay type Question Paper

Duration of Assessment: 1 hour 30 Minutes

Assessment criteria to be Assessed: All assessment criteria will be assessed
Format of Multiple choice Questions: Stem, 1 key and 2/3 distracters
No. of Questions : 20 questions
Distribution of questions:

Anatomy and Physiology = 4 questions
Asana benefits, modifications and progressions = 4 questions
Pranayama = 2 questions
Teaching Methodology = 4 questions
Health, safety and ethics = 2 questions
Philosophy and history = 4 questions

There will be a further 4 essay type questions on the following

1. How Yoga philosophy has impacted my life
2. A detailed description of a beginner's yoga class
3. An 8 week course prospectus
4. A sequence for . . .

Practical:

Self-practice: Students will be observed in a 1.5 hour practice and marked on the following

1. Have all the categories needed within a yoga practice been used?
2. Is the ratio correct
3. Is the student at ease, stable and safe whilst challenging focus and ability.
4. Has the student remained in contact with their breath throughout

Teaching:

Students will be given, in advance of the examination, two things to teach asana, centering, pranayama, nidra. They will be observed and marked on the following:

1. Clarity of voice and/or demonstration
2. Explanation of the exercise
3. Health and safety
4. Modifications, props, progressions

Individual asana demonstration:

Each student will be asked to demonstrate two asana, and asked questions on this asana. They will be observed and marked on the following:

1. Clarity of execution of the asana
2. Breath in the asana
3. Understanding of watch points, modifications and progressions of the asana

Students will also be required to fulfill observation and supervised teaching hours with a teacher of their choice in a location close to them. A minimum of 20 hours and a maximum of 50 hours must be completed. The final recommendation will be given based on the students' abilities, strengths and

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