

YOGA AND PILATES EDUCATION

200 hour Yoga Teacher Training Course Breakdown

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. Upon completion of this course students are certified with a 200 Hour Yoga Teaching Diploma

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 sequence planning, marketing, human anatomy, health and safety, sequencing and record keeping.

Format and Procedures:

The modules will be presented through a variety of mediums including pre recorded tutorials, live online workshops, text, practice, observation, audio, video, discussion, 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 – Should you receive homework assignments all 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

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.

Specific Program Topics:

Practice

Asana daily
Pranayama daily
Goal specific
Journaling for self-exploration
Working around injury
Fundamental Mastery for more easeful expansion
Self-practice versus self-study
The obligation to question everything
Building heat versus overheating

Anatomy

Skeletal System
Muscular System
Postural imbalances
Respiratory System
Circulatory System
Nervous System
Endocrine System
Homeostasis and prehab practices

Pranayama

Physiology of Pranayama
Pranayama Practices
Nadi Shodhan
Kapalbhati
Ujjayi
Bhramari

Teaching methodology

Communication skills
Video, light and sound
Principles of demonstration, observation, assisting
Qualities and ethics of a teacher
Health, safety, and hospitality
Inclusivity
Sequencing
Business of teaching yoga
Categories of Asana
Anatomy of Asana
Principles of leading groups
Boundaries
Scope of Practice
Continuing Education
Creating workshops

Modifications and progressions

Online or In person

Dealing with burnout

Meditation and Pratyahara

Breath Awareness

Yoga Nidra Practices

Visualization

Mindfulness

Zazen

Subtle energy

Mudras

Bandhas

Kriyas

Philosophy

History of Yoga

Exploring the 8 limbs

The Sutras: Prescription or description?

Modern Yoga

The Bhagavad Gita

Upanishads

Course reading:

- Course theory and practice Manuals
- The Science of Yoga – Ann Swanson
- The Yoga Sutras of Patanjali – Sri Swami Satchidananda

EVALUATION PROCEDURE and GRADING CRITERIA

- **Written paper** - based on asana, pranayama, meditation, anatomy and teaching methodology
- **3 practical class assessments** –
 - (a) trainee will be assessed on teaching a led class, including adjustments/ assists
 - (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
 - (c) trainee will be assessed on self practice. Pace, embodiment, breath control, level appropriate demonstration will all be considered.

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

Successful participants will receive a 200 Hour Yoga Teaching Certificate endorsed by both **Yoga Alliance Professionals** and the **International Institute of Complimentary Therapists**

COURSE BREAKDOWN

- **Practice: 60 hours** Asana, pranayama, meditation, teaching.
- **Teaching Methodology: 50 hours.** Voice, communications, ethics, health and safety, structure and sequencing, assisting, adjusting, offering alternatives and propping.
- **Business, record keeping and marketing: 5 hours**
- **Anatomy and Physiology 30 hours** Basic physiology of the human body. Musculoskeletal-system and Human movement studies.
- **Philosophy and history : 20 hours** History of yoga, Yoga Sutras, Transformation through meditation and yogic practices
- **Observation& Assisting: 30 hours** Attending, observing and assisting classes.

Assessment breakdown:

During the training course students will be given ongoing quizzes along practical projects 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.

Pass Mark in all elements: 60%

Grading: Pass or Refer for further study/observation/assisting