



**Breakdown of Foundation and Teacher Training Syllabus into Contact and Non-Contact Hours and percentage totals of the different elements that make up the course**

**SYT = Senior Faculty Yoga Tutor**

<b><u>Module 1</u></b> <b><u>Groundwork</u></b> <b><u>Preparing the way.</u></b>	<b><u>SYT Contact hrs</u></b>	<b><u>Non-SYT Contact hrs</u></b>	<b><u>Non Contact hrs</u></b>	<b><u>TOTAL</u></b>
A&P – How to Feel and Patterns and Planes of movement.				
Introduction to the history & philosophy of Hatha Yoga				
Key texts of Hatha Yoga – ancient and modern				
Developing a regular personal Hatha Yoga practice				
Introduction to Pranayama & Meditation				
Relaxation Techniques				
Ancillary forms of Yoga – Nada Yoga, Kirtan, Mantra, Yantra, Mandala and Mala making				
Yogic Ethics including cultural appropriation and safeguarding	50	6	20	76
<b><u>Module 2</u></b> <b><u>Gaining Knowledge and creating a Foundation</u></b>				
In-depth experiential study of A&P for Skeletal, Muscular and Nervous Systems				
Adaptations for common health conditions and injury				





## yoga for harmony

Observation skills				
Marketing for Yoga				
Professional guidelines including Data Protection, Covid guidelines Affiliations, record keeping and CPD	49	7	20	76
<b><u>Module 3</u></b> <b><u>Gaining Experience, Confidence and Practical Skills</u></b>				
Teaching the beginning of a Yoga class as a group practise <ul style="list-style-type: none"><li>• Centring the mind</li><li>• Preparing body warming up</li><li>• Pawanmuktasanas of Hatha Yoga</li><li>• Use of blankets and bolsters as props</li></ul>				
Teaching the middle of a Yoga class <ul style="list-style-type: none"><li>• Teaching a balanced programme of Hatha Yoga Asanas.</li><li>• Sequences</li><li>• Counter postures</li><li>• Use of belts and blocks as props</li></ul>				
Teaching the end of a Yoga class <ul style="list-style-type: none"><li>• Stretches suitable for the end of a class as “cool-downs”</li><li>• Introducing Pranayama, Relaxation and Meditation techniques</li><li>• Use of blankets and bolsters as props</li></ul>				





Lesson Planning for a Beginners, Intermediate and Mixed Ability levels				
Voice projection, using verbal cues and adjustments. How to give clear and concise instructions				
Teaching on-line - resources, equipment and techniques for teaching on-line				
Teaching face-to-face classes with mentorship and observation	72	16	30	98
<b><u>TOTALS</u></b>	<b>171</b>	<b>29</b>	<b>70</b>	<b>270</b>
<b><u>Total Course Hours = 270</u></b>				

**PRACTICE**

35% of the course will be spent with physical Hatha and Raja Yoga Practice. We will also explore the more contemporary approach to Asana such as sequencing and adaptations.

**TEACHING**

**PRACTISE &**

**METHODS**

66% of the course will encompass teaching methods and practise including voice projection, verbal teaching instructions for adjustments. The Studio has state of the art media equipment so instruction on teaching on-line will be included.





- A & P** 38.5% of the course will cover A & P. We have invited expert guest tutors to give our students a broad base of knowledge to work from.
- HISTORY & PHILOSOPHY** 10.5% of the course covers research of the classical Yoga texts. We will also discuss how yoga has evolved and the modern Post-Lineage approach, Cultural appropriation Ethics and safeguarding.
- THE BUSINESS OF YOGA** 3.5% of the course will cover how to market and promote your yoga classes. Data Protection, Record Keeping, Covid regulations/ compliance for Yoga teachers.
- THE FOCUS** To offer a well-rounded classical Hatha Yoga teacher training course with the emphasis of the student finding their own unique teaching style.
- AIM** For the student to feel confident teaching multi-level classes for beginners, intermediate, mixed ability classes.





### **AT THE END**

The student will have the skills to plan and teach their own programme of classes with safe and suitable adaptations and modifications and the ongoing support of their Tutor when the course has finished

### **ASSESSMENT**

The written course work and progress is assessed continually during the course by the lead course tutors. Individual Mentoring will be offered both during and after the course. There will also be a Practical Teaching Assessment with an independent assessor at the end of the course. Students who do not meet assessment criteria will be given the Opportunity to improve on any areas of weakness and encouraged to re-sit Assessment at a later date.

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**E-RYT500, YAP Trainer & Senior Teacher, IYN Elder**

