



200 Hour YTT Graduation Requirements and Syllabus

This list contains all of the requirements for completion of the innerglow yoga 200 hour foundational yoga teacher training

Requirements for Graduation:

- Completion of hours
- Successful teaching of 3 practicum – 10 minute, 20 minute and 1 hour
- Completion of assignments
- Completion of final exam
- Completion of special project (described below)

Syllabus:

- Phase 1
 - History
 - Philosophy
 - Intro asana
 - Intro pranayama
 - Meditation
 - Chakras
 - Introduction to Ayurveda
 - 10 Minute practicum
- Phase 2
 - Standing asana
 - Sun Salutations (A, B & C)
 - Standing Balances
 - Arm Balances
 - Inversions
 - Sequencing
 - Languaging, how to articulate yoga
 - Bhagavad Gita
 - Purasarthas
 - Ayurveda Applications
 - 20 Minute Practicum

- Phase 3
 - Integration asana
 - (Floor backbends (on belly, back and seated), Seated twists forward bends & hips, closing asana Savasana)
 - Business of Yoga
 - Yoga Sutras
 - Mudras
 - Koshas
 - 1 Hour Practicum

Throughout the training, there will be handouts, assignments and homework. These will be announced in class and uploaded to the website or special group that is created for your class.

The final exam will be emailed to you after graduation. It is open book and open notebook. Please submit within 6 months of graduation.

Seva/Community Service, Offering Project

Seva is selfless service. Often, this is expressed through donation-based yoga, where the donations are given to an organization that serves specific populations (recovery, mental health issues, displaced women and vets). There will be a special project assigned during the course that will reflect an offering to the community. This might be individual or group and can be anything from volunteering at a food bank, delivering meals to the needy or offering your time to an organization of choice. It does not have to be yoga.

A Breakdown of Content

We will study both the history of yoga from the Vedic period 5,000 years ago to modern yoga today including its many types and styles. We will read and write about the yogic philosophy and contemplate how it can be applied in our daily lives.

- Ancient Yoga / Modern Yoga
- The 8 limb path/ Ethics
- Yama's and Niyamas
- The Yoga Sutras
- Bhagavad Gita
- Ayurveda
- Sanskrit We will have fascinating discussions around the 8 limb paths of yoga from the Yoga Sutras and the applications they offer us daily both on and off the mat

Techniques:

Asanas, pranayama and meditation training in technique and in practice.

Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher and the student's process of learning.

Anatomy & Physiology:

Physical anatomy and physiology, chakras, subtle body integration, an online exploration in deeper study of joints, injury and applications of movement

Philosophy/Ethics/Lifestyle:

Authenticity as a student/teacher, tone, inflection, pacing, cadence, volume, energetics, teaching to the pause, rhythm, presence, in service

Movement principles including interaction and support of all systems and organs (Breath)
Anatomy and effects of Pranayama / Breath/ healthy movement patterns Synchronization / unifying mind body connection

Living your yoga as an instructor

What are yoga ethics, what are yours

Teaching / Practicum:

Teach in a student space, observing and assisting classes

Display comprehension and interpretation of material through 4 taught practicum: 10 minute, 20 minute, 40 minute and 60 minute.

Observe self through visual and audio recording of progress throughout the training.

Theme based classes, understanding your class dynamics, student's needs

How to create and build energy in room and hold space for students

Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher and the student's process of learning.

Homework / Reading and Exam:

Assignments will be given weekly for reading, observation and discovery.

Assisting

We will empower you with the tools and knowledge necessary to safely work with student's bodies as they practice. The assistant plays a unique role during class as, through touch, energy and direction, their hands serve as the bridge between the teacher's words and the experience in a student's body.

Through lecture and experiential classroom time, students will become aware of their own body and energy, fellow yogi's individual needs and the union that is created between assistant and student.

Assisting during class fosters a karmic sense of community, as the assistant works in service to student and teacher alike, enhancing and amplifying the experience for all involved. Learning to assist is an incredible opportunity to further develop another dimension of your own personal practice. (This is not currently being offered, due to pandemic, but we have discussions on it).

Ayurveda

We will go through the basics of Ayurveda and discover our unique gifts as well as honing in on challenges and creating a plan for wellness.

The membership is included with the training and we encourage you to practice with many different teachers to gain a variety of insights.

Business of Yoga

We will have conversations on the industry from all aspects of retail and studios. In addition, we will cover the following:

- Social media
- Building a website
- Business cards
- Marketing to the community
- The changing world of in person classes
- Virtual teaching
- Building a career as a yoga teacher
- Teaching opportunities and other career opportunities
- Yoga Alliance