

## Durga 200hr Teacher Training Course

This course presents a foundation in yoga principles with a strong emphasis on Vinyasa Flow

. The course will include the following areas of study

- Asana
- Bandha
- Pranayama
- History & Philosophy
- Anatomy
- Meditation
- Teaching methodology
- Sequencing and planning
- Hands on assisting
- The business of yoga
- Restorative yoga
- Prenatal yoga

This Teacher Training Course will prepare you to be a confident and competent Yoga Teacher. You will learn how to implement yoga practice into your daily life.

### STRUCTURAL BREAKDOWN

*List the areas of study and contact/non-contact hours that will be covered in each module. This should give the student a clear understanding of the makeup of the course and what to expect.*

Name of Course: \_\_\_\_\_ Durga 200 hour teacher training\_\_\_\_\_

Total Number of Hours on Course: 200 hours\_\_\_\_\_

Name(s) of Main Teacher: Paula Mitten\_\_\_\_\_

Module	Contact Hours with SYT/ CL2	Contact hours with other teachers/specialists	Non-Contact Hours	Total Hours
<b>Module 1:</b> Yoga history and philosophy – The origins of yoga and patanjalis 8 limb path	15 hours		3hrs	18hrs
<b>Module 2:</b> Surya Namaskara – The principles and alignments Verbal cuing Hands on assisting and adjusting Use of props	15		3hrs	18hrs
<b>Module 3:</b> Pranayama, Bandhas & Meditation Good teaching habits Open hip/closed hip/ balancing standing poses in vinyasa – Principles, Alignments, cuing and assisting	30hrs	20hrs	5hrs	55hrs

<b>Module</b>	<b>Contact Hours with SYT/ CL2</b>	<b>Contact hours with other teachers/specialists</b>	<b>Non-Contact Hours</b>	<b>Total Hours</b>
<b>Module 4:</b> Seated forward bends/backbends/twists/arm balances – Principles, alignment, cuing and assisting Inversions – Principles, alignments, cuing and assisting	30	20	5hrs	55hrs
<b>Module 5</b> Anatomy – Anatomical terms, bones, joints, muscles, Anatomy on the mat – a closer look at the vinyasa practice with anatomy in mind	20		4hrs	24hrs
<b>Module 6</b> Teaching practice – Teach 2 full classes with observation and feedback Restorative yoga Prenatal yoga – an overview of the do's and don'ts with a pregnant student. Business of yoga	30			30hrs