

durga 

200 HOUR TEACHER
TRAINING PROGRAMME
www.durga.ie



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Module 1 - Meditation

Develop your daily meditation by practicing different meditation techniques which you can use within your own personal practice as well as a practice that you can offer as a teacher of yoga.

Module 2 - Asana & Pranayama

In this module you will deeply immerse yourself in the yoga asana and pranayama practice to develop your own ability on the mat. You will discover how to teach and sequence unique, intelligent vinyasa flow classes and learn cueing techniques to ensure your students know exactly what to do to work with their body. We will cover how to impeccably assist throughout class allowing your students to experience each pose in a way that feels right for them.

Module 3 - History & Philosophy

Learn the ancient philosophy of yoga and how to put it into practice in a modern world. You will dive into the roots of yoga and philosophy behind the yoga practice and you will be able to use all of this knowledge for the rest of your life to support a sustainable future.

Module 4 - Anatomy

In our Anatomy module you will dive into the structure of the body and how that relates to the yoga practice. You will learn about the muscle of the body, the muscle actions in every pose (what is working and what is stretching), common misalignment and how to individually modify for yourself and your students

Module 5 - Business of Yoga

Learn everything you need to know about getting established up as a yoga teacher. We will show you the exact steps to take to successfully fill your classes and build a strong yoga community.

Module 6 - The Skills of Teaching Online

In this changing world it is essential that you know how to teach both in person and online. We will teach you everything from teaching skills to the technology needed to establish your classes in the online world.