

# 200Hr Curriculum for Teacher Training



Costa Rica 2014

Our 200 HR training is broken up into Levels 1 & 2. The internationally held programs are 21 days total with Levels 1 & 2 both being 10.5 days. The program in Fort Worth is 16 days long total with Level 1 & 2 both being 8 days. This is because our schedule is slightly different while somewhere new and beautiful so that we can have time to enjoy the surroundings. Although most trainees choose to do the entire 200 HR at once, we have it broken into 2 programs just in case your schedule demands that.

## Level 1

This program focuses on establishing your teaching foundation. We will first support you in understanding exactly *what yoga is* and how to most effectively teach it...this will be an exciting on-going discussion throughout the entire training. Something we always suggest is to get clear about what your idea of being a yoga teacher is and then to DROP IT! These strong held ideas are often false and self-limiting to new teachers. We will put a lot of hard work into getting a vinyasa class sequence down so that you can become relaxed with it. We have worked with many teachers and have lots of tricks at helping you remember so don't worry! Our sequence is well thought out so that the postures support healthy movement and practice for your students. Through daily posture clinics you will have a strong working knowledge of the pose alignment, modifications & contraindications. We will teach you a new paradigm with posture alignment that questions the textbook teachings. We will teach you how to be 100% relevant with your cues. You will practice teach every day in order to

develop your voice and confidence. By the end of this program you will be able to teach a full class. Yes there will be lots of room for growth, that's where Level 2 comes in.

## **Level 2**

Now that you have a good understanding of what yoga is, what it means to be a yoga teacher, postural alignment and a sequence wired within you, it's time to refine. We will utilize many exercises to help you get even more relaxed with the sequence so that you can develop your most powerful expression. Every single teacher will have his or her own unique expression and we see it as our job to help you find and embrace it. We will help you understand what it means to **truly see** your students so that your words are relevant. We don't believe that reciting a script or bullet points for any given posture is the most effective way of teaching. We will teach you to speak in a way that your students want to listen. You will practice teach a lot in order to get real-time feedback on how your teaching is landing. Although the practice teaching might sound scary—it truly is the best and fastest way to learn. Our commitment is to send you off as a powerful teacher who can teach a yoga class that is way beyond a workout. We want you to teach in a way that helps people live happier, healthier, freer lives!

### **We will utilize:**

1. Daily director-led practices
2. Daily director-led meditations
3. Daily posture clinics
4. Study of The Yoga Sutras
5. Discussion / Journaling
6. Practice Teaching
7. Participatory coaching/feedback of peers

## **200Hr Course Curriculum**

### **Over 100 Hours in Techniques, Training & Practice**

1. Daily trainer led asana practice
2. Daily trainer led meditation practice
3. Pranayama technique practice
4. Daily posture clinic

### **Over 30 Hours of Teaching Methodology**

1. Hands on Teaching to create immediate concrete awareness in your students
2. The Qualities of a Powerful Teacher
3. How to cultivate your own Authentic Style
4. The Embodiment of Presence

5. Teaching with Confidence
6. Getting rid of Doubt

### **21 Hours of Anatomy & Physiology**

1. Anatomical Directions of Motion
2. Major Body Landmarks
3. Synchronicity of Muscle Action
4. The Anatomy & Physiology of Breath
5. The Anatomy of Common Injury
6. Structural Limitation

### **22 Hours of Yoga Philosophy/Lifestyle/Ethics**

1. The Ethics of the Student-Teacher Relationship
2. Real Life Application of the Yoga Sutras

**Minimum of 10 hours practice leading a class / many more hours observing and coaching your peers.**

- A big part of our training is daily practice teaching sessions. This is where you get to put everything you are learning into experience. You will lead the class, practice and give coaching to your peers, observe & practice hands on teaching.

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## **Typical Day of Teacher Training**

\*\*\*We allow our schedule to arise organically so some days are different than others.

### **Sample schedule for our International 21 day training schedule:**

- 6 am coffee/tea/fruit
- 6:30-8 am meditation/asana practice
- 8-8:45 breakfast
- 8:45-noon lecture/discussion/group exercise
- 12-3 lunch & break/homework
- 3-4 Posture Clinics
- 4-6 Teaching exercises
- 6-6:30 Discussion / Journaling / book discussion
- 6:30 pm dinner
- \*\*Occasional after dinner discussion
- \*\*Most evenings are free with occasional homework

- \*\*You will have occasional extended breaks for local excursion or downtime

**Sample schedule for our Fort Worth 16 day training schedule:**

- 8 am Meditation/Discussion
- 9 am practice
- 10:30-12 Discussion
- 12-1 Lunch
- 1-2:30 Posture Clinic
- 2:30-4 Teaching Exercises
- 4-4:30 Break
- 4:30-6 Teaching Exercises
- 6-8 Discussion/ Journaling /Book Study