

# Center for Multi-Dimensional Learning

200-Hour Yoga Teacher Training in Hatha Yoga

Directed by Eleonora Ramsby Herrera

Course Syllabus 2018/2019



## 1.0 TITLE PAGE

**Name of course:** Hatha Yoga Teacher Training  
**Name of yoga school:** The Centre for Multidimensional Learning  
**Course director:** Eleonora Ramsby Herrera  
**Year:** 2018/2019  
**Number of Modules:** 10  
**Location:** Hilltop Studio, 50 Hillfield Park Mews, London N10 3QR

**Times:**

<b>Modules 1-8</b>	
Saturdays	11:00-19:00
Sundays	11:00-19:00
<b>Modules 9-10</b>	
Fridays	8:00-18:00
Saturdays	11:00-19:00
Sundays	11:00-19:00

## 1.1 COURSE DESCRIPTION

This yoga teacher training course focuses on the foundations of the hatha yoga practice in the areas listed below. Students are required to develop their own yoga practice in the key areas during the training. Further to this, it is essential for all students to consolidate their learning by teaching hatha yoga in practice sessions throughout the training. The trainees will be qualified to teach hatha yoga to group classes as well as clients in 1-2-1 settings.

Key areas of study:

- Asana
- Pranayama
- Bandhas
- Anatomy and Physiology of Hatha Yoga
- Hatha Yoga technique, teaching, training and practice
- Yoga History
- Psychology of Yoga
- Philosophy of Yoga and Lifestyle Ethics
- Restorative Yoga, Yoga Nidra and Meditation
- Chakras, Nadis and Koshas
- Teaching Hatha Yoga and teaching Methodology
- Business of Yoga

## 1.2 COURSE OBJECTIVES

By the end of this course trainees will have developed knowledge and understanding of the key areas as listed. Further to this they will have consolidated their learning by putting into practice as outlined:

### ASANA:

- Ability to guide students safely through asana practice
- Proficiency to use Sanskrit names and English translation of various asana that have been chosen to be covered on the training
- Ability to observe and adjust students safely
- Knowledge of benefits and contraindications

### PRANAYAMA:

- Understanding of various pranayama techniques, their benefits and application
- Ability to lead basic pranayama practices

### BANDHAS:

- Understanding of bandha anatomy, techniques, their benefits and application
- Ability to introduce and instruct the use of bandhas for asana and pranayama practice

### ANATOMY & PHYSIOLOGY:

- Comprehensive knowledge about the human anatomy, including names and functions of the major muscle groups and joints
- Understanding of how to apply the muscle and joint functions in asanas for a healthy and balanced yoga practice
- Understanding of benefits and contraindications in hatha yoga and pranayama with the purpose of injury prevention
- Basic knowledge of the connection between asanas, pranayama and the central nervous system

### HATHA YOGA – TECHNIQUE, TEACHING, TRAINING, AND PRACTICE:

- A fundamental understanding of the function and physical mechanics of the body in relation to hatha yoga
- A strong awareness of how to connect the breath with movement and find a continuous balanced flow throughout asana practice
- A higher level of physical intuitiveness and sophisticated intelligence in the practice of asana and pranayama
- Comprehensive understanding of performing anatomically safe and conscious hands on adjustments to yoga students in a wide range of elementary to intermediate yoga postures
- An increased awareness of how to read different body make ups with the purpose of preventing injuries and/or modify or advance certain postures, based on the needs of the individual yoga practitioner
- Knowledge and experience of how to use specific pranayama and bandha exercises when practicing and teaching yoga

### YOGA HISTORY:

- Understanding of the roots of modern Hatha yoga
- Overview of development of different yoga paths and practices  
From ancient times until today

#### YOGA PSYCHOLOGY:

- Basic understanding between western and eastern approaches to the self and the mind as well as historical development
- Knowledge of the functions of the mind and their working
- Basic knowledge of nervous systems and relationship to balance in asana practice

#### YOGA PHILOSOPHY AND LIFESTYLE ETHICS

- Knowledge of the philosophical system of Ashtanga Yoga and how to apply the yamas and niyamas as an ethical foundation in the teacher student relationship as well as other areas of life
- A clear understanding of the vedic philosophy from studying classical spiritual scriptures
- An understanding of the similarities and differences between various paths of yoga as well as well as the ability to compare some of it to more western teachings of psychology and philosophy

#### RESTORATIVE YOGA, YOGA NIDRA AND MEDITATION:

- Experience of restorative yoga, yoga nidra and meditation sessions
- Knowledge of background and basic technique of restorative yoga, yoga nidra and meditation

#### CHAKRAS, NADIS, KOSHAS:

- Understanding of basic structure
- Ability to relate physical and energetic sensations of hatha yoga to the framework of chakras and nadis
- Ability to make parallels between different practices of asana, pranayama, bandha, mudra, mantra etc based on energetic structure of the human body

#### TEACHING HATHA YOGA AND METHODOLOGY:

- Fundamental knowledge of how to teach and sequence hatha yoga classes for elementary to intermediate level
- Ability to teach hatha yoga classes to individuals and groups
- Ability to recognize different body make ups with the purpose to modify or advance certain postures based on the need of the yoga practitioner
- Ability to perform hands on adjustments
- Learned to use clear verbal instructions and anatomical teaching points
- A comprehensive understanding of applying didactic method principles when teaching

#### BUSINESS OF YOGA:

- Basic marketing skills
- Business advice on how to set up and run yoga classes
- Required insurance
- YA alliance registration

### 1.3 STRUCTURAL BREAKDOWN

Module	Contact Hours with SYT	Contact with other teacher	Total Contact Hours	Non-contact Hours (reading/home work)	Total Hours
Module 1 - 2 days: <ul style="list-style-type: none"> <li>- Asana Practice</li> <li>- Pranayama Practice</li> <li>- Sun Salutations A</li> <li>- Anatomy and Physiology 1</li> <li>- Expression and voice exercise for teaching</li> <li>- Practice Teach</li> <li>- History Seminar</li> <li>- Yoga Philosophy 1</li> </ul>	11.5	4.5	16	2	18
Module 2 – 2 days: <ul style="list-style-type: none"> <li>- Asana Practice</li> <li>- Meditation Practice</li> <li>- Sun Salutations B</li> <li>- Standing postures</li> <li>- Pranayama technique and background</li> <li>- Yoga Philosophy 2</li> <li>- Anatomy and Physiology 2</li> <li>- Practice teach</li> </ul>	11.5	4.5	16	2	18
Module 3 – 2 days: <ul style="list-style-type: none"> <li>- Asana practice</li> <li>- Restorative and meditation Practice</li> <li>- Bandhas technique and background</li> <li>- Philosophy 3</li> <li>- Theme and Sequencing</li> <li>- Anatomy and Physiology 3</li> </ul>	11.5	4.5	16	2.5	18.5

<b>Module</b>	<b>Contact Hours with SYT</b>	<b>Contact with other teacher</b>	<b>Total Contact Hours</b>	<b>Non-contact Hours (reading/home work)</b>	<b>Total Hours</b>
- Teaching practice					
Module 4 - 2 days:					
<ul style="list-style-type: none"> <li>- Asana practice</li> <li>- Yoga Nidra practice</li> <li>- Philosophy 4</li> <li>- Group work and practice teach</li> <li>- Anatomy and Physiology 4</li> <li>- Verbal instructions and hands on adjustments</li> <li>- Yoga Psychology</li> <li>- Teaching practice</li> </ul>	11.5	4.5	16	2	18
Module 5 - 2 days:					
<ul style="list-style-type: none"> <li>- Asana practice</li> <li>- Teaching principles and ethics</li> <li>- Philosophy 5</li> <li>- Teaching practice</li> <li>- Mirroring, positioning, verbal instructions</li> <li>- Seated postures and anatomy</li> <li>- Anatomy and Physiology 5</li> </ul>	11.5	4.5	16	2.5	18.5

<b>Module</b>	<b>Contact Hours with SYT</b>	<b>Contact with other teacher</b>	<b>Total Contact Hours</b>	<b>Non-contact Hours (reading/home work)</b>	<b>Total Hours</b>
Module 6 - 2 days: <ul style="list-style-type: none"> <li>- Asana practice</li> <li>- Pranayama practice and exploration</li> <li>- Yoga Nidra and meditation practice</li> <li>- Anatomy and Physiology 6</li> <li>- Adjustments</li> <li>- Yoga Psychology</li> </ul>	11.5	4.5	16	2	18
Module 7 - 2 days: <ul style="list-style-type: none"> <li>- Asana practice</li> <li>- Restorative Yoga practice and Seminar</li> <li>- Closing and Savasana Seminar</li> <li>- Holding space seminar</li> <li>- Anatomy and Physiology 7</li> <li>- Adjustments</li> <li>- Teaching practice</li> </ul>	11.5	4.5	16	2.5	18.5
Module 8 - 2 days: <ul style="list-style-type: none"> <li>- Asana practice</li> <li>- Chakras &amp; Nadis</li> <li>- Finishing postures and inversions</li> <li>- Backbends</li> <li>- Adjustments</li> <li>- Practice teach</li> <li>- Personal teaching exploration. Individual guidance</li> </ul>	11.5	4.5	16	2	18

<b>Module</b>	<b>Contact Hours with SYT</b>	<b>Contact with other teacher</b>	<b>Total Contact Hours</b>	<b>Non-contact Hours (reading/home work)</b>	<b>Total Hours</b>
Module 9 - 3 days: <ul style="list-style-type: none"> <li>- Asana practice</li> <li>- Injury seminar</li> <li>- Yoga nidra practice and technique</li> <li>- Meditation practice</li> <li>- Anatomy and Physiology 7-specific questions and recap</li> <li>- Business of Yoga 1</li> <li>- Sequencing Seminar</li> <li>- Teaching practice</li> </ul>	18.5	7.5	26	2.5	28.5
Module 10 - 3 days: <ul style="list-style-type: none"> <li>- Asana practice</li> <li>- Graduation class and assessment</li> <li>- Restorative practice</li> <li>- Meditation practice</li> <li>- Business of Yoga 2</li> <li>- Personal Presentations</li> <li>- Teaching practice</li> </ul>	18.5	7.5	26	0	26

Total hours: 200  
 Minimum contact hours: 180

The course director is teaching a minimum of 70% of the course



## 1.4 LEARNING MATERIALS

- Course manual covering the key areas of the syllabus, this is included in the course fee.
- Additional required reading list:

Heart of Yoga - T.K.V Desikachar

The Inner Tradition of Yoga – Michael Stone

The Deeper Dimension of Yoga – Georg Feuerstein

Yoga FAQ – Richard Rosen

The Key Muscles of Yoga vol. 1 - Ray Long

The Key Poses of Yoga vol. 2 – Ray Long

Yoga Anatomy – Leslie Kaminoff

Bhagavadgita - Eknath Easwaran \*read prior to course starts

Patanjali Yoga Sutras - Sri Swami Satchidananda \*read prior to course starts

- Further additional articles for optional reading will be regularly send to students via email

## 1.5 COURSE SCHEDULE

22 course days over 10 weekends

Example of current course dates:

### 2018

Sat 29<sup>th</sup> – Sun 30<sup>th</sup> September 2018 11:00am - 19:00pm

Sat 3<sup>rd</sup> – Sun 4<sup>th</sup> November 2018 11:00am - 19:00pm

Sat 1<sup>st</sup> – Sun 2<sup>nd</sup> December 2018 11:00am - 19:00pm

### 2019

Sat 19<sup>th</sup> – Sun 20<sup>th</sup> January 2019

Sat 23<sup>rd</sup> – Sun 24<sup>th</sup> February 2019

Sat 16<sup>rd</sup> – Sun 17<sup>th</sup> March 2019

Sat 13<sup>th</sup> – Sun 14<sup>th</sup> April 2019

Sat 11<sup>th</sup> – Sun 12<sup>th</sup> May 2019

Fri 31<sup>st</sup> May – Sun 2<sup>nd</sup> June 2019

Fri 21<sup>st</sup> – Sun 23<sup>rd</sup> June 2019

End date and certification 16<sup>th</sup> June 2019

In addition to the training modules, trainees are advised to attend a minimum of 10 public yoga classes with the SYT during the course of the training.

## **1.6 PREREQUISITES**

To be accepted on the course, students are expected to have a regular yoga practice of at least 2 years. The candidates applying for a place on the training must have taken yoga classes with the principal SYT in order to be considered. Suitability will be decided on a one-to-one basis by the SYT. As this is a foundation course the students are not required to have any in depth knowledge or understanding of the key areas beyond asana, and basic pranayama and bandha practice. Students must however demonstrate a keen interest in furthering their understanding as well as their practice of yoga. In preparation for the training, successful candidates are required to purchase all books from the reading list and read the Bhagavadgita as well as Patanjali Yoga Sutras in order to have some background knowledge before the training commences.