

200 Hour Yoga Teacher Training

LAURA GREEN TRAINING & MENTORING LTD

200 HOUR DIPLOMA

POLICY DOCUMENTS

COURSE SYLLABUS



Course Syllabus

Personal Practice

Minimum contact hours: 30 hours

Minimum non-contact hours: 30 hours

- On training weekends trainees will participate in 30 hours of lead group classes
- Outside of training weekends, trainees are expected to continue exploring their own Asana practice, covering a range of yoga styles and taking classes with a variety of yoga teachers. Trainees are expected to attend a minimum of 16 yoga classes through the duration of the course with a variety of experienced Yoga Teachers and record in a Class Attendance Diary signed by the teacher.
- In addition, Trainees are expected to establish a regular Personal Yoga Practice and record this in a Personal Practice Diary. Practicing for a minimum of once a week, the practise should last anywhere between 10 – 60 minutes to include asana, pranayama and meditation.

Teaching Practice

Minimum contact hours: 45 hours

- Teaching practice starts on day one of training and is central to every aspect of learning at the school. On each Sunday of the Training Weekends, Trainees will work together to teach a full 75 mins mixed level yoga class to a real live class of visiting yoga students from Laura Green's local community. Trainees will learn to demonstrate, explain, teach and adjust students across a range of poses from the five main categories of asana (standing poses, forward bends, backbends, twists, and inversions), as well as basic practices from the other aspects of yoga. Once trainees have completed 5 full weekends at the school, they should have developed the necessary skills to begin teaching in their community, and will be supported and encouraged to do so.
- As part of the Final Assessment each Trainee will plan and teach a 60 min Yoga Class to our community.
- As part of the Final Assessment each Trainee will submit a full lesson plan for week 1 of a 6 Week Beginners Course and an outline for the entire course.
- On both days of the Training Weekends students will do small group practice teaching of Pranayama & Meditation.

Philosophy and History of Yoga

Minimum contact hours: 25

Yoga is an ancient discipline involving much more than physical exercises. This learning area will engage trainees with the roots of yoga by outlining key texts and through philosophical discussion. Trainees will be encouraged to practice some of the approaches discussed and to feedback their experiences to the group.

- Module 1 on the first Weekend each Trainee is to deliver a 15 minute Presentation to the group reviewing a Chapter from The Spiritual Teachings of Yoga
- Lectures and Discussions covering:
 - The History of Yoga
 - Yoga Margas
 - Patanjali & The Yoga Sutras
 - The 8 Limb Path with focus on Yamas and Niyamas and their application in class
 - The Upanishads in particular The Bhagavad Gita
 - The lens of Tantra and its application in modern yoga
 - Dealing with Yoga Teaching Ethics through the lens of The Yoga Sutras

Anatomy and Physiology

Minimum contact hours: 35

Knowledge of the structure (anatomy) and normal function (physiology) of the human body is necessary for the safe and effective practice of yoga. With the assistance of high-quality software, trainees will explore the human body from the surface to the innermost organs and systems. Each component will be discussed in terms of its physiological function, common pathologies (diseases, injuries, defects) and how specific yoga poses or practices can affect its working to promote normal function.

To Cover:

- Key Terminology
- The Skeleton, Joints, Muscles, Ligaments & Tendons
- The Science of Breath and the Anatomy of the Lungs
- Understanding the difference between Stability / Strength / Flexibility / Mobility
- The Science of Stretching
- Detailed focus on the anatomy, biomechanics and injuries and conditions effecting:
 - The Spine
 - Feet & Ankles
 - Hips, Legs & Pelvis
 - The Trunk
 - Arms & Shoulders
 - Head & Neck

Teaching Methodology

Minimum contact hours: 35

Lectures and discussions designed to prepare Trainees for an authentic and successful career as a yoga teacher to include:

- What is the Role of a Yoga Teacher?
- Supporting Students with Injuries
- The Art & Science of Sequencing
- Class Room Management
- Self Care for Yoga Teachers
- How to Teach One:One
- Voice & Language
- Dynamic Imagery
- Healing Yoga
- Teaching Mixed Level
- How to Utilise Props
- Community Yoga
- Structuring & Delivering Beginners Yoga Courses

Business Methodology

Minimum contact hours: 25

Lectures and discussions designed to prepare Trainees for an authentic and successful career as a yoga teacher to include:

- Job to Yoga Teachers
- What You Must Do (Insurance, Governing Bodies, First Aid, CPD etc)
- Marketing Part 1 & Marketing Part 2
- Money & Tax
- Building a Private Client Base
- Customer Service

Hours of Structure:

- 200 Hours (190 Contact Hours +30 Hours Home Study)
- 10 Weekends | 09:00 – 17:30
- + Additional 2 Hours Assisting a Teacher
- + Additional 2 Hours Class Observation
- Essential & Recommended Reading

Example Structure of the Days:

09:00 – 10:30

Dynamic Practical Yoga Class – following a Focus/Style with clear learning objectives

10:30 – 12:00

Theory & Discussion: Anatomy & Biomechanics / Applied Yoga Philosophy / Teaching or Business Methodology

12:00 – 13:00

Practical Session Exploring Content of Theory & Discussion Topic

13:00 – 14:00

Lunch (lunch is not provided, please bring a packed lunch, a kitchen is available for reheating)

14:00 – 14:20

Small Group Practice Teaching of Pranayama and Meditation

14:20 – 16:20

Asana Clinic: Detailed exploration of Foundational Asanas including Alignment, Verbal Cues, Assists, Modifications, Use of Props, Counterpose, Sequencing, Contraindications

Saturdays 16:30 – 17:30

Theory & Discussion: Anatomy & Biomechanics / Applied Yoga Philosophy / Teaching or Business Methodology

Sundays 16:30 – 17:30

As a Group teach a real life yoga class to Laura's students under Laura's guidance