

Santosha Yoga Teacher Training Curriculum

1. Introduction and Overview
 - a. Overview of Course Objectives and Syllabus
 - b. History of Yoga
 - c. Introduction of Basic Yoga Philosophy
 - d. Basic Introduction to Bhagavad Gita, Upanishads, Yoga Sutras
 - e. Introduction to the Eight Limbs or Asthanga Yoga
2. Focus: Eight Limbs
 - a. Yama and Niyama
 - b. Introduction of Asanas 1-17 (press point, bene's & contra)
 - c. Sadhana
 - d. Journal keeping and partner assignments
3. Focus: Prana and Pranayama
 - a. What is Prana?
 - b. Introduction to the five forms of Prana
 - c. Introduction to the basics of Pranayama
 - d. Introduction of Asanas 18-35 (press point, bene's & contra)
4. Focus: Teaching Asana Practice – Part I
 - a. Importance of warming up the body before asana practice
 - b. Basic warm up techniques
 - c. Q & A Asana 1-17
 - d. Teaching Pranayama (5 forms)
 - e. Mid-term take home exam assigned – due Month 5
5. Focus: Teaching Asana Practice – Part II
 - a. Families of Asanas (grouping asana by type of stretch)
 - b. Methods of instructing Santosha Yogasana
 - c. Santosha method for observing and assisting students (5 steps)
 - d. When and how to modify asana
 - e. Independent Study Project – intro and discussion – full outline due month 6
6. Focus: Practice Teach I and Bandhas
 - a. Practice Teach Session I
 - i. Critique
 - ii. Q & A
 - b. Bandhas
 - i. Jalandhara
 - ii. Uddiyana
 - iii. Mula
7. Focus: Subtle and Gross Anatomy
 - a. Chakras and Prana vayus
 - b. Gross Anatomy (guest) and Movement
8. Focus: Practice Teach II and Designing a Yoga Class
 - a. Setting the context for a class
 - b. Centering the student and creating a complete experience
 - c. Guiding relaxation and creation visualization for a Yoga class
 - d. Creating lesson plans / series of classes
 - e. Practice Teach Session II
9. Focus: Communication Skills and Course Review
 - a. Teaching all cultures