

# Elevated Yoga Studio and Antima Yoga School

## 300-Hour Yoga Teacher Certification Course

### Summary of Syllabus

#### Instructional Blocks Summary:

#### Block 1 – 45 contact hours and 5 non-contact hours

1. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – 25 Hours
2. Techniques, Training and Practice – 20 Hours

*Note: Daily schedule will include teachings in both categories*

#### Block 2 – 45 contact hours and 5 non-contact hours

1. Techniques, Training and Practice – 35 Hours
2. Elective – 10 Hours

*Note: Daily schedule will include teachings in both categories*

#### Block 3 – 45 contact hours and 5 non-contact hours

1. Techniques, Training and Practice – 35 Hours
2. Elective – 10 Hours

*Note: Daily schedule will include teachings in both categories*

#### Block 4 – 45 contact hours and 5 non-contact hours

1. Anatomy and Physiology – 10 Hours
2. Techniques, Training and Practice – 25 Hours
3. Elective – 10 Hours

*Note: Daily schedule will include teachings in multiple or all categories; practicum (teaching as a lead instructor) is to be done during the last days of the course; practicing teaching without the course teacher can be done outside of the schedule ('home' practice with other students)*

#### Block 5 – 45 contact hours and 5 non-contact hours

1. Techniques, Training and Practice – 25 Hours
2. Teaching Methodology – 10 Hours
3. Elective – 10 Hours

#### Block 6 – 45 contact hours and 5 non-contact hours

1. Elective – 15 Hours
2. Teaching Methodology – 10 Hours
3. Practicum – 20 Hours

# Instructional Blocks Details:

## Block 1 – 45 contact hours and 5 non-contact hours

### 1. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers – 25 Hours

- a. Modern history of Yoga
- b. Class discussion of selected verses of Bhagavad Gita and writing essay of understanding of selected verses as they were written by a contemporary writer
- c. Writing and discussion of personal understanding and practice of Yamas and Niyamas
- d. Writing and discussion of personal understanding and practice of limbs 3-8
- e. Ethics for Yoga teachers in teacher-student and teacher-community relationships and as a lifestyle; writing an essay on ethical living, personal accounts of the present moment challenges and the ways to change them
- f. Introduction to Taoism
- g. Reading and discussion of Tao De Ching as it relates to Yoga Yogic Lifestyle and teaching

Reading of related material and writing assignments will be required to be completed before the sessions.

### 2. Techniques, Training and Practice – 20 Hours

#### a. Poses – General

Detailed exploration of differences between similar body movement in different asana categories (sitting vs. prone vs. supine, vs. standing); reading of related material will be required to be completed before the session

#### b. Poses (standing, sitting):

**For each posture - Deep exploration of:**

- Principles of grounding and movement of prana emphasizing 5 vayus
- practice of grounding
- areas of exploration while in the posture
- various techniques: demonstration and explanation of how to teach each technique
- body anatomy involved in each posture (physical and subtle)

**Interactive Sessions:**

Participants will be asked how they would approach teaching of each posture, what modifications they would suggest and how they would present the posture effects to their students.

Reading of related material will be required to be completed before the session.

## Block 2 – 45 contact hours and 5 non-contact hours

### 1. Techniques, Training and Practice – 35 Hours

#### a. Poses (kneeling, supine, prone):

**For each posture - Deep exploration of:**

- Principles of grounding and movement of prana emphasizing 5 vayus
- practice of grounding
- areas of exploration while in the posture
- all discussed techniques with demonstration and explanation of how to teach each technique
- body anatomy involved in each posture (physical and subtle)

**Interactive Sessions:**

Participants will be asked how they would approach teaching of each posture, what modifications they would suggest and how they would present the posture effects to their students.

Reading of related material will be required to be completed before the session.

### 2. Elective – 10 Hours

## Block 3 – 45 contact hours and 5 non-contact hours

### 1. Techniques, Training and Practice – 25 Hours

#### a. Poses (arm support):

For each posture - Deep exploration of:

- Principles of grounding and movement of prana emphasizing 5 vayus
- practice of grounding
- areas of exploration while in the posture
- all discussed techniques with demonstration and explanation of how to teach each technique
- body anatomy involved in each posture (physical and subtle)

#### Interactive Sessions:

Participants will be asked how they would approach teaching of each posture, what modifications they would suggest and how they would present the posture effects to their students.  
Reading of related material will be required to be completed before the session.

#### b. Pranayama

- Using breathing exercises to enhance physical practice of asanas
- Demonstrating effect of Anuloma Viloma and Bhastrica on balancing and arm support postures
- guided practice of pranayama exercises

Reading of related material will be required to be completed before the session.

#### c. Meditation

- Explore principles of Vipassana Meditation and Metta Meditation, their history modern teaching, benefits and purpose
- Guide the class in practice of both types of meditation
- Instruct how to teach these two types of meditation

Reading of related material will be required to be completed before the session

### 2. Elective – 20 Hours

## Block 4 – 45 contact hours and 5 non-contact hours

### 1. Anatomy and Physiology – 10 Hours

- a. Study of skeletal movements for selected yoga asanas involving joints movement; demo by the teacher and using the model; reading of related material will be required to be completed before the session.
- b. Study of muscular participation/movements for selected yoga asanas with extensive use of muscles; demo by the teacher and using the model; reading of related material will be required to be completed before the session
- c. Transfer of muscular movement during asana flow; principles and protecting the body; principle of tapas; demo by the teacher and using the model; reading of related material will be required to be completed before the session
- d. Nervous system connection with and influence on functions of other physiological system of our body and how its states affect asanas, meditation and pranayama; reading of related material will be required to be completed before the session
- e. Subtle body: Kundalini philosophy and movement; reading of related material will be required to be completed before the session
- f. The Mind: Anatomy of the mind, states of consciousness, manifestations of the mind; techniques and yoga practice for healthy mind; reading of related material will be required to be completed before the session

g. Subtle Body Anatomy: Meridians, Doshas, Gunas, 5 Elements

Reading of related material will be required to be completed before the session

## 2. Techniques, Training and Practice – 20 Hours

### a. Teaching 8-Limbs of Yoga (Pratyahara, Dharana, Dhyana, Samadhi):

- description, essence of, prerequisites, practicing it, uniqueness, connection with other practices, connection to other limbs, connection to asana practice; instructions on how to teach it during the yoga class; guided practice with the class

Reading of related material will be required to be completed before the session.

### b. Yoga as therapy:

- principles of yoga therapy; principles and differences of teaching yoga therapy in group sessions and one-on-one sessions; asanas for lower back imbalances, shoulder discomforts, neck discomforts, scoliosis, knee discomforts, anxieties, migraines

Reading of related material will be required to be completed before the session.

## 3. Elective – 15 Hours

# Block 5 – 45 contact hours and 5 non-contact hours

## 1. Elective (Techniques, Training and Practice) – 20 Hours

### a. Poses (inversions):

#### For each posture - Deep exploration of:

- Principles of grounding and movement of prana emphasizing 5 vayus
- practice of grounding
- areas of exploration while in the posture
- all discussed techniques with demonstration and explanation of how to teach each technique
- body anatomy involved in each posture (physical and subtle)

#### Interactive Sessions:

Participants will be asked how they would approach teaching of each posture, what modifications they would suggest and how they would present the posture effects to their students.

Reading of related material will be required to be completed before the session.

### b. Yoga Nidra, Body Scan and Imagery:

- principles of Yoga Nidra, body scan and imagery (visualization); teaching the trainees and letting the trainees to teach a short Yoga Nidra using a script; guided practice

Reading of related material will be required to be completed before the session; Students will be required to prepare their own script.

## 2. Teaching Methodology – 10 Hours

- What is there to teach? What we can teach. How we teach
- Using models during the class; explaining the role of the model and guided practice using model
- Methods for teaching different types of meditation with and without mantras; techniques for guided meditation; guide Metta, tonglen and insight meditation.
- Using voice instructions to help the students explore the poses while staying in poses; explain different areas of exploration using mind, breath and arising body sensations; guide a session using these methods

## 3. Elective – 15 Hours

## **Block 6 – 45 contact hours and 5 non-contact hours**

### **1. Elective – 15 Hours**

### **2. Teaching Methodology – 5 Hours**

- a. Principles of using relaxation during the class; demonstrate the poses and where to use them in the class flow
- b. Designing a class: principles of design, sequencing, duration, purpose of the class; students are to design a sample class and present it during the session.

### **3. Practicum – 25 Hours**

- a. Each Student: Practice teaching as a lead instructor to other program students; Program will be provided by the teacher
- b. Design a class for practicum to teach as a lead instructor; Blueprint will be designed by each student at home; The class design will be discussed at the session with input from other students and from the teacher; Each student will be involved in own class design as well as in review of the design of others.
- c. Each Student: Practice teaching as a lead instructor to other program students using the class designed by themselves; teacher will provide the comments and input after each class; students follow the instructions but will also observe the class components and will comment on the class afterwards;
- d. Each Student will teach as a lead instructor to the public; students will advertise the class and invite others from within the course group and from the outside; non-contact hours: preparation for the class
- e. Each student will teach Pranayama class as a lead instructor; trainees will prepare the class at home (non-contact hours)

Students will practice teaching each other outside of the course sessions, using given class programs.

## **Electives:**

Here are some elective subjects for us to choose:

- Buddhism history and teachings
- Wisdom of Upanishads and Quantum Physics
- Somatic Psychology for Yoga
- Foundations of Restorative Yoga
- Teaching Trauma-Informed Yoga
- Restorative Yoga through Subtle Body
- Pranayama Immersion
- Yoga Nidra Immersion
- Yin Teacher Training
- Restorative Teacher Training
- Advanced asana workshops
- Yoga Therapeutics Immersion
- How to teach private sessions
- Reiki Training
- Advanced Ayurveda
- Tantra