

Vita-Prana Yoga

200-Hour Yoga Teacher Training Syllabus

TOTAL HOURS: 200 hours

Total minimum contact hours: 180 hours

Total minimum contact hours with Lead Trainer(s): 65 hours

Lead Trainers:

Vita Lo Fria, E-RYT 200

Christy Newsome, RYT 500, E-RYT 200

YOGA ALLIANCE REQUIREMENTS FOR 200-HOUR PROGRAM

Techniques, Training and Practice - TTP (100 Hours)

Minimum contact hours: 75 hours

Minimum contact hours w/ Lead Trainer(s): 50 hours

Topics in this category could include, but would not be limited to: asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques, and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis

Teaching Methodology – TM (25 Hours)

Minimum contact hours: 15 hours

Minimum contact hours w/ Lead Trainer(s): 10 hours

Special Requirements: A maximum of five of the above hours can be counted on the subject of business aspects of teaching yoga

Topics in this category could include, but may not be limited to:

Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries

How to address the specific needs of individuals and special populations, to the degree possible in a group setting

Principles of demonstration, observation, assisting and correcting

Teaching styles

Qualities of a teacher

The student learning process

Business aspects of teaching yoga

Anatomy & Physiology – AP (20 Hours)

Minimum contact hours: 10 hours

Minimum contact hours w/ Lead Trainer(s): 0 hours

Special Requirements: A minimum of five of the above hours must be spent applying anatomy and physiology principles to yoga

Topics in this category could include, but would not be limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and may also include energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

Yoga Philosophy, Life Style & Ethics – YPLE (30 Hours)

Minimum contact hours: 20 hours

Minimum contact hours w/ Lead Trainer(s): 0 hours

Special Requirements: A minimum of 2 of the above contact hours must be spent on ethics for yoga teachers

Topics in this category could include, but would not be limited to:

The study of yoga philosophies and traditional texts, such as the Yoga Sutras and Hatha Yoga Pradipika
Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma
Ethics for yoga teachers, such as those involving teacher – student relationships and community
Understanding the value of teaching yoga as a service and being of service to others (seva)

Practicum (10 Hours)

Minimum contact hours: 5 hours

Minimum contact hours w/ Lead Trainer(s): 5 hours

Special Requirements: Each trainee must spend a minimum of 5 contact hours of practice teaching as the lead instructor. Practice teaching does not include assisting, observing or giving feedback.

Topics in this category could include, but would not be limited to:

Practice teaching
Receiving and giving feedback
Observing others teaching
Assisting students while someone else is teaching

Vita-Prana Yoga Studio 200-Hour Yoga Teacher Training Syllabus

Title	Educational Category	Contact Hours	Contact Hours With Lead Trainer	Non-Contact Hours	
Group Asana Practice	Techniques, Training and Practice (TTP)	18.00	18.00	9.00	
Group Asana Practice					
Students will be led through yoga classes by the lead instructors to experience and evaluate the following yoga asanas. Each of these sessions will be designed to support the learning objectives for that particular training day (asana, chakras, sequencing, theming, etc). After the experience, students will discuss and evaluate the sequencing of poses and class structure, there will be a question & answer period.					
Teaching Standing & Balance Postures	Techniques, Training and Practice (TTP)	14.00	14.00	0.00	Details
Teaching Standing & Balance Postures					
Standing and balance poses teach us to be grounded. Through observation, discussion, and practice, we will learn the most common standing and balance postures. This study will include the anatomy of the pose, benefits, modifications, variations, common misalignments, contraindications, form and action. Students will be able to verbally cue another person into proper alignment of the poses and be able to explain the benefits of these postures.					
Teaching Seated Postures	Techniques, Training and Practice (TTP)	6.00	6.00	0.00	Details
Teaching Seated Postures					
Seated poses help us release tension from our bodies, gain core strength and ascertain a greater sense of peace. Through observation, discussion, and practice, we will learn the most common seated postures. This study will include the anatomy of the pose, benefits, modifications, variations, common misalignments, contraindications, form and action. Students will be able to verbally cue another person into proper alignment of the poses and be able to explain the benefits of these postures.					
Teaching Twisting Postures	Techniques, Training and Practice (TTP)	6.00	4.00	0.00	Details
Teaching Twisting Postures					
Twisting postures cleanse and detoxify the body, stimulate digestion and circulation, help relieve back pain, and tone abdominal muscles. Through observation, discussion, and practice, we will learn the most common twisting postures. This study will include the anatomy of the pose, benefits, modifications, variations, common misalignments, contraindications, form and action. Students will be able to verbally cue another person into proper alignment of the poses and be able to explain the benefits of these postures.					

Teaching Forward Bending & Back Bending Postures	Techniques, Training and Practice (TTP)	6.00	6.00	0.00	Details
Teaching Forward Bending & Back Bending Postures					
<p>Forward bending and back bending poses help to keep the spine healthy. Forward bends also create a sense of calm and back bends can energize. Through observation, discussion, and practice, we will learn the most common forward & backward bending postures. This study will include the anatomy of the pose, benefits, modifications, variations, common misalignments, contraindications, form and action. Students will be able to verbally cue another person into proper alignment of the poses and be able to explain the benefits of these postures.</p>					
Teaching Arm Balancing Postures	Techniques, Training and Practice (TTP)	4.00	4.00	0.00	Details
Teaching Arm Balancing Postures					
<p>Arm balances build strength and flexibility and can help build bone density. They also help the body to learn how to balance and to overcome fears. Through observation, discussion, and practice, we will learn the most common arm balancing postures. This study will include the anatomy of the pose, benefits, modifications, variations, common misalignments, contraindications, form and action. Students will be able to verbally cue another person into proper alignment of the poses and be able to explain the benefits of these postures.</p>					
Teaching Stabilizing Postures	Techniques, Training and Practice (TTP)	4.00	4.00	0.00	Details
Teaching Stabilizing Postures					
<p>Stabilizing postures build core strength and support the structure of the body. Through observation, discussion, and practice, we will learn the most common stabilizing postures. This study will include the anatomy of the pose, benefits, modifications, variations, common misalignments, contraindications, form and action. Students will be able to verbally cue another person into proper alignment of the poses and be able to explain the benefits of these postures.</p>					
Teaching Hip Opening Postures	Techniques, Training and Practice (TTP)	4.00	4.00	0.00	Details
Teaching Hip Opening Postures					
<p>Hip opening postures help to release tension in the hips, where a lot of emotions are held. They also help to support the spine and overall health. Through observation, discussion, and practice, we will learn the most common hip opening postures. This study will include the anatomy of the pose, benefits, modifications, variations, common misalignments, contraindications, form and action. Students will be able to verbally cue another person into proper alignment of the poses and be able to explain the benefits of these postures.</p>					

Teaching Inversions	Techniques, Training and Practice (TTP)	4.00	4.00	0.00	Details
Teaching Inversions					
<p>Inversions ignite your courage and invigorate the circulatory system. Through observation, discussion, and practice, we will learn the most common inverted postures. This study will include the anatomy of the pose, benefits, modifications, variations, common misalignments, contraindications, form and action. Students will be able to verbally cue another person into proper alignment of the poses and be able to explain the benefits of these postures.</p>					
Teaching Restorative Yoga	Techniques, Training and Practice (TTP)	4.00	4.00	0.00	Details
Teaching Restorative Yoga					
<p>Restorative yoga allows for healing of the mind, body, and spirit. Through observation, discussion, and practice, we will learn the basic restorative poses and how to teach a restorative class. This study will include the benefits of restorative yoga, modifications, variations, and contraindications. Students will be able to verbally cue another person into and out of restorative postures.</p>					
Teaching Sun Salutations	Techniques, Training and Practice (TTP)	6.00	6.00	0.00	Details
Teaching Sun Salutations					
<p>Sun salutations are a great way to energize, meditate through movement, and are the basis for a vinyasa yoga practice. Through observation, discussion, and practice, we will learn the three basic sun salutations. This study will include learning the sequences, pairing breath with movement, the benefits, modifications, variations, common misalignments, and contraindications. Students will be able to verbally cue another person through the sun salutations.</p>					
Teaching Chair Yoga	Techniques, Training and Practice (TTP)	4.00	4.00	0.00	Details
Teaching Chair Yoga					
<p>Using a chair as a prop in yoga can allow those who may not be able to get up and down from the floor easily to experience the benefits of yoga. A chair as a prop can also help harder poses become more accessible. Through observation, discussion, and practice, we will learn many poses that can be done either in a chair, or by using a chair as a prop. This study will include how to use the chair safely and the student will be able to cue another person into the chair poses and to explain the benefits of these postures.</p>					

Teaching Yin Yoga	Techniques, Training and Practice (TTP)	4.00	4.00	0.00	Details
Teaching Yin Yoga					
<p>Physically, yin yoga helps to restore and maintain the natural mobility of the joints as well as increase flexibility. Energetically, it helps to balance the nadi system (subtle energy body) which has an added bonus of strengthening the internal organs. Through observation, discussion, and practice, we will learn the most common yin yoga postures. This study will include the anatomy of the pose, benefits, modifications, variations, common misalignments, contraindications, form and action. Students will be able to verbally cue another person into proper alignment of the poses and be able to explain the benefits of these postures.</p>					
Introduction to Pranayama	Techniques, Training and Practice (TTP)	6.00	6.00	10.00	Details
Introduction to Pranayama					
<p>Through discussion and direct experience, students will learn various pranayama techniques, the anatomy and science of a breath practice, the benefits of pranayama, and the contraindications or cautions for each practice. Pranayama practices that will be included (but is not limited to): nadi shodhana, ujjayi, dirgha, kaji, kapalabhati, and brahmari. Students will also learn how to verbally cue these practices to be incorporated into a yoga class. They will be encouraged to incorporate pranayama into their daily sadhana (practice).</p>					
Introduction to Meditation	Techniques, Training and Practice (TTP)	6.00	6.00	10.00	Details
Introduction to Meditation					
<p>Through discussion and direct experience, students will learn various meditation techniques, the science behind a meditation practice, and the benefits of meditation. Students will be encouraged to incorporate meditation into their daily sadhana (practice).</p>					
Introduction to Yoga Nidra & Mudras	Techniques, Training and Practice (TTP)	3.00	3.00	0.00	Details
Introduction to Yoga Nidra & Mudras					
<p>Through discussion and direct experience, students will learn about yoga nidra (yogic sleep) and the benefits of this practice. They will also study and practice common mudras and learn their effect on the body, mind, & spirit.</p>					

Introduction to the Bandhas	Techniques, Training and Practice (TTP)	2.00	2.00	0.00	Details
Introduction to the Bandhas					
Through discussion and direct experience, students will learn about the three main bandhas (locks): mula bandha, uddiyana bandha, and jalandhara bandha, the philosophy behind the bandhas, how to teach them, and the benefits of using them during asana and pranayama.					
Adjusting & Assisting Yoga Asana	Teaching Methodology (TM)	6.00	6.00	0.00	Details
Adjusting & Assisting Yoga Asana					
Students will learn how to adjust yoga poses, both verbally and by using hands-on adjustments. These adjustments will be both for keeping the student safe, and for taking the student deeper into a pose. Students will demonstrate, observe and assist lead instructors in adjusting in a basic yoga class.					
Special Populations	Teaching Methodology (TM)	6.00	4.00	4.00	Details
Special Populations					
Students will learn the basics of teaching and modifying yoga poses for special populations: children, seniors, pre-&post-natal, beginners, and those with the most common injuries. Students will write and teach a short sequence addressing one of these populations.					
Sequencing & Class Structure	Teaching Methodology (TM)	6.00	6.00	5.00	Details
Sequencing & Class Structure					
Students will learn how sequencing a class can have different effects on the body, mind, and spirit depending on how a class flows together. Students will learn the best ways to warm-up students, what elements to include in a yoga class, the best ways to sequence different postures, how breathing practices fit into a class, how one pose can affect another, what effects asanas in a particular order have on the central nervous system, and that there are many ways to plan an overall class structure, depending on the goal of the class. There will also be discussion about levels of classes (what makes a class gentle, for beginners, intermediate, advanced, etc). Students will be required to write sequences for various class types and will teach these sequences during the practicum.					

Theming	Teaching Methodology (TM)	4.00	4.00	5.00	Details
<p>Theming</p> <p>Students will learn how adding a theme to a class can engage students and inspire them. Students will select a theme that resonates with them and write a sequence integrating that theme throughout a class while maintaining the integrity of the asana practice. We will discuss and evaluate. Examples of themes to discuss: the chakras, the elements, full or new moon, summer or winter solstice, spring or autumn equinox, balance, gratitude, using a poem or a story, etc.</p>					
The Business of Yoga	Teaching Methodology (TM)	3.00	3.00	0.00	Details
<p>The Business of Yoga</p> <p>Students will learn about the common issues that come up when starting out as a yoga teacher, either part-time or full-time. Discussions will include: independent contractors/employee/studio owners, liability insurance, code of conduct/ethics, social media, business licensing, advertising/marketing yourself, being a part of a yoga community, how to make money, and understanding the difference between being certified and registered.</p>					
Our Body – Anatomy Workshop	Anatomy & Physiology (AP)	12.00	12.00	0.00	Details
<p>Our Body – Anatomy Workshop</p> <p>Students will study the structure of the body as a whole including the skeletal system, muscular system, cardiovascular system, nervous system, and circulatory system . Students will learn how the body works as a whole and how the physical asana affects these systems. Anatomy & physiology quizzes will be given to ensure the student has a deep understanding of the body.</p>					
Energetic Anatomy Workshop	Anatomy & Physiology (AP)	9.00	9.00	0.00	Details
<p>Energetic Anatomy Workshop</p> <p>Students will study the subtle body and learn about the chakras, vayus, koshas, nadis, and gunas and how they are affected by and relate to yoga asana, pranayama, and meditation.</p>					

Contraindication of Movement	Anatomy & Physiology (AP)	4.00	4.00	0.00	Details
Contraindication of Movement					
Students will learn about common physical limitations that come up in a yoga class and how to modify many poses as they relate to those physical challenges (for example: wrist pain, knee pain, disk degeneration, hip replacement). Students will be required to demonstrate modifications for a certain physical limitation. We will also watch portions of Paul Grilley's The Bare Bones of Yoga training video to understand how bone structure can affect range of motion and yoga asana for individuals.					
The Eight Limbs, Philosophy, and History of Yoga	Yoga Philosophy, Life Style & Ethics (YPLE)	14.00	14.00	8.00	Details
The Eight Limbs, Philosophy, and History of Yoga					
Students will learn the origins of yoga, the history of the philosophy of yoga and how yoga has evolved into what we practice today. Students will be introduced to the many founding beliefs and most common styles of yoga. After reading from the yogic texts and studying the eight limbs of yoga, each student will give a presentation on one of the following: a Yama, a Niyama, Pratyahara, Dharana, Dhyana, or Samadhi.					
The Language of Yoga (Sanskrit)	Yoga Philosophy, Life Style & Ethics (YPLE)	4.00	4.00	4.00	Details
The Language of Yoga (Sanskrit)					
Students will learn the history and importance of the Sanskrit language and why it is used in yoga. They will learn the basics of Sanskrit and pronunciation and take a test on the most common Sanskrit terms used in western yoga.					
Ayurveda & the Yogic Diet & Lifestyle	Yoga Philosophy, Life Style & Ethics (YPLE)	4.00	4.00	4.00	Details
Ayurveda: The Yogic Diet & Lifestyle					
Students will learn the basics of Ayurveda, its aims and objectives, and the concepts of health, wellness, and diet from the Ayurvedic viewpoint. Discussions will include the three doshas, the five element theory, the gunas as they apply to food, and the six tastes according to Ayurveda. Students will take a dosha test and be encouraged to apply some of the Ayurvedic principles into their daily routines based on their dosha.					
Yoga Ethics	Yoga Philosophy, Life Style & Ethics (YPLE)	4.00	4.00	0.00	Details
Yoga Ethics					
Discussion of the ethics of teaching yoga, including: how the yamas & niyamas relate to ethics, the teacher-student relationship, inherent power dynamics present in the yoga classroom, sensitivity to potential vulnerabilities that may arise as students embark upon the healing practice, and raising awareness around the likelihood of projection of energy in both directions. We will also discuss the ethics of food and health advice and learn to be able to ethically navigate food and health questions from clients.					

Yoga as Service	Yoga Philosophy, Life Style & Ethics (YPLE)	4.00	4.00	4.00	Details
Yoga as Service					
Discussion of seva (selfless giving) as a key reason to undertake yoga teacher training. Students will learn to value their own efforts and time, and to distinguish what is and is not appropriate to ask and to be asked in the name of seva. Conversation is had as to how to distinguish seva from manipulation. Students will participate in karma yoga around the studio throughout the teacher training program.					
Practice Teaching 1	Practicum	5.00	5.00	0.00	Details
Practice Teaching 1					
Students will offer hands-on assists during classes taught by one of the lead instructors. They will also be called upon to teach individual poses or sets of poses as they are learning them to reinforce learning and begin to find their voice (starting with the very first training weekend). Students will practice verbal cues, demonstration, and hands on assists in these mini-classes under the observation of their assigned mentor (one of the lead instructors) and engage in giving and receiving feedback to each other. They will also receive one-on-one feedback from their assigned mentor.					
Practice Teaching 2	Practicum	0.00	0.00	5.00	Details
Practice Teaching 2					
Students will teach 3 hours of yoga to a group of their choosing outside of the teacher training hours. They will submit a written sequence of the classes taught, as well as a written self-evaluation of how the class went and any feedback received from the attendees.					
Practice Teaching 3	Practicum	5.00	5.00	3.00	Details
Practice Teaching 3					
Students will teach 5 hours of yoga in the presence of one of the lead instructors. They will demonstrate their ability to design & sequence a 60 minute class and self-evaluate in order to improve communication and instruction. The written sequences will be submitted to the lead instructors and written feedback will be given to the student. If possible, classes will be videotaped to aid in evaluation.					
Get on Your Mat!	Techniques, Training and Practice (TTP)	0.00	0.00	20.00	Details
Get on Your Mat!					
Students must attend 20 classes of yoga during their training and will receive a 20 class card to the studio. If they are not local, students may take these classes in their hometown or via videotape/online class. Students will submit a short written reflection of the class.					