

1.0 TITLE PAGE

Name of course: Natraj Yoga London Foundation Teacher Training 200hrs

Year: 2018

Number of Modules:

Meeting times & location: Natraj Yog Peeth Ashram. Rishikesh/ India

Principal SYT: Farah Fernandes Da Silva

1.1 DESCRIPTION

This foundation program systematically deepens your experience and understanding of the philosophical roots and diverse practices of the classical hatha yoga tradition. All aspects of yoga are taught as a physical and spiritual discipline, uniting body, breath and mind. Skills will be developed to enable you to teach a beginner yoga class in the three areas of pranayama (classical breathing practices), meditation and asana (postures).

The course will include the following areas of study:

Topic Covered:

- Intensive practice of asana
- Yoga philosophy
- Self inquiry
- Anatomy and physiology (Eastern and Western)
- Sequencing skills
- Teaching skills
- Adjusting skills
- Extensive Yoga sequence training
- Correct alignment of postures
- Practical teaching
- Yogic lifestyle and diet
- pranayama and meditation

1.2 COURSE OBJECTIVES

- By the end of the course student will have a theoretical and practical knowledge of Hatha yoga Asanas. Students will be able to teach and formulate their own lessons and plans as well as proper lesson delivery and pose corrections. Meditative postures, dynamic postures, Balancing posture, Inverted poses, Twisting postures, Back-bending, Forward-bending, Relaxation will all covered during this course.
- Students will gather a comprehensive idea and understanding of yogic philosophy and lifestyle with an emphasis of outlining traditional and scriptural ideology based on Patanjali.

- Students will learn about the human body as well as ayurvedic and Yogic applications for health, well-being and also practical information about Asanas.

1.3 STRUCTURAL BREAKDOWN

Please note that the contents of this example should be changed to suit your curriculum.

Subject	Contact hours	Non contact hours	Total hours
TECHNIQUE <ul style="list-style-type: none"> • Asanas • Pranayama • Bandhas • Mudras • Meditation • Kriyas • Mantras and chanting 	100	0	100
ANATOMY – PHYSIOLOGY <ul style="list-style-type: none"> • Systems of the human body • meaning and functions of the systems and their co-relations in context of yoga practice • emphasis on the muscular and skeletal system 	15	5	20

<p>YOGA PHILISOPHY</p> <ul style="list-style-type: none"> • Origins and history of yoga • The 4 paths of yoga • 8 limbs od yoga • Patanjali yoga sutras Vedas, Upanishads, Bhagavad Gita 	15	5	20
<p>LIFESTYLE</p> <ul style="list-style-type: none"> • Attitudes & values of a Yogi • Yogic daily routines: principles of yogic diet • Self and Ego <p>Consciousness & Self Awareness.</p> <p>TEACHING METHODOLOGY & ETHICS</p> <ul style="list-style-type: none"> • The role of a teacher • principles of demonstration theory and practice • Ethics and ethical behaviour Ethical codes 	10	5	15
<p>PRACTICUM</p> <p>Teaching</p>	25	5	30
	15	0	15

Totaling min 200 hours (180) contact hours.
The SYT will be teaching a minimum of 70% of the course

1.4 MATERIALS

Natraj Yoga London will provide a full manual, which will match the modules set out in this syllabus. A reading list will be provided upon the start of the course and students are expected to purchase these themselves.

1.5 PREREQUISITES

Practitioners are expected to have a minimum of 2 years of strong yoga practice before they can be accepted onto a teacher-training course. It is also helpful for practitioners to have a basic understanding of the philosophy of yoga in general and specifically the style of yoga that they wish to pursue. The 200 hour course is very much a foundation course and there is a lot of information to get through, so by having some fundamental understanding and a strong practice means that the pace of the course is not held up by individuals' lack of knowledge on the subjects.

Successful applicants should be in good health and have stable personal circumstances to complete this course with the focus and dedication it requires.

1.6 EVALUATION PROCEDURE and GRADING CRITERIA

To get Diploma at 200-hour yoga instructor course in India and or London a student needs to attend 23 days. Will be based on written assignments, as well as practical evaluations and student conduct will be a part of the assessment criteria.

- Essays - essays based on history of yoga, philosophy and anatomy
- practical assessment - based on asanas, pranayama, meditation, and teaching methodology
- Observational class assessment - trainee will be assessed on them teaching a led class, including adjustments

1.7 COURSE SCHEDULE

Daily Schedule : Training in India

06.30 am : Meditation/Kriya
08.00 am : Yoga asana/ Chanting
10.00 am : Breakfast
11.00 am : Anatomy
12:00 pm : Ayurveda/ Patnjali Yoga sutra
01.00 pm : Lunch/ karma yoga/ free time
04.00 pm : Yoga Asana/Pranayama & teaching skills (body postures & breathing exercises)
07:00 pm : Dinner
08:00 pm : Satsang [Bhajan Singing,Chanting, Question & Answer session]

First day of the course starts with introduction of Yoga – it's various forms, benefits and practices ; followed by a brief introduction of the teacher and the students.

Suitable For : Minimum of 2 years practice, Intermediate, Advanced, Continuing Education Credits (CEC), Existing Yoga Teachers

Batch Strength : 15 Students

Fee Inclusions:

Breakfast and accommodation

Fee Exclusions:

Medical, Lunch/ dinner, Travel and toiletries.

Accommodation:

Course fees include double or single However, arrangement for single accommodation could be made on special request and on additional payments.

1.8 ATTENDANCE

- **It is compulsory for the students to attend all the classes.** Exceptions would be in case of illness, etc. for which the students have to take prior permission for the teachers to absent themselves from the class.
- Should trainees miss more than this minimum, they will need to agree with the teacher on which modules to re-take. The school reserves the right to charge additional fees for these catch up modules.

1.9 ACCREDITATION

This training school has met the stringent requirements set by Yoga Alliance Professionals, demonstrating that the course is of the highest standard and that our graduates may use the title 'Registered Yoga Teacher' RYT as a sign of quality training when they register themselves with Yoga Alliance Professionals.'