



## 200 Hour Teacher Training Syllabus & Schedule

Village Yoga students come to learn and practice yoga, gaining an all-around education in all aspects that yoga has to offer. Only 1% of a pure yoga practice takes place in a studio while on a mat; our students to become aware of the other 99%, which guides them to their true potential.

Village Yogis feel safe enough to personally challenge yet nurture themselves through the exceptional support and guidance from our highly educated and experienced teachers.

### Learning Objectives:

1. To prepare students to confidently lead safe and intelligently structured yoga classes for all levels.
2. To deepen the students' knowledge of the history and philosophy of yoga.
3. To share the techniques and benefits of a regular meditation practice.
4. To provide a strong understanding of yoga asana, their alignment cues, safe and respectful assists, and proper placement in sequencing.
5. To open a safe and inspiring environment for spiritual growth.

Fall 2017 Tuition: [\\$2500](#), Deposit: [\\$250](#), Due, August 6<sup>th</sup>

Balance: [\\$2250](#) Due August 27<sup>th</sup>

Payment Options are available

### [Application](#)

#### Weekend Workshops:

Yoga Anatomy Basics Part I - *Saturday, Oct 21. 1- 6p*

The Art of Yoga Assists - *Sunday, Oct 22. 1- 6p*

Yoga Anatomy Basics Part II - *Saturday, Oct 28th. 1- 6p*



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### **Required Reading List:**

- Light on Yoga, B.K.S. Iyengar
- Science of Breath, Yogi Ramacharaka
- Yoga Mala: The Original Teachings of Ashtanga Yoga Master Sri K. Pattabhi, Sri K. Pattabhi Jois and R. Sharath
- The Heart of Yoga, T.K.V. Desikachar
- The Yoga Sutras of Patanjali, Sri Swami Satchidananda
- The Hatha Yoga Pradipika, Brian Dean Akers
- The Four Agreements, Don Miguel Ruiz

### **Suggested Reading:**

- The Spirituality of Imperfection, Storytelling and the Search for Meaning, Ernest Kurtz and Katherine Ketcham
- Autobiography of a Yogi, Yogananda Paramahansa
- Yoga Nidra, Swami Satyananda Saraswati
- The Living Gita, Sri Swami Satchidananda
- The Upanishads
- The Radiance Sutras, Lorin Roche
- Zen Flesh, Zen Bones, Paul Reps
- Light on Life, B.K.S. Iyengar
- Karma Yoga, Swami Vivekananda



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### CLASS SCHEDULE

**Sunday, August 27, 2017, 11:30am – 3:30pm**

➤ **Session One Welcome to Village Yoga Teacher Training**

- ❖ **Description:** Ashtanga Practice/Meditation. Introduction - Questions & Types of Truth-Seekers; Key Words & Definitions
- ❖ **Objective:** For students to develop a foundation of understanding and context about the environment in which learning and practice of yoga will take place.

**Thursday, August 31, 2017, 6pm – 10pm- Merrily**

➤ **Session Two Ashtanga Yoga**

- ❖ **Description:** Ashtanga Practice with breakdown of poses. Student Practice Sun A's & Sun B's. Learning and exploring the Eight Limbs of Ashtanga yoga. Meditation.
- ❖ **Objective:** For students to understand and have a fundamental practice of Ashtanga yoga.

**Thursday, September 7, 2017, 6pm – 10pm**

➤ **Session Three Breath & Meditation- Andy**

- ❖ **Description:** Ashtanga Practice/Meditation. Learning the physiological and energetic components and practices of pranayama.
- ❖ **Objective:** For students to have an understanding of pranayama practices and how to implement them.



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**Thursday, September 14, 2017, 6pm – 10pm- Andy**

➤ **Session Four** **Dharma & The Vedas (Darshanas)**

- ❖ **Description:** Ashtanga Practice/meditation. Learn about Dharma and its significance and influence in the practice of yoga.
- ❖ **Objective:** For students to understand how and why Dharma is a fundamental Darshana of yoga.

**Thursday, September 21, 2017** **Rosh Hashanah – No Class**

**Thursday, September 28, 2017, 6pm – 10pm- Andy**

➤ **Session Five** **Yoga Sutras of Patanjali**

- ❖ **Description:** Ashtanga Practice/Meditation. Unpacking the meaning of the yoga sutras and understanding their importance as the foundation of raja yoga.
- ❖ **Objective:** For students to be knowledgeable about the seminal yoga text of raja yoga and be able to apply it to teaching and practice.

**Thursday, October 5, 2017, 6pm – 10pm- Andy**

➤ **Session Six** **Nadis & Chakras**

- ❖ **Description:** Ashtanga Practice/Meditation. To build an understanding of the nadis and chakras as they relate to kundalini and other kriya practices.
- ❖ **Objective:** For students to understand how the chakras work in relationship to the practice of yoga.



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**Thursday, October 12, 2017, 6pm – 10pm- Andy**

➤ **Session Seven**                      **5 Bodies & 5 Winds**

- ❖ **Description:**      Slow Yoga Practice/Meditation.  
Explanation of the 5 Bodies (koshas and shariras) and the 5 Winds (vayus)
- ❖ **Objective:** For students to understand how the idea of the koshas and vayus operate within a yoga practice and how they interact with the chakras.

**Thursday, October 19, 2017, 6pm – 10pm- Merrily and Andy**

➤ **Session Eight**                              **Mid-term Review and teaching practice**

- ❖ **Description:**      Slow Yoga Practice/Meditation. Learning how different types of learning effect the learning environment. Students will each present their reflections on how their practice has changed and continues to change.
- ❖ **Objective:** For students to understand what type of student and teacher they themselves are and how to identify the types of others and to mindfully express their understanding of their current practice.

**Saturday, October 21, 2017, 1pm-6PM- Stephanie**

➤ **Workshop**                                      **Yoga Anatomy Basics 1**

**Sunday, October 22, 2017, 1pm-6pm- Stephanie**

➤ **Workshop**                                      **The Art of Yoga Assists**

**Thursday, October 26, 2017, 6pm – 10pm- Stephanie**

➤ **Session Nine**                              **Anatomy & Adjustments**

- ❖ **Description:**      Slow Yoga Practice/Meditation. Workshop Practice of Many Asanas. Meditation. Learn how to



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incorporate what the students have learned into using physical adjustments.

- ❖ **Objective:** For students to be proficient and knowledgeable about administering adjustments.

**Saturday, October 28, 2017, 1pm-6pm- Stephanie**

➤ **Workshop** **Yoga Anatomy Basics 2**

**Thursday, November 2, 2017, 6pm – 10pm- Stephanie**

➤ **Session Ten** **Sequencing**

- ❖ **Description:** Vinyasa Practice/Meditation. Learning the art of creating a complete yoga practice experience for students.
- ❖ **Objective:** For students to be able to create a complete yoga practice experience.

**Thursday, November 9, 2017, 6pm – 10pm**

➤ **Session Eleven** **The Upanishads, Bhagavad Gita, and Beyond**

- ❖ **Description:** Vinyasa Practice/Meditation. Unpacking the meaning of the Upanishads and the Gita and understanding their influence on Hinduism and yoga as well as exploring other paths of yoga (Bhakti, Jnana, Kundalini, etc.) Learning how yoga has influenced and been influenced by other spiritual practices and paths.
- ❖ **Objective:** For students to understand what role the Upanishads and the Gita play in the evolution and development of yoga and to understand both the dualistic and non-dualistic perceptions and how the myriad paths of yoga are related and for students to be able to think synergistically about their yoga practice.



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**Thursday, November 16, 2017, 6pm – 10pm- Merrily & Andy**

➤ **Session Twelve**      **Late-term Review and teaching practice**

- ❖ **Description:** Yoga Practice/Meditation. Learning how different types of learning effect the learning environment. Students will each present their reflections on how their practice has changed and continues to change.
- ❖ **Objective:** For students to understand what type of student and teacher they themselves are and how to identify the types of others and to mindfully express their understanding of their current practice.

**Thursday, November 16, 2017, 6pm – 10pm- Merrily**

➤ **Session Thirteen Setting a Theme, Mood, and Practice Space.  
Promotion and Business.**

- ❖ **Description:**
  - Yin Yoga Practice/Yoga Nidra Meditation. Learning techniques to create a safe and worthwhile practice space, physically, intellectually, and energetically.
  - Learning how to promote oneself as a teacher and the ethics and practices of yoga as a capitalist business.
- ❖ **Objective:**
  - For students to be able to use the elements of theme, storytelling, anecdotes as well as physical and vocal presence in practice.
  - For students to be able to successfully promote themselves through advocacy and advertising in a place of business.

**Thursday, November 23, 2017**

**Thanksgiving, No Class**



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**Thursday, December 7, 2017, 6pm – 10pm- Merrily**

➤ **Session Fourteen**                      **All Things Yin**

- ❖ **Description:** Yin Yoga Practice/Meditation. Learn how the 6 movements of the spine, stretching the joints to help with muscle flexibility is important to a well-rounded practice.
- ❖ **Objective:** For students to gain knowledge of how important the connective tissue between the muscle & bone is to prevention of injuries and the reduced length of rehabilitation from injuries.

**Thursday, December 14, 2017, 6pm – 10pm- Andy**

➤ **Session Fifteen**                      **Teaching Inclusively**

- ❖ **Description:** Developing mindfulness of all students and their abilities across the spectrums of experience, ability, and identification.
- ❖ **Objective:** For students to have an inclusive, non-ableist vocabulary and teaching method and application.

**Sunday, December 17, 2017, 10 am – 4pm**

➤ **Session Sixteen Karma/Seva & Graduation**

- ❖ **Description:** Field Trip with *Habitat for Humanity*.
- ❖ **Objective:** For students to understand how karma works and its influence in the yoga practice. **GRADUATION**

**Dates TBD**

<b>Weekend Workshop</b>	<b>Review &amp; Practice Ashtanga</b>
<b>Weekend Workshop</b>	<b>Review &amp; Practice Slow Yoga</b>
<b>Weekend Workshop</b>	<b>Face Your Fears</b>