



200 Hour Teacher Training Syllabus & Tentative Schedule

July 11, 2017

Village Yoga students come to learn and practice yoga, gaining a multi-dimensional education in all aspects that yoga has to offer. Only 1% of a pure yoga practice takes place on a mat while in a studio; our students are guided to their true potential as they become aware of the other 99%.

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 6th

Balance: [\\$2250](#) Due August 27th

Payment Options are available

[Application](#)



200 Hour Teacher Training Syllabus & Tentative Schedule

July 11, 2017

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

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

Thursday, September 14, 2017, 6pm – 10pm

- 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.



200 Hour Teacher Training Syllabus & Tentative Schedule

July 11, 2017

Thursday, September 21, 2017

Rosh Hashanah – No Class

Thursday, September 28, 2017, 6pm – 10pm

- 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 and be able to apply it to teaching and practice.

Thursday, October 5, 2017, 6pm – 10pm

- Session Six **3 Types of Students and Teachers**
 - ❖ Description: Slow Yoga Practice/Meditation. Learning how different types of learning effect the learning environment.
 - ❖ Objective: For students to understand what type of student and teacher they themselves are and how to identify the types of others.

Thursday, October 12, 2017, 6pm – 10pm

- Session Seven **Nadis & Chakras**
 - ❖ Description: Slow Yoga Practice/Meditation. Explanation of the chakra system of thought and organization.
 - ❖ Objective: For students to understand how the chakras work in relationship to the practice of yoga.

Thursday, October 19, 2017, 6pm – 10pm

- Session Eight **5 Bodies & 4 Winds**
 - ❖ Description: Slow Yoga Practice/Meditation. Explanation of the 5 Bodies (koshas and shariras) and the 4 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.



200 Hour Teacher Training Syllabus & Tentative Schedule

July 11, 2017

Thursday, October 26, 2017, 6pm – 10pm

- Session Nine **Anatomy & Adjustments**
 - ❖ Description: Slow Yoga Practice/Meditation. Workshop Practice of Many Asanas. Meditation. Learn how to incorporate what the students have learned into using physical adjustments.
 - ❖ Objective: Students Practice adjustments.

Thursday, November 2, 2017, 6pm – 10pm

- 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 & The Bhagavad Gita**
 - ❖ Description: Vinyasa Practice/Meditation. Unpacking the meaning of the Upanishads and the Gita and understanding their influence on Hinduism and yoga.
 - ❖ Objective: Upanishads and the Gita play in the evolution and development of yoga and to understand both the dualistic and non-dualistic perceptions.

Thursday, November 16, 2017, 6pm – 10pm

- Session Twelve **Other traditions of Yoga**
 - ❖ Description: Vinyasa Practice/Meditation. Exploring how yoga has influenced and been influenced by other spiritual practices and paths.
 - ❖ Objective: For students to be able to think synergistically about their yoga practice.



200 Hour Teacher Training Syllabus & Tentative Schedule

July 11, 2017

Thursday, November 16, 2017, 6pm – 10pm

➤ 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

Thursday, December 7, 2017, 6pm – 10pm

➤ 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

➤ 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.



200 Hour Teacher Training Syllabus & Tentative Schedule

July 11, 2017

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 to be determined

Weekend Workshop	Review & Practice Ashtanga
Weekend Workshop	Review & Practice Slow Yoga
Weekend Workshop	Face Your Fears
Weekend Workshop	TWO Anatomy & Physiology