

Yoga Teacher Training 300-Hour Curriculum Overview

Module 1: Getting Started

Module 2: History of Yoga Recap

Module 3: Ashtanga Vinyasa Yoga Overview

Module 4: Yoga Mala

Module 5: The Power of Ashtanga Yoga

Module 6: Personal Practice

Module 7: Your Body Your Yoga

Module 8: Anatomy & Biomechanics

Module 9: Desikachar

Module 10: Meditation

Module 11: Yoga Sutras

Module 12: Bhagavad Gita

Module 13: Autobiography of a Yogi

Module 14: The Upanishads

Module 15: Hatha Yoga Pradipika

Module 16: Adjustments

Module 17: Advanced Class Planning

Module 18: Practicum