

# Yoga Teacher Training 200-Hour Curriculum Overview

## Part 1: Yoga Theory

### Unit 1: The History of Yoga

- Chapter 1: Transmission of Knowledge
- Chapter 2: The Vedas
- Chapter 3: The Upanishads
- Chapter 4: The Bhagavad Gita
- Chapter 5: The Yoga Korunta
- Chapter 6: The Yoga Sutras of Patanjali

### Unit 2: The 8 Limbs of Yoga

- Chapter 7: Yamas
- Chapter 8: Niyamas
- Chapter 9: Asana
- Chapter 10: Pranayama
- Chapter 11: Pratyahara
- Chapter 12: Dharana
- Chapter 13: Dhyana
- Chapter 14: Samadhi

### Unit 3: The Evolution of Hatha Yoga

- Chapter 15: Classic Yogic Texts
- Chapter 16: Bridging the Gap

### Unit 4: Yoga Lineages

- Chapter 17: Ashtanga Vinyasa Yoga
- Chapter 18: Iyengar Yoga
- Chapter 19: Kundalini Yoga
- Chapter 20: Yin Yoga
- Chapter 21: Lineages of Note

### Unit 5: Personal practice

- Chapter 22: Beginner Practice Sequences
- Chapter 23: Intermediate Practice Sequences

### Unit 6: Anatomy: Structure & Support Systems

- Chapter 24: Foundations of Anatomical Movement
- Chapter 25: Skeletal System
- Chapter 26: Muscular System

### Unit 7: Anatomy: Systems of the Body

- Chapter 27: The Nervous System
- Chapter 28: The Endocrine System
- Chapter 30: The Cardiovascular System
- Chapter 31: The Lymphatic / Immune System
- Chapter 32: The Respiratory System
- Chapter 33: The Digestive System
- Chapter 34: The Renal / Urinary System
- Chapter 35: The Integumentary / Exocrine System
- Chapter 36: The Reproductive System

### Unit 8: Anatomy: Irregularities

- Chapter 37: Irregularities

Unit 9: Techniques & Tools / General Info

Chapter 38: Onboarding Students

Chapter 39: Teaching vs. Leading Authentic Yoga

Chapter 40: Teaching Tips

Chapter 41: Unexpected Events

Chapter 42: Holding Space For Students

Chapter 43: Class Etiquette

Chapter 44: Yoga Teacher Checklist

Unit 10: Class Planning

Chapter 45: Creating a Yoga Sequence

Chapter 46: Basic Yoga Class Template

Chapter 47: Sequencing Over Time

Unit 11: Public Speaking

Chapter 48: Be Prepared

Chapter 49: Elevating the Classroom Experience

Chapter 50: An Instructor's Voice

Chapter 51: A Teacher's Attire

Unit 12: Yogic Nutrition

Chapter 52: Dietary Practices in Yogic Texts

Chapter 53: Mood Altering Substances

Unit 13: Subtle Energy

Chapter 54: Beyond the Physical

Chapter 55: Energetic Highways

Chapter 56: Bandhas and Mudras

Chapter 57: Gunas

Chapter 58: Doshas

Unit 14: Pranayama

Chapter 59: Breath and Energy in Pranayama

Chapter 60: Cautions and Controversy in Pranayama

Chapter 61: Digitally Controlled Pranayama

Chapter 62: Pranayama Techniques

Unit 15: Meditation

Chapter 63: Meditation and Brain Waves

Chapter 64: The Significance of Meditation

Chapter 65: From Theory to Practice

Chapter 66: Debriefing the Meditation

Unit 16: Ethics & Responsibilities

Chapter 67: Core Ethical Principles

Chapter 68: Ethics of Closeness and Care

Unit 17: Hands-On Adjustments

Chapter 69: Consent in Yoga Practice

Chapter 70: Intention in Teaching

Chapter 71: Safe Biomechanics

Chapter 72: Optimal Teacher Positioning

Chapter 73: Comfort Adjustments in Savasana

Unit 18: Specialized Yoga

Chapter 74: Varying Ages and Levels

Chapter 75: Injuries

Chapter 76: Contraindications

Chapter 77: Prenatal Yoga

Unit 19: The Business Of Yoga

Chapter 78: Yoga Studio Operational Structures  
Chapter 79: The Business of Teaching  
Chapter 80: Yoga Alliance  
Chapter 81: Policies & Procedures

## **Part 2: Teaching Yoga**

Unit 20: Teaching Centering and Savasana

Chapter 82: Centering

Chapter 83: Savasana

Unit 21: Teaching Surya Namaskara

Chapter 84: About Surya Namaskara

Unit 22: Teaching a Yoga Class

Chapter 85: Basic Sequence Outline

Chapter 86: Surya Namaskara Short Forms

Chapter 87: Basic Sequence Full Voice Over

Unit 23: Concluding Your Training