

# Online Yoga Teacher Training

200-hour Curriculum

Techniques, Training, Practice	Anatomy & Physiology	Yoga Humanities	Professional Essentials
75 hrs	30 hrs	30 hours	65 hrs
<p><b>Asana</b></p> <ul style="list-style-type: none"> <li>- 70 Hatha poses</li> <li>- Safe sequencing</li> <li>- Technique, cues, and contraindications</li> <li>- Personal practice</li> </ul> <p><b>Pranayama &amp; Subtle Body</b></p> <ul style="list-style-type: none"> <li>- Ujjayi, Nadi Shodhana, Kapalabhati, among others</li> </ul> <p><b>Meditation</b></p> <ul style="list-style-type: none"> <li>- Knowledge of key terms such as pratyahara, dharana, dhyana, and samadhi</li> <li>- Unique method of meditation (perhaps the original method?)</li> </ul>	<p><b>Anatomy</b></p> <ul style="list-style-type: none"> <li>- 11 systems of the body</li> <li>- Emphasis on the musculoskeletal system</li> </ul> <p><b>Physiology</b></p> <ul style="list-style-type: none"> <li>- Autonomic vs somatic nervous system</li> <li>- fight, flight, or freeze</li> <li>- mind / body connection</li> <li>- proprioception</li> </ul> <p><b>Biomechanics</b></p> <ul style="list-style-type: none"> <li>- Types of joint movements</li> <li>- Safe range of motion</li> <li>- Practicing safe biomechanics in hands-on adjustments</li> <li>- "Yoga Foundations" course (exclusive to Vernon Yoga) with detailed alignment points of each of the 70 poses</li> </ul>	<p><b>History</b></p> <ul style="list-style-type: none"> <li>- Origin of yoga</li> <li>- Different lineages and styles of yoga</li> <li>- Ancient yogic texts</li> </ul> <p><b>Philosophy</b></p> <ul style="list-style-type: none"> <li>- Relationship between asana, pranayama, and meditation</li> <li>- What do the ancient yogic texts teach us about life</li> <li>- How yogic philosophy relates to practice</li> </ul> <p><b>Ethics</b></p> <ul style="list-style-type: none"> <li>- Ethics in yogic philosophy</li> <li>- Ethics in teaching</li> <li>- Ethics in hands-on assist</li> <li>- Examples of corruption in the modern yoga world and how it could have been avoided</li> <li>- Responsibility of a teacher to increase equity in yoga</li> <li>- Code of Conduct</li> </ul>	<p><b>Teaching Methodology</b></p> <ul style="list-style-type: none"> <li>- Sequencing</li> <li>- Pacing</li> <li>- Environment</li> <li>- Cueing (verbal, visual, physical)</li> <li>- Class management</li> </ul> <p><b>Professional Development</b></p> <ul style="list-style-type: none"> <li>- Professional organizations</li> <li>- Credentialing process</li> <li>- Continuing education</li> <li>- Professionalism</li> <li>- Marketing</li> <li>Liability insurance, waivers, invoicing</li> <li>- How to find work in a sea of yoga teachers</li> </ul> <p><b>Practicum (Practice Teaching)</b></p> <ul style="list-style-type: none"> <li>- Practice teaching is included in 2 modules of this course</li> <li>- Feedback</li> <li>- Mentorship component</li> </ul>

## Format

1/3 Watch videos	1/3 Reading & Assignments	1/3 Submit videos for feedback
+ Unlimited one-on-one contact with lead trainer via video conference and text (as needed)		