



Yoga with Esme

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VINYASA YOGA TEACHER TRAINING SYLLABUS

AIM: To give yoga practitioners the knowledge, competence and confidence to deliver a complete, balanced yoga class that caters for all levels and abilities and be able to offer advice and support to a variety of practitioners.

Vinyasa Yoga Teacher Training will focus on teaching yoga practitioners how to:

1. Teach, structure and modify classes;
2. Create a complete yoga class that includes sequences for warming up, standing, sitting and finishing poses;
3. Create sequences with intention and understanding;
4. Teach, practice, and incorporate various pranayama techniques, meditation and mudras into classes to bring the mind to a state of relaxation;
5. Read different types of bodies and determine what they need in order to give the right cues and adapt poses to individuals;
6. Create sequences to cater for everyone in the group and help with individual specific issues such as backpain, tight shoulders, core strengthening, etc.;
7. Create vinyasa kramas for general classes;
8. Use props effectively;
9. Recognise and understand their own limitations; and
10. Create a safe space for students and a successful business for themselves.

While the course will focus on vinyasa yoga, a new style of yoga will be introduced each week. These styles include: ashtanga, hatha, yin, yin and yang, restorative, chair yoga and myofascial release.

The course will also cover philosophy, anatomy, physiology and the history of yoga with experts in each field. Yoga practitioners will also receive invaluable information on how to start their own business and boost their online presence.

By graduation, yoga practitioners will be knowledgeable and competent enough to run their own classes and be able to confidently offer advice and support to their students.

Approximately 30% of total hours will be spent in the physical practice of asana, pranayama and meditation.

ASSESSMENT

Yoga practitioners will be constantly assessed using self- and trainer- feedback.

To qualify, yoga practitioners are required to complete all 200 hours of study and show constant progression. Yoga practitioners who do not meet the course requirements will be given the opportunity to take part in one-to-one private mentoring.

	YT Contact Hours	Non-SYT Contact Hours	Non-Contact Hours	Total Hours
<p>MODULE 1: Warm-Up 24th and 25th September 2021</p> <ul style="list-style-type: none"> • Creating your sankalpa. • The anatomy and physiology of warm-up poses. • How to sequence, structure and modify warm-ups. • How to make adjustments. 	20			
<p>MODULE 2: Sun Salutation 29th to 31st October 2021</p> <ul style="list-style-type: none"> • The anatomy and physiology of sun salutation poses. • How to sequence, structure and modify sun salutation poses. • How to make adjustments. 	20			
<p>MODULE 3: Standing Poses 26th to 28th November 2021</p> <ul style="list-style-type: none"> • The anatomy and physiology of standing poses. • How to sequence, structure and modify standing poses. • How to make adjustments. 	20			

<p>MODULE 4: Seated Poses 28th to 30th January 2022</p> <ul style="list-style-type: none"> • The anatomy and physiology of seated poses. • How to sequence, structure and modify seated poses. • How to make adjustments. 	20		5	30
<p>MODULE 5: Backbends 25th to 27th February 2022</p> <ul style="list-style-type: none"> • The anatomy and physiology of backbends. • How to sequence, structure and modify backbends. • How to make adjustments. 	20		5	30
<p>MODULE 6: Inversions 25th to 27th March 2022</p> <ul style="list-style-type: none"> • The anatomy and physiology of inverted poses. • How to sequence, structure and modify inverted poses. • How to make adjustments. 	20		5	30
<p>MODULE 7: Final Assessments 29th and 30th April 2022, 1st May 2022</p> <ul style="list-style-type: none"> • FINAL TEACHING ASSESSMENT • Find your voice – creativity in cues. • Exploration of the chakras. 	20		5	30
<p>MODULE 8: Final Assessments 27th to 29th May 2022</p> <ul style="list-style-type: none"> • FINAL TEACHING ASSESSMENT • Creating and holding a safe space. • Setting up as a yoga teacher. 	20		5	30

CLASS STRUCTURE

Classes on **Fridays** will run from **5pm to 9pm**.

They will be reserved for an exploration of the different styles of yoga, and an introduction to the topic covered over the weekend.

Classes on the **weekend** will run from **9am to 6pm**, with one hour for lunch.

These classes will include:

- 2-hours of vinyasa practice, followed by learning the physiology and anatomy of the sequences which were performed.
- 2-hour focussing on sequencing and teaching.
- Homework that will include pranayama, meditation and asana practice, and creating a small sequence that relates specifically to the topics covered.

Over the course, yoga practitioners are expected to attend yoga classes outside the Vinyasa Yoga Teacher Training that deal with various styles.

One-to-one mentoring can be scheduled but will happen **outside class hours**.