



250 Hour Yoga Teacher Training

2018

5 modules

October 2018 - January 2019

2 weeks intensive and 9 weekends

at Yogarise, London

Led by Senior Yoga Teacher, Erin Prichard

1.1 Course Description

This course will give students a chance to immerse themselves in Yoga. They will develop their understanding and build a strong foundation in both theoretical knowledge and practical experience in order to feel confident to teach a Vinyasa Yoga class at a high standard.

The course will include:

Teaching methodology, i.e. teaching techniques, how to sequence, adjustments, demonstrations, different teaching styles, different methods of teaching, how to cue, modifying classes, how to teach privates, level 1, and all levels classes.

Developing practice i.e. asanas from Ashtanga primary series, pranayama, bandhas, dristhi, meditation, mantras, yoga nidra, Sanskrit, chanting.

Anatomy and physiology i.e. anatomy and physiology, energetic anatomy (nadis, prana, chakra, ect.), injuries and how to prevent them, health and healing.

Philosophy and history of Yoga i.e. history of Yoga, Yoga sutras, Ashtanga Vinyasa Yoga and the 8 limb path, Ayurvedic lifestyle, ancient texts, Yoga philosophies and incorporating them into daily life.

Practical aspects of Yoga teaching i.e. the business of Yoga, how to market, find a yoga space, where to start, teacher etiquette.

1.2 Course Objectives

-trainees will be able to lead a Vinyasa Yoga class to an all levels group feeling confident in both delivering the class and making adjustments and modifications

-trainees will feel confident developing their own sequence and how to modify a class to meet all students needs

-trainees will develop their own practice and have a solid understanding of how to teach asana, pranayama, meditation, bandhas, and dristhi.

-trainees will be knowledgeable about the history and philosophy of Yoga, with a strong focus on Ashtanga Vinyasa Yoga

-trainees will have a good understanding about the business of Yoga teaching

1.3 Structural Breakdown

Total: 250 hours, 202 hours with SYT, 32 hours with other teachers, 16 hours non contact

Module	Contact Hours with SYT	Non Contact	Total
Teaching Methodology-How to teach -principles of instructing , demonstrating observing, -adjustments -learning through observation -teaching cues, styles, communication -sequencing Vinyasa, restorative, and level 1 class -demonstrating -qualities of a good teacher -class theme -practical teaching practice	100	10	110
Developing Practice –Techniques, Training, Practice -asana from Ashtanga Primary Series -restorative asanas -learning advanced asana -meditation -pranayama -kriyas -sanskrit -mantras -chanting -yoga nidra	57 6(Other Teacher) 6 (Other Teacher)	0	69
Anatomy and Physiology -anatomy and physiology of body -anatomical movement and directional language -injuries, ailments, and healing sequences -energetic body (nadis, chakras ect.) -health and healing	20 (Other Teacher) 5	0	25
Philosophy and History of Yoga -histories and origins of Yoga -Patanjalis Yoga Sutras and the 8 limbed path -Ancient texts -Sanskrit -Ayurvedic System -Yoga off the mat -Developing personal teaching philosophy	20	6	26
Practical Aspects of Teaching	20	0	20

-building your business, tools you will need -marketing yourself as a teacher -ethics and professionalism -finding places to teach -organizing classes, workshops, and retreats			
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1.4 Materials

The course will provide the full manual which will match the modules set out in the syllabus. Students will be required to read several texts as prerequisites.

1.5 Prerequisites

Practitioners are required to have at very minimum 3 years of strong continual yoga practice before being accepted on the training course. It is helpful to have basic understanding about the philosophy of yoga and in general the style they would like to pursue. The 250 hour is very solid foundation course and will be a good base to continue to build upon. Students must have a willingness to learn and to develop their own practice. Students will be required to read several texts as prerequisites.

1.6 Evaluation Procedure & Grading Criteria

2 short essays based on the philosophy of Yoga

Practical Exam- leading a whole class

Written Exam- test which will cover all modules

Observing 2 additional teachers classes and writing feedback

Sequencing a class

1.7 Course Schedule

The course will begin with introductions the evening of September.

The course will be 14 days intensive abroad, 9 hours each day. Plus an additional 13 days spread over 10 weekends, each day 9 hours. There will also be a closing ceremony and graduation. This makes 234 hours of contact teaching time plus 16 hours of non contact research/teaching/homework.

20 hours of anatomy will be taught over 4 days, for 5 hours each day. Making a total of 20 hours anatomy.

There will be other guest teachers, teaching restorative and Sanskrit making up 12 hours of teaching.

1.8 Attendance

Trainees should attend a minimum of 90% of the course. Should trainees miss more than this minimum, e.g. in the case of illness, they will need to agree with the teacher on which modules to re-take. Yogarise reserves the right to charge additional fees for these catch up modules, which will need to be undertaken at a future Yoga Teacher Training at Yogarise or by special arrangement with Erin Prichard, in London.

1.9 Accreditation

Yogarise has met the stringent requirements set by Yoga Alliance UK, demonstrating that the course is of the highest standard and that our graduates may use the title 'Registered Yoga Teacher' RYT as a sign of quality training when they register themselves with Yoga Alliance UK.