



# 300 hrs Yoga Teacher Training Course At Dharma Yoga

*Quiet your mind ... Follow your Dharma*

**Primary Instructor:** Charlotte Borde E-RYT 200, RYT 500  
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**Visiting Instructors:** Robert Boustany

**Other Faculty:** Dr. Patrick Gaspard

## **I – Purpose of this course**

To deepen one's knowledge and understanding of the key philosophical texts of yoga.

To deepen one's practice and understanding of anatomy through in-depth anatomy classes and class assistance.

To deepen one's practice of pranayama and meditation

## **II – Course Objective:**

This 300-hour teacher training class is designed to:

- Provide in-depth anatomy classes, looking at injuries and understanding the foundation of Pralaya Yoga.
- Help trainees deepen their understanding of the three major philosophical text on yoga: The Yoga Sutras, The Samkhya Karika and the Bhagavad Gita.
- Help trainees develop their understanding and practice of pranayama and meditation, enhancing their experience of yoga as a whole.
- Help trainees combine asanas, pranayama and meditation to achieve a deeper, and greater experience of yoga's objective : Moksha.
- Develop trainees' teaching skills so they can share the benefits of yoga with others.

### **III - Learning Outcomes:**

By the end of the 300-hour Teacher Training program, trainees should:

- Have greater knowledge of the three main philosophical texts that are the basis for yoga
- Learn to apply the yoga philosophy into a class
- Learn to apply the basis of pranayama and meditation into a class
- Understand the subtleties of movement

### **IV - Areas of studies:**

- **Techniques, Training and Practice (50 hours)**
  - Pralaya Yoga Principles
  - Pranayama (decomposing and in-depth)
  - Meditation
- **Teaching Methodology (40 hours)**
  - Ethics (teacher / student relationship)
  - Communication
  - Qualities of a teacher
- **Anatomy and Physiology (30 hours)**
  - Mechanics of postures
  - Understanding movement
  - Connective tissue
- **Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (100 hours)**
  - Yoga Sutras (book 1 and 2 mostly)
  - Samkhya Karika
  - Bhagavad Gita
- **Practicum (80 hours)**
  - Class observation
  - Class assistance
  - Teaching (discussion and feedback)
    - How to structure a class
    - What elements to include
    - Injury prevention and management

**Total: 300 hours**

## **V - Format:**

- A monthly lecture with the primary instructor will be held over the course of an eighteen month period, from September to December. Lecture topics : anatomy, philosophy, ethics, pranayama, asanas, adapting and correcting postures. Trainees will have to submit homework prior to the lecture to prepare for it.
- yoga classes at Dharma yoga. You are encouraged to follow at least 1 classe per week. It is also recommended that you observe classes
- days of intensive workshop with Robert Boustany, Patrick Gaspard and / or Charlotte Borde

## **VI - Reading List: TBD**

### ANATOMY:

- Anatomy of Movement – Blandine Calais-Germain
- Anatomy Trains – Thomas Myers

### PHILOSOPHY

- Bhagavad Gita
- The Yoga Sutras of Patanjali - Sri Swami Satchidananda
- Samkhya Karika

## **VII - Assignments:**

- For each of the major philosophical texts trainees will have discussion papers to submit
- After a series of class observations, trainees will have to give a paper on the overall observations and lessons learned.
- A final paper will also have to be submitted

## **VIII. Behavior**

The studio promotes a space of trust and non-judgement.

We therefore expect trainees to be respectful of other trainees, teachers and students, to have a welcoming and friendly attitude, and to keep an open mind towards diverse views and opinions.

Trainees are expected to fulfill all assignment requirement.

Trainees are encouraged to study together and practice together if needed.