



200 hrs Yoga Teacher Training Course At Dharma Yoga

Quiet your mind ... Follow your Dharma

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I - Why do a teacher training class

As you engage in the path of yoga, you may wonder simply: why yoga?
This course is a way of exploring what yoga is and its impact.

II - Objective:

The objectives of the 200hrs teacher training class are to:

- bring a general understanding of the basic components of yoga so students can have the foundation on which to build and grow their practice.
- help students refine their understanding of yoga, encompassing the spiritual, the physical, the philosophical.
- guide students individually on their path to yoga, understanding how it applies to their lives.
- develop students' teaching skills so they can share with others what they are learning

III - Learning Outcomes:

By the end of the 200 hrs Teacher Training students should be able to understand why they have come to yoga. With this foundation they should feel confident to move on and deepen their practice, their understanding of movement and breath, and their desire to explore the founding texts.

IV - Areas of studies:

- **Techniques Training/Practice (100 hours)**
 - Pralaya Yoga Principles
 - Decomposing asanas
 - Injury management
 - Alignment (physical, energetic)
 - Using asanas to relieve temporary aches
 - Regular weekly practice
 - Exploration of different kinds of yoga (kundalini, hatha, Ashtanga...)
 - Elements to create a class (feel, flow, diversity of levels)
 - Meditation
 - Pranayama

- **Teaching Methodology (25 hours)**
 - Ethics (teacher / student relationship)
 - Creating a safe class room (judgment free, injury awareness)
 - How to manage a class (time management, personalities...)
 - Choice of words
 - Adjustments

- **Anatomy and Physiology (25 hours)**
 - Skeletal structure : Bones
 - Muscles, joints, tendons, ligaments and cartilage
 - Fascia
 - The autonomic Nervous System
 - Digestive system (the role of the gut)
 - Energetic Fields – meridians and
 - Chakras

- **Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers (30 hours)**
 - What is yoga (principles and history)
 - Yoga Sutras (book 1 and 2 mostly)
 - Principles of the Samkhya philosophy
 - Bhagavad Gita

- **Practicum (20 hours)**
 - Class observation
 - Giving your first classes (discussion and feedback)

Total: 200 hours

V - Format:

- A weekly lecture with the primary instructor will be held over the course of a nine month period, from October to June. Lecture topics : anatomy, philosophy, ethics, pranayama, ayurveda, asanas
- It is strongly advised that you participate in at least 1 yoga classe per week, in the 9 month period. It is also recommended that you observe classes
- intensive workshops

VI - Reading List:

ANATOMY:

- Yoga Anatomy – Leslie Kaminoff
- The key Muscles of Yoga – Ray Long
- The Key Poses of Yoga – Ray Long
- Anatomy of Movement – Blandine Calais-Germain
- Touch for Health – Thie
- Anatomy Trains – Thomas Myers

PHILOSOPHY

- Light on Yoga - Iyengar
- The Yoga Sutras of Patanjali - Sri Swami Satchidananda
- The Bhagavad Gita
- Heart of Yoga – Desikachar
- The Art of Joyful Living – Swami Rama
- Path of Fire and Light – Swami Rama
- Teaching Yoga – Donna Farhi
- Prakriti: Your Ayurvedic Constitution – Robert Svoboda

PRACTICE MANUAL

- Ashtanga Yoga: The Practice Manual - Swenson, David

VII - Assignments:

- For class preparation you are given a workbook to guide you through your studies. Every week a certain portion of the workbook needs to be completed to prepare for the class. This workbook is intended to help you.
- After each module the student has a series of questions to answer and submit.
- To conclude your certificate you will also need to submit a 10 page paper on a chosen topic approved by the primary teacher.

VIII. Behavior

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

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

Students are expected to fulfill the assignment requirement.

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