

SYLLABUS

Required Textbooks:

- Iyengar Yoga for Beginners (BKS Iyengar): Basic textbook for the course
- Light on Yoga (BKS Iyengar): Reference for all yoga poses
- Yoga Mind, Body & Spirit (Donna Farhi): A Return to Wholeness
- Key Poses of Yoga (Ray Long): Your Guide to Functional Anatomy in Yoga
- Key Muscles of Yoga (Ray Long): Your Guide to Functional Anatomy in Yoga
- Light on Life (BKS Iyengar): Yoga Journey to Wholeness, Inner Peace & Ultimate Freedom

You must bring all required texts to the Yoga Teacher Training

Optional Reading:

- Yoga The Path to Holistic Health: BKS Iyengar: The definitive illustrated guide by the world's leading yoga teacher
- The Woman's Book of Yoga & Health: Patricia Walden: A Lifelong Guide to Wellness
- Yoga as Medicine (Timothy McCall, M.D.): Yoga Prescription for Health & Healing
- Yoga Sutras of Patanjali: Various translations available.
- Awakening the Buddha Within (Lama Surya Das): Tibetan Wisdom for the Western World

Ubud Yoga House Yoga Alliance Teacher Training

Yoga Practice: 100 hours: Instruction in Hatha, Iyengar, Vinyasa, Yin, & Restorative yoga and Mindfulness Meditation. Focus in yoga is on alignment and appropriate ways to modify postures using blocks, bolsters, straps and blankets. Mindfulness Meditation will focus on calming and relaxing the mind.

Teaching Methodology: 25 hours: Based on sound educational philosophy and the psychology of learning. Includes awareness of various student learning styles and how to motivate students to reach their full potential by building self esteem and confidence when teaching and correcting postures. Emphasis will be placed on how to differentiate instruction to meet the individual needs of all students in a mixed ability class making yoga accessible for every body. We will look at sequencing and how to plan a yoga class with appropriate warm up, sequencing, cool down and savasana.

Anatomy & Physiology: 20 hours: A breakdown of the basic yoga poses focusing on anatomy and the effects of each pose on various parts of the body.

Yoga Philosophy: 30 hours: Yoga Sutras, Aims, Philosophy, Meaning of Yoga, Chakras Focus will be on the yoga sutras of Patanjali and the 8 limbs of yoga including explanation and discussion of the yamas, niyamas, asanas, pranayama, pratyahara, dharana dhyana and samadhi. We will also examine the role of the seven main chakras in yoga philosophy.

UBUDYOGAHOUSE.COM

Boutique yoga studio overlooking the rice terraces on the path
to Sari Organic Restaurant, Ubud, Bali – Indonesia
ubudyogahouse@gmail.com Mobile: +62 08 21 44 18 10 58

Practicum: 10 hours: Practicing and assisting in regular yoga classes at the Ubud Yoga House. Practice teaching in pairs and small groups. Each participant will teach a one hour yoga class to the participants in the teacher training.

Electives: 15 hours: Reading, self practice, writing, etc. Hours accumulated outside of teacher training hours as 'non-contact' hours.

Total Hours: 200 hours: Yoga Alliance Approved Certificate

Daily Schedule: Monday-Saturday*

- Sunday February 26 is Orientation from 9:00-12:00
- Sunday March 26 is the Closing Session 9:00-12:00

All other Sundays are Free

Week 1 & 2

07:30 - 09:00 Iyengar inspired Hatha Yoga class
09:00 - 10:30 Vinyasa Flow Yoga class
10:30 - 11:00 Fruit, Fresh Coconut, tea & coffee provided
11:00 - 12:00 Gentle or Yin Yoga class
12:00 - 14:00 Lunch Break
14:00 - 15:30 Philosophy, Aims & Meaning of Yoga, Sutras, & Chakras: reading, discussion and group work. Different focus each day.
15:30 - 15:45 Fruit, coffee/ tea provided
15:45 - 17:15 Teaching methodology for asana practice including standing, seated, reclining poses & twists focusing on anatomy, alignment, modifications, teaching cues & corrections
17:20- 18:00 Meditation/Pranayama

Week 3

07:30 - 09:00 Philosophy & Meditation Practice
09:00 - 10:30 Vinyasa Yoga class: Practice and/or Assisting
10:30 - 11:00 Fruit, Fresh Coconut, tea & coffee provided
11:00 - 12:00 Yin or Gentle Yoga: Practice and/or Assisting
12:00 - 14:00 Lunch
14:00 - 15:30 Pair/Group work for sequencing and practice teaching. Review of teaching methodology and anatomy.
15:30 - 17:00 Asana Practice: Inversions, arm balances & back bends.
17:00 - 18:00 Meditation

Week 4

- 07:30 - 09:00 Practice and/or Assisting in Iyengar inspired Hatha Yoga class
09:00 - 10:30 Pair/Group work sequencing and practice teaching
10:30 - 11:00 Fruit, Fresh Coconut, tea & coffee provided
11:00 - 12:00 Practice and/or Assisting in Gentle Yoga/Yin Class
12:00 - 14:00 Lunch Break
14:00 - 16:00 Practice teaching in small groups/Preparation for individual student teaching
16:00 - 18:00 Each participant teaches a one-hour class to the group: Two people per day

“Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.” BKS Iyengar

YOGA TEACHER TRAINING DOES NOT INCLUDE

- Air Ticket / Accommodation / Food
- Please contact us for information on accommodation for all budgets