

Triad Yoga & Pilates format meets and follows all the guidelines for you to become a registered 200 hours yoga teacher through the Yoga Alliance, the only nationally recognized board in the United States. The areas covered, but not limited to are:

### **Techniques & Training Practice (100 Hours)**

- Asanas as they relate to movement of the physical, subtle, energetic and breath bodies. Why we do them? What are their benefits? What are their contraindications? What are the Modifications & Alternate poses? How do you breathe as you enter and exit your poses?
- Learn and name poses by their Sankrit and English names/ interpretations
- Learn the 8 categories of Asanas and the art of sequencing your Asanas to create a safe, connected, fluid flow to your classes
- Pantanjali yoga sutras and how they relate to one's Hatha practice
- Learning how to breathe and its effect on the physical & subtle bodies. We will explore: The Vayus (Pancha Pranas); The Pranyamas;; The Kriyas; The Mantras; the Vayus

### **Teaching Methodology (20 Hours)**

- What makes a good yoga teacher?
- You will be provided with the tools of how to teach yoga in a safe, healthy way
- You will learn in depth how to demonstrate poses giving visual and key verbal cues since each person learns differently
- Learn the art of adjusting and correcting students in a respectable, mindful, non-aggressive way
- We will cover the many styles of yoga and their differences
- You will have the opportunity to observe many classes and presentations to deepen your knowledge.

### **Business of Yoga (5 Hours)**

- Registering with the Yoga Alliance upon completion of your YTT
- Learn strategic marketing skills for yourself and your classes
- What tools to use: social media, flyers, business cards, website
- Applying for a yoga job: resume; online submission; in person
- Protecting yourself and your business: Insurance; Bookkeeping; Taxes; Waivers; Student & Medical Questionnaires, etc.

### **Anatomy & Physiology (20 Hours)**

- Learn the 10 Physiological Systems and the effects of yoga on these systems
- Learn the subtle & energetic bodies and how your yoga practice affects them. We will explore the Chakras; the Mudras; the Bandhas; and, the Nadis

### **Yoga Philosophy, Lifestyle, Ethics (30 Hours)**

- We will explore the history of yoga and the different paths including Hatha; Raja; Karma; Bhakti; Gyana; Kriya Yoga
- We will read, explore and get a deeper understanding of Pantanjali's Yoga Sutras by reading the *Yoga Sutras Of Pantanjali by Sri Swami Satchiananda*
- The Eighth Limbs of Ashtanga Yoga will be discussed and we will go deeper into the first two: The Yamas and the Niyamas (The Ethics and Moral) of yoga
- We will discuss the ethics and professional conduct of a yoga teacher, and relationships with your students
- We will read and discuss the *Four Agreements by Don Miguel Ruiz*

### **Practicum (10 Hours)**

- You will have the opportunity of taking classes at Triad to explore different styles of yoga; teachers and write a paper on your experience
- Have the opportunity of working with other YTT students and to do three group presentations
- Observe groups and give feedback
- Have the opportunity to creatively design and build your own safe practice

### **Background in Specialty Area (15 Hours)**

- Teaching yoga safely to Seniors
- Depression and Aggression with Seniors
- Teaching yoga safely to pregnant students and the do's and don't's for these students
- Living your yoga – your lifestyle and purpose
- We will cover the Yogic diet and the three Gunas and the three Doshas
- Basic cautions & contraindications for common conditions e.g Diabetes, Osteoporosis;
- Cautions for various types of Asanas e.g. Inversion as it relates to pressure on the head

**Required Books**

There are 4 books required for the course which are not included in the cost of your tuition. These books come with a life-time value and which you can always re-read or share with the world. Each time you read them, there will be something new to gain from them. Keep them dearest to you, and as a part of your library of readings. They will serve you indefinitely!

- The Yoga Sutras of Patanjali: Translation and Commentary by [Sri Swami Satchidananda](#)
- The Four Agreements by [Don Miguel Ruiz](#)
- The Heart of Yoga: Developing a Personal Practice by [T. K. V. Desikachar](#)
- Bhagavad Gita – A New Translation by [Stephen Mitchell](#)