

Hybrid 200 hrs Yoga Teacher Training Course

Duration: 1.5 Months

Mode: Hybrid (Practical and Theory)

Class Days: Monday to Saturday (6 Days a Week)

Fee: ₹30,000

Certification:

1. Yoga Fettle Journey Certificate
2. USA Alliance 200 Hrs Certificate

Course Modules Overview

Module 1: Introduction to Yoga and Basics

- **Theory:**
 - Introduction to Yoga and its Origins
 - Understanding Yoga Philosophy
 - Yoga Sutras by Patanjali
 - The Eight Limbs of Yoga
 - Principles of Asana Practice
- **Practical:**
 - Focus on foundational poses (Mountain Pose, Downward Dog, Child's Pose)
 - Basic Pranayama (Breathing Techniques)

Module 2: Asana Practice

- **Theory:**
 - Asana Alignment and Safety
 - Introduction to Hatha, Vinyasa, and Ashtanga styles
 - Vinyasa Flow and Breath-Synchronized Movement
- **Practical:**
 - Asanas for Flexibility, Strength, and Balance (Warrior Series, Downward Dog, Cobra, etc.)
 - Flow Sequences for Beginners (Sun Salutation A & B)
 - 3-5 Daily Asanas and their Adjustments
 - Practical sessions: 7 AM, 8 AM, 4 PM, or 8 PM
 - Hands-on Practice: Alignment and Adjustments for Common Poses

Module 3: Pranayama, Mudras, and Bandhas

- **Theory:**
 - Benefits of Pranayama (Breathing Techniques)
 - Introduction to Mudras (Hand Gestures)
 - Understanding Bandhas (Body Locks)
- **Practical:**
 - Pranayama Techniques: Ujjayi, Kapalbhathi, Nadi Shodhana
 - Simple Mudras for Practice (Jnana Mudra, Chin Mudra)
 - Bandha Practice: Mula Bandha, Uddiyana Bandha
 - Breath Control and Awareness in Asana Practice

Module 4: Teaching Methodology

- **Theory:**
 - The Role of a Yoga Teacher
 - Classroom Management and Effective Communication
 - Designing Class Sequences
 - Teaching Ethics and Professionalism
- **Practical:**
 - Lead Short Sequences
 - Observe and Assist Other Students
 - Practical Teaching and Feedback Sessions

Module 5: Basic Anatomy and Physiology

- **Theory:**
 - Introduction to Human Anatomy for Yoga
 - Understanding Muscles and Bones: The Skeletal and Muscular Systems
 - Benefits of Asanas for Different Body Types
 - Injury Prevention and Safe Practice
- **Practical:**
 - Anatomy of Key Poses (Warrior Pose, Downward Dog, etc.)
 - Muscular Engagement in Asanas

Module 6: Yoga Philosophy

- **Theory:**
 - Yoga as a Holistic Path to Well-being
 - Understanding the Yoga Sutras and Bhagavad Gita
 - The Mind and Consciousness in Yoga
- **Practical:**
 - Group Discussions on Yoga Philosophy
 - Meditative Practices to Enhance Focus and Awareness

Schedule Breakdown

- **Practical Practice (Choose one):**
 - 7 AM, 8 AM, 4 PM, or 8 PM
- **Theory and Online Session:**
 - Available from 6 AM to 9 PM (Flexible timing)

Course Timeline

1. **Week 1-3:** Focus on Asanas (Hatha, Vinyasa) and Introduction to Pranayama, Mudras, and Bandhas
2. **Week 4-5:** Continue with Asanas, Basic Anatomy, and begin Teaching Methodology
3. **Week 6:** Finalization of Practice, Teaching Practicum, and Assessment
4. **Weekend:** Group Discussions, Q&A, and Practice Teaching Sessions

Final Assessment & Certification

- Evaluation based on practical exams, theory exams, and teaching skills
- After successful completion of the course, students will receive **Yoga Fettle Journey** certification and **USA Alliance 200 hrs. Yoga Teacher Training Certificate**.