

300-Hour Advanced Yoga Teacher Training Curriculum

Complete 200 Hours → Deepen Your Knowledge → Advance Your Teaching

Designed for students and yoga teachers who have completed a 200-Hour Yoga Teacher Training Course and want to advance their practice and teaching skills.

Explore advanced asana, pranayama, meditation, philosophy, anatomy, sequencing, and advanced teaching methodology.

Eligibility: 200-Hour Yoga Teacher Training graduates

1. Advanced Asana Practice

Advanced Hatha Yoga

- Advanced asana progression and preparation
- Advanced standing postures
- Advanced seated postures
- Deep forward bends
- Advanced backbends
- Deep hip-opening practices
- Advanced twists
- Arm-strengthening and weight-bearing postures
- Advanced core-strengthening practices
- Advanced balancing postures
- Arm balances
- Advanced inversions
- Preparatory techniques for advanced inversions
- Advanced restorative and recovery practices
- Asana variations for experienced practitioners
- Progressive development of strength, flexibility and mobility

- Safe progression toward advanced postures

Advanced Asana Application

- Understanding preparation for advanced asanas
- Counterposes and intelligent sequencing
- Progressive loading and recovery
- Working with individual limitations
- Advanced modifications
- Use of props for advanced practices
- Developing stability, control and awareness
- Linking breath, bandha and movement
- Refining alignment in advanced postures

2. Advanced Vinyasa & Sequencing

Advanced Vinyasa Flow

- Advanced breath-to-movement coordination
- Complex transitions
- Advanced standing sequences
- Creative transitions between asanas
- Dynamic strength-based flows
- Hip-opening sequences
- Deep backbend sequences
- Arm-balance sequences
- Inversion-focused sequences
- Peak-pose sequencing
- Progressive sequencing
- Counter-sequencing
- Themed advanced Vinyasa classes

Advanced Sequencing Methodology

- Principles of intelligent sequencing

- Building a class around a peak posture
- Preparation for complex postures
- Progressive warm-up development
- Sequencing by movement patterns
- Sequencing by anatomical focus
- Sequencing by energetic focus
- Sequencing for different practitioner levels
- Sequencing for different class durations
- Creating 30, 60, 75 and 90-minute classes
- Developing creative and original sequences
- Avoiding repetitive sequencing
- Transitions, pacing and class rhythm

3. Advanced Ashtanga Yoga

Primary Series Development

- Deeper understanding of Primary Series
- Refinement of Surya Namaskar A and B
- Advanced standing sequence
- Advanced seated sequence
- Finishing sequence refinement
- Vinyasa counting and rhythm
- Breath and movement integration
- Drishti refinement
- Bandha application
- Tristhana practice

Advanced Ashtanga Methodology

- Mysore-style teaching principles
- Individualized progression
- Modifying traditional sequences
- Working with practitioner limitations
- Safe progression toward challenging postures

- Assisting Ashtanga practitioners
- Developing consistency and discipline
- Self-practice development
- Teaching Ashtanga to experienced students

4. Advanced Alignment, Adjustment & Prop Work

Advanced Alignment

- Functional alignment principles
- Individual anatomical differences
- Joint stability and mobility
- Advanced alignment assessment
- Structural vs functional alignment
- Movement observation
- Identifying compensation patterns
- Refining posture through internal awareness

Advanced Hands-on Adjustments

- Principles of safe physical assistance
- Advanced hands-on adjustment techniques
- Adjustments for standing postures
- Adjustments for seated postures
- Adjustments for twists
- Adjustments for forward bends
- Adjustments for backbends
- Adjustments for inversions
- Adjustments for arm balances
- Partner-assisted techniques
- Verbal correction vs physical adjustment
- Student consent and professional boundaries
- Recognizing when not to adjust

Advanced Props

- Advanced use of blocks
- Straps and belts
- Bolsters
- Blankets
- Yoga wheels
- Ropes and wall support
- Props for deeper alignment
- Props for modifications
- Props for advanced posture preparation

5. Advanced Pranayama & Breathwork

Advanced Pranayama

- Deeper study of Puraka, Rechaka and Kumbhaka
- Antar Kumbhaka
- Bahya Kumbhaka
- Advanced Nadi Shodhana
- Ratio-based pranayama
- Extended breath retention
- Bhastrika variations
- Advanced Ujjayi
- Surya Bhedana
- Chandra Bhedana
- Bhramari variations
- Cooling pranayama practices
- Progressive breathwork practices

Bandha & Pranayama Integration

- Mula Bandha application
- Uddiyana Bandha application
- Jalandhara Bandha application

- Maha Bandha
- Bandha coordination with breath
- Bandha application during advanced practice
- Breath retention with bandha
- Energy management through pranayama

Teaching Advanced Pranayama

- Preparing students for advanced pranayama
- Progressive teaching methodology
- Contraindications and safety
- Recognizing improper practice
- Monitoring student response
- Designing advanced pranayama sessions

6. Advanced Meditation & Inner Practices

Advanced Meditation

- Deep concentration practices
- Dharana development
- Dhyana practice
- Extended meditation sessions
- Breath-based meditation
- Mantra meditation
- Trataka
- Chakra meditation
- Body awareness practices
- Witness consciousness
- Mind observation
- Silence and contemplative practices

Meditation Methodology

- Designing progressive meditation sessions

- Meditation for different practitioner levels
- Guided vs self-directed meditation
- Managing distractions
- Developing sustained concentration
- Creating meditation environments
- Teaching meditation safely
- Integrating meditation into yoga classes

7. Advanced Anatomy & Movement Science

Functional Anatomy

- Advanced study of movement patterns
- Joint mechanics
- Range of motion
- Stability vs mobility
- Functional movement assessment
- Muscular engagement in advanced asanas
- Kinetic chains
- Load distribution
- Balance and proprioception

Advanced Yoga Anatomy

- Spine mechanics during advanced practice
- Shoulder mechanics
- Scapular movement
- Hip mechanics
- Knee stability
- Ankle and foot mechanics
- Pelvic movement
- Core stabilization
- Breathing mechanics
- Anatomical demands of inversions
- Anatomical demands of arm balances

- Anatomical demands of deep backbends

Injury Prevention

- Common yoga-related injuries
- Overstretching and excessive range of motion
- Joint protection
- Safe progression
- Recognizing warning signs
- Modifying advanced practices
- Recovery and rest
- Teaching students with previous injuries

8. Advanced Yogic Anatomy & Energy Practices

Pranic System

- Advanced understanding of Prana
- Pranic body
- Pancha Vayus
- Relationship between breath and Prana
- Prana and mental states
- Pranic awareness during asana
- Pranic awareness during meditation

Nadis & Chakras

- Deeper study of Ida, Pingala and Sushumna
- Chakra system and energetic practices
- Chakra-based meditation
- Energy awareness practices
- Relationship between Chakras and consciousness
- Kundalini concept and traditional perspectives
- Subtle-body awareness

Pancha Koshas

- Annamaya Kosha
- Pranamaya Kosha
- Manomaya Kosha
- Vijnanamaya Kosha
- Anandamaya Kosha
- Understanding the relationship between the five layers
- Applying Kosha concepts to yoga practice and teaching

9. Advanced Yoga Philosophy & Traditional Studies

Patanjali Yoga Sutras

- Deeper study of the Yoga Sutras
- Chitta and states of mind
- Chitta Vritti
- Kleshas
- Abhyasa and Vairagya
- Pratyahara
- Dharana
- Dhyana
- Samadhi
- Obstacles in the yogic path
- Practical application of Sutras in daily life
- Philosophy of yoga teaching

Bhagavad Gita

- Deeper introduction to Bhagavad Gita
- Karma Yoga
- Bhakti Yoga
- Jnana Yoga
- Dharma
- Detachment and action

- Mind and self-discipline
- Practical application of Gita teachings

Hatha Yoga Tradition

- Traditional Hatha Yoga concepts
- Relationship between Hatha and Raja Yoga
- Traditional approach to practice
- Role of Prana, Nadis and Kundalini
- Yogic discipline and lifestyle

10. Advanced Kriya, Mudra & Bandha

Advanced Kriya Practices

- Deeper understanding of Shatkarma
- Purpose and traditional application
- Jala Neti refinement
- Agnisara
- Kapalabhati as a cleansing practice
- Selected traditional cleansing practices
- Preparation and after-care
- Safety and contraindications

Advanced Mudras

- Traditional Hasta Mudras
- Meditation Mudras
- Pranic applications of Mudras
- Mudras during meditation
- Mudras during pranayama
- Mudra sequencing
- Teaching Mudras effectively

Advanced Bandhas

- Mula Bandha refinement
- Uddiyana Bandha refinement
- Jalandhara Bandha refinement
- Maha Bandha
- Bandha integration with Asana
- Bandha integration with Pranayama
- Bandha and energetic awareness
- Safety and contraindications

11. Specialized & Advanced Yoga Applications

Iyengar-Inspired Yoga

- Advanced alignment principles
- Prop-supported advanced practice
- Ropes and wall work
- Alignment-focused sequencing
- Therapeutic modifications
- Precision in advanced postures

Aerial Yoga

- Introduction to advanced aerial practice
- Aerial alignment
- Aerial inversions
- Aerial transitions
- Strength and mobility work
- Aerial relaxation practices
- Safe use of aerial equipment
- Teaching methodology and safety

Yin & Restorative Yoga

- Advanced Yin sequencing
- Long-held postures
- Fascial and connective-tissue awareness
- Advanced prop application
- Restorative sequencing
- Deep relaxation practices

Advanced Applications

- Yoga for mobility
- Yoga for strength
- Yoga for flexibility
- Yoga for stress management
- Yoga for back care
- Yoga for seniors
- Chair Yoga adaptations
- Adaptive yoga practices
- Introduction to therapeutic applications

12. Advanced Teaching Methodology & Practicum

Advanced Teaching Skills

- Teaching experienced practitioners
- Teaching mixed-level classes
- Advanced verbal cueing
- Layered instructions
- Advanced demonstrations
- Observation-based teaching
- Reading student movement
- Real-time modifications
- Voice modulation and pacing
- Sanskrit terminology

- English/Sanskrit instruction
- Managing advanced class dynamics

Advanced Class Planning

- Advanced Hatha class planning
- Advanced Vinyasa class planning
- Advanced Ashtanga class planning
- Advanced Pranayama class planning
- Advanced Meditation class planning
- Peak-pose class planning
- Themed class planning
- 60, 75 and 90-minute class design
- Sequencing for private sessions
- Sequencing for group classes

Teaching Practicum

- Observation of senior teachers
- Advanced demonstration practice
- Individual teaching practice
- Partner teaching
- Small-group teaching
- Full-class teaching
- Advanced Hatha teaching
- Advanced Vinyasa teaching
- Ashtanga teaching
- Pranayama teaching
- Meditation teaching
- Alignment and adjustment practice
- Specialized yoga teaching
- Student assessment
- Managing different experience levels
- Creating a safe and professional class environment
- Receiving instructor feedback
- Self-evaluation
- Lesson refinement

- Final advanced teaching assessment

Advanced Learning Outcome

By the completion of the 300-Hour Advanced Yoga Teacher Training, students will have progressed beyond foundational teacher training and developed advanced practical knowledge, teaching ability, sequencing skills, anatomical awareness, traditional understanding and confidence to teach more advanced and diverse yoga practices.