

# 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, Kapalbhata, 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**.