

HATHA

200HR YTT

INFORMATION AND SYLLABUS

2020 TRAINING DATES & RETREAT

Training consists of 6 weekends
and a 4 day Retreat!

Sept. 18-20, Oct. 2-4, Oct. 23-25,
Nov. 6-8, Nov. 20-22, Dec. 4-6
Fri 5:30-8:30pm ~ Sat/Sun 8:30-4:30pm

Retreat ~ Jan. 15-18, 2021

TRAINING COST

\$4,200+tax

(includes lodging and food for Retreat)

**** Early Bird Special \$3,900+tax ****
(when paid in full by June 1st, 2020)

Payment Plans Available
\$500 deposit upon registration

CONTACT DETAILS

Contact Kaely and Lindsay to Apply

Email: soulset.info@gmail.com

Phone: 705.543.0035



TECHNIQUES, TRAINING AND PRACTICE

- Why practice yoga?
- Learn to teach the Soul Set Sequence
- Asana breakdown and study (standing poses, forward bends, back bends, twists and inversions), Sanskrit terms, benefit and contraindications
- Concept of alignment, at all the possible levels
- Hands on assists
- Art of demonstration, assistance and corrections
- The importance of props
- Teaching a safe class
- Teaching hot yoga
- Intro to Hot Yoga, Vinyasa, YIN, Restorative and Yoga Touch
- The art of sequencing
- Pranayama, Pratyahara, Dharana, Dhyana, Samadhi

TEACHING METHODOLOGY

- Why teach?
- Teaching Methodology - The Art of Teaching
- Ethics of teaching through the Yamas and Niyamas
- Why you should practice as a teacher
- Inclusivity when it comes to learning styles - flowing from demonstrating, assisting and correcting
- Your yoga business

ANATOMY AND PHYSIOLOGY

- General understanding of human organism with its different systems
- Exploring the nervous, musculoskeletal and respiratory system
- What lengthens and what strengthens when it comes to yoga and the body
- Reading and weekly debrief of Yoga Anatomy
- Anatomy and physiology of the energetic body (chakras, meridians and nadis)

YOGA PHILOSOPHY, LIFESTYLE AND ETHICS FOR YOGA TEACHERS

- The history and origin of Yoga
- The Yoga Sutras / 8 Limbed Path
- Yoga philosophy in 2019, the importance of tradition
- Discovering your yogic lifestyle
- Auyurveda: an introduction to the sister science of yoga
- Ethics 101: How to humble your way through the challenges of being a yoga teacher
- Relationships
- Proper studio alignment

PRACTICUM

- Students after first weekend will begin to study sections of the Soul Set Sequence and will teach that section to the class. Eventually leading up to teaching the whole sequence
- Students will work in teams to create their own original sequence and teach each other
- Opening up to constructive feedback and learning how to neutralize the charge of feedback, while growing as a yoga teacher
- All students will be required to teach a set amount of 60 minute yoga classes outside of training