



YTT300 Program Syllabus

SYLLABUS

The short training syllabus below is an ever-evolving document. We are continually seeking to review, revise, edit, and update it to keep our program relevant. We also revise it to ensure it embodies an accurate reflection of the material and how we wish to use our time. Further your trainers continue their own path(s) of learning, which means that our own teaching priorities and passions will evolve and progress. Accordingly, please consider this syllabus only a skeletal sketch of the main points we will study. The actual content you receive in-session will aim to touch on most (if not all) of the topics presented here, and will also necessitate some straying, as is the reality of the dynamic, relational heart of facilitating tts, as well as sitting in the seat of a teacher.

Module 1: Establishing a baseline

- Connecting & forming a group
 - Introductions & group dynamics; group assessment
 - Introduction to experiential education; Group agreements & creating a safe container for study & experience
- Overview & Expectations
 - Familiarity with our resources and how to use them
 - Who to talk to for what, and when
- What IS Feedback?
 - Defining Objectives & SWABATS
 - Exploring Feedback Loops and Ethics of Feedback
- Overview of Yoga Asana Style “Categories:
 - Alignment; Vinyasa; Teaching to Theme
- Full Spectrum Sequencing Focus
- Pose Study & Breakdown
- Essential Teaching Skills
 - Verbal instruction, demonstration, etc.
- Introduction to sequencing and teaching strategies that will be elaborated on in subsequent modules
- Professional Development and Goal Exploration

Module 2: The Wonder of Your Body (Anatomy)

- Lecture & Study
 - Anatomy & anatomy of asana
 - Teaching anatomical body region classes
 - Lessons in muscular function, biomechanics & kinesiology



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- Skills & drills to incorporate into classes
- Anatomical body region sequencing strategies
- Group teaching practicum & assessment
- Putting it together: Anatomy in Yoga Class & Application Skills

Module 3: Expanding the Horizon of Ignorance (Philosophy & Metaphor)

- Exploration of myth & metaphor in yoga, via storytelling & discussion
 - Dharma in the Bhagavad Gita
 - Karma yoga; Bhakti yoga; Jnana yoga
- Theming as a sequencing strategy
- Advocacy vs. Education in Yoga
- Professional Development Continued
- Practicum & Group Assessment

Module 4: Art of Sequencing

- Pose Improvement Strategies via:
 - Pose-centric sequencing strategies (focus pose, peak pose)
 - Demonstration
 - Use of touch (hands on assists)
- Hierarchy of Levels
 - Teaching to beginners; teaching mixed level classes; teaching advanced classes
- Anatomy continued
- Applied Anatomy and Application to Sequencing
- Practicum & Group Assessment

Module 5: Vinyasa Krama

- What IS Vinyasa?
 - Definitions, history & evolution of this style
 - Breath based movement patterns
 - Rhythm, pace, repetition
- Sequencing for Vinyasa
 - Level 1/2, mixed level, level 2/3
- Practicum & Group Assessment



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Module 6: Yoga for Leadership (Train the Trainer)

- Seat of the Teacher
- Ethics in Yoga
- Ethics in Leadership
- Group Facilitation
- Legal Considerations
- Educational Theories
- Presentation Design
- Conflict Resolution &
- Wrap Up
- Feedback & Group Processing
- Graduation