

Hatha Yoga Teacher Training (HYTT) 300-Hour Program

Course Outline: Alignment-based Yoga for Holistic Health

Elective Option – 20 Hours

COURSE DESCRIPTION

In this training, participants will receive an overview of the general therapeutic benefits of alignment-based yoga. Coursework focuses on active and restorative postures, pranayama and meditation to restore physical, mental and emotional balance. Participants will learn about contraindications and how to modify postures with variations, prop usage and modifications for many common muscular-skeletal issues. The course also explores the context for health according to various streams of the yoga tradition to understand how yoga supports well-being on all levels. Areas of focus include: Lower Back, Hips and Pelvis (3.5 Hours); Knees, Ankles and Feet (2.5 Hours); and Upper back, Shoulders, Neck, Arms, Wrists and Hands (3 Hours); and women’s health (6 hours).

LEARNING OBJECTIVES

1. Learn how to teach yoga to students with a wide-range of musculo-skeletal injuries and physical limitations.
 2. Learn key alignment points and how to identify common patterns of misalignment through asana and other exercises, peer observation, hands-on adjustments and Q&A.
 3. Learn how to use yoga to support women’s health and wellness (menstruation, peri-menopause, menopause, fertility); psychological well-being (anxiety and depression); and strengthen the immune system.
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PranaShanti
Yoga Centre

PRE-REQUISITE READING

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ASSIGNMENT

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ENROLLMENT

This course is open to all yoga teachers with a minimum level of 200-Hour teacher training or equivalent (any style).

COURSE COST

\$325 + HST