

Hatha Yoga Teacher Training (HYTT) 300-Hour Program

Course Outline: Advanced Asana

Core Module – 20 Hours

COURSE DESCRIPTION

This course is focused on offering refinements to deepen the experience of postural yoga and support effective teaching. Although it can be helpful to know how to safely instruct a wide range of yoga asana, there is no expectation to physically explore postures that are not part of your personal practice. Throughout this module, we will delve more deeply into the physiology, mechanics, verbal cues and common misalignments of a wide range of yoga asanas. We will examine the relationship between breath and movement; muscular synergy and its application to asana practice; common physiological limitations and corresponding modifications; and how to integrate yogic philosophy into an active asana practice.

LEARNING OBJECTIVES

1. Improved observations skills (i.e. what are we seeing, what is limiting a particular pose).
 2. Further understanding on range of motion, body proportion and how it affects asana practice.
 3. Enhanced capacity to offer modifications based on student needs.
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PranaShanti
Yoga Centre

PRE-REQUISITE ASSIGNMENT

POST-TRAINING ASSIGNMENT

ENROLLMENT

This course is open to the general public. 6 months to 1 year of regular yoga practice is recommended for participation.

COURSE COST

\$325 + HST