

Hatha Yoga Teacher Training (HYTT) 300-Hour Program

Course Outline: Advanced Asana

Core Module – 20 Hours

COURSE DESCRIPTION

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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PRE-REQUISITE ASSIGNMENT

Before the training, students are asked to reflect and write about:

- What 3 yoga poses do you love?
- What 3 yoga poses do you hate?



- Why (on a physical, mental and emotional level)?

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