

## **Hatha Yoga Teacher Training (HYTT) 300-Hour Program**

### **Course Outline: Teaching Methodology**

#### **Core Module – 20 Hours**

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#### *COURSE DESCRIPTION*

This will be a theoretical module with some practice. We will examine how to: effectively observe when teaching in a group setting and respond accordingly; find a balance between demonstration and observation; manage time and set priorities when dealing with classes of varying lengths and styles, and understand the student learning process and how to communicate effectively. Through the study of these various aspects of teaching, we will also discuss the importance of finding your own voice as a teacher.

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#### *LEARNING OBJECTIVES*

1. Improve your effectiveness as a teacher.
  2. Deepen your knowledge of the student experience and learning process.
  3. Gain practical tools to help you find your own voice.
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#### *PRE-REQUISITE READING*

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*PranaShanti*  
Yoga Centre

### *ASSIGNMENT*

Participants will be required to complete a self-assessment questionnaire and explain how their strengths, weaknesses, core values and interests can / will influence and inform their teaching.

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### *ENROLLMENT*

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

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### *COURSE COST*

\$325 + HST