

Hatha Yoga Teacher Training (HYTT) 300 Hour Program
Course Outline: Art of Yoga: Principles for Skillful Sequencing
Core Module – 20 Hours

COURSE DESCRIPTION

This course will cover the fundamentals of vinyasa krama (appropriate sequencing) as taught by Sri T. Krishnamacharya and his students, based on his core teaching that yoga is to be adapted to an individual's needs and goals with respect to their age, health, cultural background and other factors. Through this course, students will learn the key principles that will empower them to design safe, effective and enjoyable vinyasa classes and adapt and improvise to accommodate for the individual needs of their students. A full spectrum of practices will be covered including asana, pranayama, mantra and meditation.

Throughout the course we'll cover:

- The core principles of practice as taught by Krishnamacharya, including instruction on appropriate breathing, dynamic and static asana, and application of bandha.
- The principles of vinyasa krama in sequencing for general classes and progressing a student safely toward a particular goal.
- The art of viniyoga, understanding how to adapt key postures to accommodate for special needs.
- The yoga of sound: key mantras to open and close class; therapeutic use of sound; and what to do when you can't chant OM.
- The use of stick figures to design and share sequences.

LEARNING OBJECTIVES

1. Understand the fundamentals of vinyasa krama (appropriate sequencing).
2. Understand the fundamentals of viniyoga (adapting to the individual).

3. Understand key classical models as a guide to constructing a class (ashtanga yoga, panchamaya koshas).
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PRE-REQUISITE READING

The Heart of Yoga: Developing a Personal Practice by TKV Desikachar

ASSIGNMENT

- Students will be required to write a brief description of their goals in teaching yoga and explain their approach to teaching.
 - Students will be required to design a 1-hour all-levels class using stick figures.
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ENROLLMENT

This course is open to the general public with at least 6 months to 1 years of yoga practice.

COURSE COST

\$325 + HST