



Hatha Yoga Teacher Training

Our program is life-transforming and is for everyone, whether you are interested in becoming a teacher or wanting to deepen your yoga practice and knowledge. Our foundational Yoga Teacher Training summer program offers the possibility to really dive into the teachings: physically, mentally and spiritually.

This PranaShanti Teacher Training program is a total of 200+ hours including 180 contact hours and 35 personal hours so that you graduate a Yoga Alliance registered teacher. This format provides future teachers exposure to as much knowledge and hands-on practice teaching time as possible.

Our program provides students with a foundational; background in yoga that draws on the Hatha and Vinyasa yoga traditions, as well as modern knowledge of bio-mechanics and movement, so that they can confidently teach holistic, all-levels classes in a clear, compassionate manner.

Our program will deepen your understanding of asana (postures, develop a functional understanding of yogic and Western anatomy, yoga philosophy and theory, Ayurveda, meditation, personal development and communication skills. The course requirements include research presentations, a yoga class journal, and active participation in the classroom.

Course and Curriculum Details:

Outline:

- **Teaching Asana** – Learn to teach safely, effectively and with confidence
- **Meditation** – study a variety of meditation techniques to focus and quiet the mind
- **Pranayama** – experience powerful breath techniques
- **Anatomy** – western anatomy and physiology will be studied, including the various body systems, and the physical effects of yoga on the body
- **Yogic Anatomy** – learn the energetic effects of yoga on the body and the chakra and meridian systems
- **Yogic History and Philosophy** – explore Patanjali's Yoga Sutras and how these teachings provide a model for daily life

Curriculum Overview:

THE FOUNDATIONS

- WHAT IS YOGA?
- HISTORY OF YOGA
- MODERN DAY YOGA

YOGIC PHILOSOPHY

- THE EIGHT LIMBS OF YOGA
- THE CHAKRAS
- THE NADIS

YOGIC LIFESTYLE

- AYURVEDIC ELEMENTS
- YOGIC CLEANSING TECHNIQUES



ANATOMY

- FRONT AND REAR VIEWS OF SKELETON
- BONES OF THE SPINE - VERTEBRAE
- MUSCLES
- JOINTS

THE PRACTICE OF YOGA

- STANDING POSTURES
- BALANCING POSTURES
- BACK BENDING POSTURES
- SEATED POSTURES
- INVERTED POSTURES

BREATHING TECHNIQUES - PRANAYAMA

THE BANDHAS – BODY LOCKS

MEDITATION

LESSONS ON TEACHING

- ATTITUDES AND ETHICS
- PREPARING TO TEACH
- TEACHING PRACTICES AND SKILLS
- ADJUSTMENTS
- YOGA PROPS AND MODIFICATIONS
- PRECAUTIONS AND CONTRAINDICATIONS

THE BUSINESS OF YOGA

- BUSINESS CONSIDERATIONS
- COMMUNITY BUILDING

What is included:

- Yoga Manual and Anatomy or Sutra Text Book
- Yoga class package at PranaShanti Yoga Centre
- Home study assignment/projects
- Practice teaching
- Personal mentorship
- Opportunities to assist in drop-in classes
- During training students receive 10% off purchases at PranaShanti for such items as CD's, books, manuals, clothing, yoga mats and bags.

Registration:

- Register online, by telephone or in person.
- Refunds (minus a \$300 Administration Fee) are available up to 5 days before the starting date.
- No refunds or credits will be provided after the course has started.
- 10% discount for full time students, seniors and military.



PranaShanti

Yoga Centre

- Payment plans, 1 Work Exchange and 1 Scholarship are also available.
- Although every effort is made to maintain consistency, faculty may be subject to change.

We believe in the highest quality and caliber of training so that every student receives the time, focus and dedication of the trainers that is needed to create a solid foundation for practice and teaching. Although every effort is made to maintain consistency, trainers, guest speakers and faculty may be subject to change.

Tax Receipts:

PranaShanti is an HSDC Certified Educational Institution and can provide tax receipts for qualifying trainings.