



## 200+ Hour Hatha Yoga Teacher Training

### Our 22<sup>nd</sup> 200 Hour Hatha Yoga Teacher Training!

At PranaShanti Yoga Centre we have offered over 20 200-Hour Hatha Yoga Teacher Trainings. This summer we are offering a very special training experience that draws on the caliber and depth of specialization of our most experienced Teachers!

Yoga programs at PranaShanti are life-transforming and for everyone, whether you are interested in becoming a teacher or wanting to deepen your yoga practice and knowledge. Our Summer Program is designed to help accommodate your busy schedule. The part-time format allows for you to really dive into the teachings: physically, mentally and spiritually while respecting your commitments to work, family, schooling and personal life.

Our program provides you with a solid 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 you can confidently teach holistic, all-levels classes in a clear and compassionate manner. You will deepen your experience of postures and meditation, expand your understanding of yogic and western anatomy, yoga philosophy, and Ayurveda, and you will refine your communication and listening skills all while being part of a supportive community that fosters inquiry, creativity and lifelong learning.

With a total of 200+ hours including 180 contact hours and 35 personal hours you will graduate as a Yoga Alliance Registered Yoga Teacher (RYT). The course requirements include a research presentation, a yoga class journal, and active participation in the classroom. This format provides you with as much knowledge and hands-on practice teaching time as possible.

### Program Outline:

- **Teaching Asana** – Learn to teach safely, effectively and with compassion and confidence. Participate in Posture Clinics to breakdown the asanas, and learn about sequencing, modifications, props, cuing, music and holding space
- **Meditation** – Practice a variety of meditation techniques to focus and quiet the mind and understand the benefits and science behind the practice
- **Pranayama** – Explore powerful breath (pranayama) techniques such as ujayi, kapalabhati, nadi sodhana. Understand the bandhas or energy locks that direct prana
- **Anatomy** – Study anatomy and the effects of yoga on the body, including physical and energetic postural alignment
- **Yogic Anatomy** – Learn the energetic effects of yoga on the body and the chakra and meridian systems
- **Yogic History and Philosophy** – Study Patanjali's Yoga Sutras and how these teachings provide a real model that can be applied to daily life. Explore Yoga's rich history and language
- **Ayurveda** – Experience yoga's sister science for health and vitality, self-care and nourishment
- **Spiritual Ecology and Social Activism** – Understand and recognise ourselves as transformation leaders through the teaching of yoga



- **Yoga for Everyone** – Explore the topics of accessibility, inclusion, trauma informed practice, and receive an introduction to various yoga styles
- **Business of Yoga** – Take a peek behind the scenes to a day in the life of a yoga teacher and studio owner to understand the practicalities of this profession

### Curriculum Overview:

<b>THE FOUNDATIONS</b>	<b>BREATHING TECHNIQUES - PRANAYAMA</b>
• WHAT IS YOGA?	
• HISTORY OF YOGA	<b>THE BANDHAS – BODY LOCKS</b>
• MODERN DAY YOGA	
	<b>MEDITATION</b>
<b>YOGIC PHILOSOPHY</b>	
• THE SUTRAS	<b>LESSONS ON TEACHING</b>
• THE EIGHT LIMBS OF YOGA	• ATTITUDES AND ETHICS
	• PREPARING TO TEACH
	• TEACHING PRACTICES AND SKILLS
<b>YOGIC LIFESTYLE</b>	• ADJUSTMENTS AND ASSISTS
• AYURVEDIC ELEMENTS	• YOGA PROPS AND MODIFICATIONS
• YOGIC CLEANSING TECHNIQUES	• PRECAUTIONS AND CONTRAINDICATIONS
<b>ENERGETIC ANATOMY</b>	
• PRANA	<b>YOGA FOR SPECIAL POPULATIONS</b>
• THE CHAKRAS	• PREGNANCY
• THE NADIS	• TRAUMA INFORMED PRACTICE
<b>PHYSICAL ANATOMY</b>	<b>THE BUSINESS OF YOGA</b>
• FRONT AND REAR VIEWS OF SKELETON	• BUSINESS CONSIDERATIONS
• BONES OF THE SPINE - VERTEBRAE	• COMMUNITY BUILDING
• MUSCLES	
• JOINTS	<b>PRACTICUMS</b>
<b>THE PRACTICE OF YOGA</b>	<b>REFERENCE MATERIAL</b>
• STANDING POSTURES	
• BALANCING POSTURES	
• BACK BENDING POSTURES	
• SEATED POSTURES	
• INVERTED POSTURES	
• SUPINE POSTURES	

### What is included:

- Yoga Manual and Anatomy Text Book
- 20 Yoga class package at PranaShanti Yoga Centre
- Home study assignment/projects
- Practice teaching



# PranaShanti

Yoga Centre

- 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.

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 ESDC Certified Educational Institution and provides tuition tax receipts.

### **Contact and More Information:**

Please contact us with any questions and we can arrange a date and time to meet one-on-one to discuss the program.

Contact us at:

[info@pranashanti.com](mailto:info@pranashanti.com)

613-761-9642(YOGA)

Or visit our website at:

[www.pranashanti.com](http://www.pranashanti.com)