

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

### **Course Outline: Advanced Asana**

### **Core Module – 20 Hours**

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#### *COURSE DESCRIPTION*

This course is focused on offering refinements to deepen the experience of postural yoga and support effective teaching. Although it can be helpful to know how to safely instruct a wide range of yoga asana, there is no expectation to physically explore postures that are not part of your personal practice. 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.

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#### *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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*PranaShanti*  
Yoga Centre

*PRE-REQUISITE ASSIGNMENT*

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*POST-TRAINING ASSIGNMENT*

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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