



Hatha Yoga Teacher Training (HYTT) 300-Hour Program Course Outline: Skillful Sequencing Core Module - 20 Hours

COURSE DESCRIPTION

This training is intended for yoga teachers, teachers in training or dedicated students who want to learn more about the process of putting together a well-balanced practice.

In this course, we will be breaking down individual postures to deepen your understanding and prepare you to create a yoga sequence that is both healing and strengthening.

We will study poses on a scale from simple to more complex movements, and discuss how to use that to build a yoga class that opens up the body in a systematic way. We will explore which asanas are most important for the modern body's common ailments and how to set our students up for success in more complex poses.

This course will take you outside of 'peak posture' sequencing and instead educate you on how to create a more comprehensive, well rounded yoga practice. You will learn how to move beyond a rigid class structure and how to be more intuitive with your sequencing so you can tune in to the needs of the room.

This weekend will also teach you how to weave in mobility work, more cardiovascular opportunities and body weight exercises to create a more complete movement practice for your students. We will also cover how to integrate music and props into your class in a way that is supportive and does not disrupt the flow.

LEARNING OBJECTIVES

1. Improve and deepen your understanding of yoga asanas.
2. Learn effective preparatory exercises to set students up for success in more complex asanas.
3. Move beyond rigid sequences and learn how to adapt your classes to who is in the room.



PRE-REQUISITE READING

n/a

ASSIGNMENT

Participants will be required to create a class sequence around a specific posture/theme to be submitted within a week of completion of the course for review.

ENROLLMENT

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