

**Hatha Yoga Teacher Training (HYTT) 300-Hour Program**  
**Course Outline: Teaching Methodology**  
**Core Module – 20 Hours**

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*COURSE DESCRIPTION*

This is a mainly theoretical module which will include group discussions, personal reflection and practical exercises. We will examine how to manage time and set priorities when preparing classes of varying lengths and styles; how to create a safe and accessible physical space; how to hold space so students feel safe and comfortable on a psychological/emotional level; and how to weave elements such as mantras, meditation and mudras into yoga classes. We will also examine the nature of the Teacher/Student relationship, the importance of boundaries and our personal motives as a teacher and finally, we will examine how to cultivate a vibrant inner life, and why this is essential to being an effective yoga teacher.

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*LEARNING OBJECTIVES*

1. Improve your effectiveness as a teacher.
  2. Deepen your knowledge of the student experience and learning process.
  3. Gain practical tools to help you find your own voice.
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*PRE-REQUISITE READING*

**(Required)**

Donna Farhi, *Teaching Yoga, Exploring the Teacher-Student Relationship*

**(Optional)**

Parker J. Palmer, *The Courage to Teach*

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*ASSIGNMENT*

Students will be required to complete a self-assessment questionnaire and explain how their strengths, weaknesses, core values and interests can / will influence and inform their teaching.



*PranaShanti*  
Yoga Centre

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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.