

Intuition School of Light Presents
200 Hour Registered Yoga Teacher Training - Syllabus for 2023

Week 1: Yoga History / Asana / Anatomy / Energy Centers / Meditation

Day 1: Topics

- History of Yoga/Different Lineages
 - What is Asana?
 - Standing Poses - cues/benefits/practice
 - Balance Poses - cues/benefits/practice
- HW: History of Yoga & Lineage Assignment*

Day 2: Topics

- What is Vinyasa?
 - Sun Salutation Poses, Sun Salutation B
 - Prone/Supine poses, Seated poses, Inversions, Peak poses
 - cues/benefits/practice
 - Sequencing for beginner class
 - Introduce Anatomy & Physiology
- HW: Anatomy*

Day 3: Topics

- Anatomy & Physiology
 - Different types of yoga
 - Contraindications
 - Pranayama
 - Intermediate poses
- HW: Anatomy*

Day 4: Topics

- Review Anatomy & Physiology
 - Energy centers
 - What is Kundalini Yoga?
 - Review Poses/Practice sequencing
- HW: Physiology*

Day 5: Topics

- Review Anatomy & Physiology
 - Meditation/Chanting, Mantras & Mettas, Bandhas & Mudras
 - Review Poses
 - Practice teaching
- HW: Physiology*

Weekend HW: Anatomy and Philosophy

Week 2 - Philosophy & Ethics / Professionalism & Business

Day 6: Topics

- Anatomy & Quiz
 - Review Physical Asanas & Contraindication
 - History - Pantanjali, Iyengar, Hatha
 - Introduce 8 limbs of yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadha
 - Practice teaching
- HW: Philosophy/ 8 limbs Assignment*

Day 7: Topics

- Review 8 limbs
 - Yoga Ethics
 - Review: Asanas (physical poses), Pranayama practices, Meditation Practices
 - Practice teaching
- HW: Yoga Ethics Assignment*

Day 8: Topics

- Review: Asanas (physical poses), Pranayama practices, Meditation Practices
 - Teaching methodology
 - Cueing vs. demonstration
 - Proper sequencing
 - Class planning
 - Practice teaching
- HW: Sequence & cueing assignment*

Day 9: Topics

- Review: Asanas (physical poses), Pranayama practices, Meditation Practices
 - Professional Development
 - Resume/Invoicing/Waivers/Insurance
 - Yoga alliance registration
 - Marketing and social media
 - Workshops/Retreats/Business owner
 - Practice teaching
- HW: Professionalism Assignment*

Day 10: Topics

- Review: Asanas (physical poses), Pranayama practices, Meditation Practices
- Final Teaching Demonstrations
(include asana, pranayama, mudras, and meditation for final assessment)
- Certification ceremony

Required Contact Hours Outside of Program

- Yoga classes
 - practice hours
 - observation hours
- Meditation
 - Practice hours
 - Observation hours
- Practice teaching

Required Non Contact hours

- Self Study Journal
- Course work study online/remote
- Required reading

Required Texts: “200 hour Yoga Teacher Training Manual” by Marta Berry, “Light on Yoga Sutras” by BKS Iyengar

Recommended Text: “Light on Yoga” and “ Light on Pranayama” by BKS Iyengar, “The Yamas and Niyamas” by Deborah Adele, numerous articles throughout the course.

*** Recommended books will be referenced and used by the instructors throughout the course.*