

Learning objectives

Hatha (Flow) Yoga teacher Training

| Title | Asana |
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| Learning Objective | <ul style="list-style-type: none"> • In depth understanding of a variety of poses within each different category (forward, backward, twist, balances and inversions): the benefits, modifications, progressions and regressions. • Understanding of the physiological, psychological and energetic effects of each pose • Understanding the art of using props (belts, blocks, cushions, the wall and bolsters) • Develop and build up your own yoga practise • Being able to sequence a complete class with explanation of all postures • Being able to teach a flowing built-up sequence of asana's |

| Title | pranayama and vayus |
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| Learning Objective | <ul style="list-style-type: none"> • Understanding and mastering the different pranayamas • Being able to practise, demonstrate, instruct and correct the different breathing (pranayama) techniques • Understanding the different processes and manifestations of the vayus • Being able to explain the functions and locations • Apply this wisdom in the yoga practise. |

| Title | Kriya |
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| Learning Objective | <ul style="list-style-type: none"> • Knowledge of the Shatkarmas. • The ability to practise and explain Neti, Kapalabhati, Trataka • Clear understanding of contra indications and benefits of the Shatkarmas • Building a self practise of Neti, Kapalabhati, Trataka |

| Title | Use of Sanskrit |
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| Learning Objective | <ul style="list-style-type: none"> • Understanding of common Sanskrit in asanas • The ability to use Sanskrit names in teaching • Knowing the names of all asanas learned in this course by their Sanskrit name • Are able to pronounce Sanskrit |

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| Title | Anatomy of the subtle body: bandhas, drishti and mudras |
| Learning Objective | <ul style="list-style-type: none"> • Understanding the importance of Bandhas, Mudras and Drishtis and applying them in asana and pranayama practice • Being able to explain location and use of the correct Bandhas in Asana and Pranayama practice. • Understanding the effects of Mudras, Bandhas and Drishtis on the energy channels (nadis and chakras) |

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| Title | Meditation |
| Learning Objective | <ul style="list-style-type: none"> • Being able to guide a centering meditation at the beginning- and the closure of a class • Understanding the path towards meditation: Pratyahara, Dharana, Dhyana • Understanding and the ability to explain the benefits of meditation • Explaining the physiological and energetic effects of meditation • Ability to teach various meditation techniques • Establishing a regular meditation practice. • Teaching basic guided meditations |

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| Title | Communication Skills |
| Learning Objective | <ul style="list-style-type: none"> • Being able to give verbal adjustments in asanas, meditation and pranayama • Being able to explain the benefits and value of meditation, asanas and pranayama • Ability to communicate in a clear and compassionate way: from the heart • Time management, build up and pace of class • Use of voice: intonation, giving clear short instruction and cues. • Non-verbal communication: adjusting people in class • Being able to properly demonstrate poses and understanding when to use it |

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| Title | Group Dynamics |
| Learning Objective | <ul style="list-style-type: none"> • Have insight in different personality types and how to approach them • Understanding the importance of / applying the five kleshas • Build up a yoga class for different levels • Understanding group dynamics and becoming aware of the individual differences • Using compassionate, non-violent communication |

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| Title | Time management |
| Learning Objective | <ul style="list-style-type: none"> • Clear understanding of balancing meditation, pranayama and asana practise in a time frame • Clear understanding of appropriate duration of poses |

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| Title | Priorities and boundries |
| Learning Objective | <ul style="list-style-type: none"> • Clear understanding of injuries and limitations • Ability to give proper modifications • Ability to recognize harmful situations |

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| Title | Specific needs |
| Learning Objective | <ul style="list-style-type: none"> • Having insight in the needs and limitations of special populations • Have an eye for those that easily injure themselves. • Being able to give verbal instructions to modify and adjust for special needs • To teach participants to respect one's limitations |

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| Title | Teaching skills |
| Learning Objective | <ul style="list-style-type: none"> • Having gained knowledge of poses and know how to adjust • Developing your personal teaching style • Balance demonstration and verbal instructions • Knowledge use of props and being able to teach without props • Sequencing a class, accessible to all • Be able to demonstrate, instruct correct and lead mixed level classes and participants • Practice what you preach: develop your own self -practice. |

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| Title | Teaching styles |
| Learning Objective | <ul style="list-style-type: none"> • Giving proper direct affirming guidelines • Being able to give constructive feedback to other teachers and students • Self reflection: knowing your own learning points/limitations and strengths • Building a self-reflective practice (meditation) |

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| Title | Writing down your classes |
| Learning Objective | <ul style="list-style-type: none"> • write an outline of a full asana sequence • being able to draw stick figures |

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| Title | Sanskrit |
| Learning Objective | <ul style="list-style-type: none"> • Knowing the names of all asanas learned in this course by their Sanskrit name • Are able to pronounce Sanskrit |

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| Title | Learning process of the student |
| Learning Objective | <ul style="list-style-type: none"> • Explore your own way of learning • Develop to combine all 3 kinds of learning processes in a yoga sequence |

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| Title | Physical Anatomy applied to yoga |
| Learning Objective | <ul style="list-style-type: none"> • Understand and know the names and places of bones, muscles, ligaments, tissues, tendons, fascia and joints of the body. • Properly aligning the body in the learned asanas. • Knowing what to look for in various body types, and guiding them safely through a practice. |

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| Title | Energy anatomy |
| Learning Objective | <ul style="list-style-type: none"> • Understand Sympathetic and parasympathetic nerve system functions • Understanding of prana: how does it move body and mind • Creating awareness of the vayus, knowing about their function and location • Understanding location and function of the main Nadis 3 (main) |

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| Title | Taking care of your body |
| Learning Objective | <ul style="list-style-type: none"> • Understanding of the 5 Kosha's • Understanding and recognizing the subtle energy bodies. • Basic understanding of Ayurveda and knowledge of the doshas including self dosha knowledge (not in the examination questions) • Understanding the gunas and self reflection • Building up own kundalini practises and ability to explain Kundalini to others • Ability to explain the subtle bodies. |

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| Title | Chakra's |
| Learning Objective | <ul style="list-style-type: none"> • Ability to locate the 7 main chakras, knowing the colours, elements and names • Understand their functioning and how they work together • Insight how the energy of the chakras influences our daily life • Awareness of chakras in yoga poses. • Understanding of psychological function of the chakras |

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| Title | Yoga Philosophy |
| Learning Objective | <ul style="list-style-type: none"> • Knowledge about the history and origin of yoga • Research the meaning of the yoga sutra's and applying it to daily life • Reflection on the Hatha Yoga Pradipika and the Yoga Sutra's of Patanjali. |

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| Title | Lifestyle |
| Learning Objective | <ul style="list-style-type: none"> • How to bring yoga in your daily life. • Bringing awareness from your yogamat into your drivers' seat. • Finding your Dharma: How Dharma gives you direction in life • Applying the Yama's and Niyamas in your daily life: keeping a diary • Understanding the concept of karma |

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| Title | Practicum |
| Learning Objective | <ul style="list-style-type: none"> • Teaching as lead teacher in small groups. • Teaching meditation, standing poses, sun salutations, forward bends, twists, backbends, reclining poses, inversions and shavasana, leading up to teaching a full class. • Mastering the art and science of sequencing a practise • Being able to give proper adjustments • Understanding how to teach non-experienced yogis • Daily self practice |

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| Title | Feedback |
| Learning Objective | <ul style="list-style-type: none"> • Learn how to give non violent, truthful, honest, compassionate feedback from the heart, based on the yogic principles • Recognizing resistance • Learn how to receive feedback as a human being and from the seat of a teacher • Apply constructive feedback |

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| Title | Observing other teachers |
| Learning Objective | <ul style="list-style-type: none"> • Developing your own teaching style by observing and learning from different teachers |

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| Title | Assisting |
| Learning Objective | <ul style="list-style-type: none"> • Developing the skills to properly adjust peers and students verbally, visually and hands-on |

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| Title | Setting up a class |
| Learning Objective | <ul style="list-style-type: none"> • Understanding how to create an authentic class setup • Awareness of the needs of your students as in injuries and experience • Using props and how to teach without • Understand intention, sankalpa and focus • Being aware of the conditions: safe environment, coziness, noise, light, music, candles and incense, energy clearing, space, temperature |