



Hatha (Flow) Yoga Teacher Training Course Curriculum

In this training, you receive a lot of tools that help you to become an excellent yoga teacher. You will also develop a steady self-practise. From your self practise you learn and understand what happens in your own body. That will help you understand your students when you teach.

Asana

Deep understanding of poses including the benefits, modifications, progressions and regressions, Sanskrit names and how to give step by step instructions.

- In depth knowledge of the physiological, psychological and energetic effects of each pose
- Knowledge of the use of props, notation of classes in stick figures
- Teaching and Sequencing
- Develop your self practise
- Practise on your peers
- Attending and reporting at least 50 classes during the Teacher Training

Pranayama, Vayus & Kriyas

- Understanding and mastering different pranayamas and kriyas. Being able to practice, demonstrate, instruct and correct the different techniques
- Applying the Vayu wisdom in asana and pranayama practise
- Making pranayama part of your daily yoga practise.

Sanskrit

- Pronunciation and meaning of Sanskrit in chants, mantras and asanas
- Practise chanting and learning how to guide chants
- Sing and practise the magical skill of chanting!

Anatomy

This covers the understanding of the bones, muscles, fascia and joints in yoga practise. We also pay attention to the nervous and respiratory system.

- Understand and teach a safe and effective practise, free from pain and injury
- Expect an examen about Anatomy



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Anatomy of the subtle body

Besides western anatomy this training also covers the energy body and subtle bodies. As yoga is a holistic practise, we integrate the use of juicy energy in our physical asana practise. Also, taking care of the body and injury-prevention is on the menu.

- Explore the use and function of energy seals and gateways, dhristis and mudras.
- Dive deep into the chakra system
- Maha prana and the five koshas
- Understand the physical, intellectual and emotional intelligence

Meditation

Meditation leads you towards the deep wisdom within. We offer a broad variety of meditation techniques in order for you to find out what works for and resonates with you.

- Explore various dynamic and silent mediation techniques and build a steady practise
- Learn how to guide meditations.

Communication and teacher skills

To be a teacher is something else than being someone's friend. How to be in the seat of the teacher in an authentic, compassionate way?

- Proper use of voice and language, cueing, yoga terminology, guiding students, group dynamics and interaction.
- Explore teaching styles and find your unique style of teaching.
- Hands-on adjustments, designing classes and demonstrating.
- Attend various yoga classes to explore various teaching styles.

Business aspects of yoga

As you become a teacher, you will also learn about the business side of teaching. We also include the use of social media and give you various administrative tips.



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Yoga philosophy and lifestyle

- Learn about backgrounds, history, philosophy and ethics. We will explore this through discussions, reading and writing
- Expect to write an essay

Practicum

We will practise a lot to make you feel confident in the seat of the teacher. We will teach you how to give and receive feedback, we will challenge our views of ourselves and others and above all, we will enjoy experimenting.

- Learn to practise teaching as the lead instructor
- Assist and adjust in lead teachers classes
- Practise adjustments and teach on peers outside the classroom.
- Observe other teachers, assist and set up your classes
- Expect to journal about your experiences
- This teacher training includes a 10 day retreat in The Belgian Ardennes in which we take time to practice and examine all that is learned.

Reading

We selected books that we both love, that gave us insight and wisdom. The Hatha Yoga Pradipika isn't a book that you can read in one day (not even in a year), it's a reference work. And it's a real gift, as a lot of wisdom will be revealed from page 1 to page 1000...

- Mandatory books
 - Asana Manual by Lahma Muris (included in the training)
 - Hatha Yoga Pradipika by Swami Muktibodhananda
 - Yoga Sutras of Patanjali by Sri Swami Satchidananda
 - Light on Yoga by B.S.K. Iyengar
 - Anatomy: "Key muscles of Yoga" & "Key poses of Yoga " by Yoga Ray Long
- Recommended reading list:
 - Autobiography of a yogi
 - Your Body Your yoga by Bernie Clark

Expect to read, write and do a practical examination. Writing can be done in Dutch or English.