



200hr Yoga Teacher Training Course Curriculum

- Explore traditional yogic teachings and spirituality in a process of self-inquiry and personal growth
- Learn to teach Traditional Hatha Yoga as well as receive guidance on creating and teaching your own unique sequences.
- Explore sacred Vinyasa Flow, Restorative, and Prenatal Yoga
- Experience yogic living to deepen your personal practice and commitment to this path
- Experience spiritual immersion
- Explore the art of teaching, touch, and alignment to gain knowledge, insight, and clarity
- Experience full and new moon ceremonies, smudging ceremonies and self-care rituals
- Study yoga anatomy and its physiology as well as applicable techniques to incorporate these principles into your own teaching and practice
- Study the 8 limbs of yoga and its philosophy
- Explore other healing modalities and expand your skill set as healer and guide, such as Reiki level 1, essential oils and Crystals
- Explore Chakras, Bandhas, and energetic anatomy
- The study of Ayurveda
- Practice advanced pranayama
- Practice how to integrate yoga into your daily life through spiritual lessons and art of living discussion
- Learn the art of yoga marketing and business, exploring your vision for bringing this practice into your community
- Discuss ethics for yoga teachers and student-teacher relationships
- Learn steps on how to open your own yoga studio