

# Blossom Yoga 200 hours Teacher Training Syllabus :

## 1 - Techniques, Training and Practice

In this category we will study and practice:

- Asanas: (theory, alignment, transition, practice)
  - Standing poses
  - Back extension poses (back bends)
  - Folding forward poses and twists
  - Inversions
  - Balancing poses
  - Surya namaskar A+B
  - Yin + restorative postures
  - Introduction to Ashtanga (the primary series)
  
- Pranayamas: (theory, position, technique, practice)
  - Brahmari
  - Ujjayi
  - Viloma 1-2-3
  - Nadi Shodana
  - Kapalhati + Bastrika
  - Anuloma Viloma
  - Breath of Joy
  
- Kryas: (theory, technique, practice)
  - Neti (cleansing of the nose)
  - Trataka (candle or wall gazing, cleansing of the eyes)
  - Nauli (abdominal churning)
  
- Mantra + chants: (theory, practice)
  - Shiva mantra
  - Ganesha mantra
  - Tara mantra
  - Gayatri mantra
  - Rama mantra

- Vasudeva mantra
- Asatoma Sadgamaya (Shanti Mantra)

- Mudras: (theory, practice)
  - Hasta (hands)
  - Mana (Head)
  - Kaya (Body)
  - Bandha (internal)
  - Adhara (perineum)
- Meditation: (theory, practice)

## 2 - Teaching Methodology

In this category we will study and discuss:

- How to manage time
- How to build a class
- Different types of adjustments and their benefits
- How to keep a professional relationship with students
- Good communication skills
- Healthy Boundaries + Holding space for students
- The importance of self-practice for a yoga teacher
- Self-cleanliness
- The business aspect of being a yoga teacher
- Yoga and the law

## 3 - Anatomy and Physiology

In this category we will study and discuss:

- Basic Anatomy
  - Muscles
  - Bones
  - Organs
  - Compression, tension, proportion
  - Overview of anatomical pathologies (chronic and acute)
  
- Basic Physiology  
(Functions and impact of yoga on the bodily systems, pathologies)
  - Musculoskeletal system
  - Circulatory system
  - Endocrine system
  - Respiratory system
  - Digestive system
  
- Energy system
  - Chakras
  - Koshas
  - Gunas
  - Nadis
  - Pancha Vayus

## 4 - Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers

In this category we will study and discuss:

- 8 limbs of Ashtanga
  - Yamas
  - Niyamas
  - Asanas
  - Pranayamas
  - Pratyhara
  - Dharana
  - Dhyana

-Samadhi

-Yoga sutras of Pantajali

-Yoga history, Upanishads to vedas to schools of yoga

-Introduction to the Bhagavad Gita

-The yogic lifestyle

(Introducing some basic concepts and how to apply them off the mat)

-Dharma (path/purpose)

-Karma (Intention/what am I creating?)

-Sangha (the importance of the community)

-Yamas+Niyamas (how to apply them)

-Introduction to Ayurveda

## 5 - Practicum: 10 Hours

In this category we will study and practice:

-Practice teaching with feedback from YTT trainers

-Small practice teaching with feedback from classmates

## 6 - Non-contact hours

In this category the student will have to study or practice at home:

-Practice Asanas, pranayamas, kryas, mantras, meditation

-Read (anything that would be relevant to category 2)

- Read (anything that would be relevant to category 3)
- Read (anything that would be relevant to category 4)
- Practice teaching on your own, practice teaching with a friend or family member and receive feedback from that person
- Short written responses to questions posed between YTT meetings