**Content and expectations of the course**

* The learning on this course will be experiential with lots of hands on adjustments, getting you involved from the off
* These courses are designed to give students confidence, knowledge and a tool kit to be a success

**Content**

By the end of the course, students must be able to teach all aspects of a yoga class

* Over the 10 months, we will cover 30 Postures based on the traditional Hatha Yoga
  + Posture progression, the modifications and benefits of each posture
  + Define the terms “precaution” and “prohibition” and discuss ailments commonly encountered in a class situation which might cause limitations and effect safe teaching.
* Students will be encouraged to keep a pranayama and meditation diary over 30 days
* Discuss ways in which breath awareness and basic breathing can be introduced to students
* Modules on Bandha and Kriya, looking at the effects these have on the body
* The history of Yoga
  + Yoga Sutras of Patanjali – The Eight Limbs of Traditional Yoga
  + Yoga Philosophy
  + Introduction to Kundalini Kriyas
  + Introduction to a Kundalini Sadhana
* We will look at other styles of Yoga including Astanga Hatha, and Kundalini & Yin.
* Anatomy and Physiology – this will cover the whole of the anatomical body and give a thorough understanding of this subject, which is essential to becoming a competent Yoga teacher
  + Describe how the muscle works to provide and maintain movement of the skeletal structure and explain the relevance of this in relation to chosen yoga postures.
  + Describe the way in which blood flows through the circulatory system.
  + Describe the process by which air is drawn into the body and discuss factors that may affect breathing
  + Describe the interrelationship between cardiovascular and respiratory systems.
* Define stress and explain both flight and fight responses and the relaxation response in relation to the working of the autonomic nervous system.
* Explain how a relaxed atmosphere can be created in a class; discuss positions and techniques which might be suitable to induce relaxation and how any problems that arise may be overcome.
* We will break down how to create and plan lessons based on anatomical, themes, and posture related.
* We will cover Chakras, Nadis and Meridians
* Setting up your own yoga business
  + Describe how to set up a private Yoga class including ways of advertising
  + the legal problems,
  + what advice students need before starting Yoga practice and what advice a teacher needs about students joining a class.
  + Design a poster to advertise the class and an information sheet and questionnaire for new students.

**Expectations**

* From the beginning students will be encouraged to assist in the classroom and demonstrate postures, building up confidence throughout the course.
* Prepare and lead a short breathing practice session followed by a relaxation.
* Prepare and deliver a 45 minute talk related to anatomy and physiology using a personally prepared handout as a teaching aids.
* There will be 40 hours of home study and reading
* There will be homework on a monthly basis. The course work will be assignments based and must be completed between months.
  + The work will be marked by the tutor and any concerns will be discussed and clarification will be provided to the individual to help their understanding
  + Help will be given to individuals who struggle to understand a topic and this can be either face to face, by phone, email or Skype
  + Failure to hand in work on time will result in a meeting to discuss any concerns and address a timeline for the hand in.
  + The course cannot be considered to be completed until all assignments are completed.

You will be expected to attend regular yoga classes in your own time.