**Curriculum Overview**

Jilandra School of Yoga – Teacher Training 200hrs

1 weekend of every month

Number of Modules 10

Venue location –Greywell Village Hall, Greywell RG29 1BZ

Principle SYT Jill Jones

**Description of the course**

By the end of this course student will develop a deeper understanding of Hatha yoga.

We will cover 30 or more yoga postures looking at different bodies and abilities, and best practice on adjusting, modifications, saftly and alignment together with precautions and prohibitions on each posture.

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**The course will include the following areas of study**

* Asana, Meditation, Pranayama, Mantra, Kriya, Bandha, & Mudras
* Philosophy & History of Yoga– what it means in this modern day
* Anatomy relating to each posture
* Book Study – Yoga, Mudra,Bandha. Pranayama, The Bhagavad Gita, The Hatha Yoga Pradipika.
* The Complete Yoga Sutras of Patanjali \* the eight limbs
* Ayurveda & Nutrition
* Study of Sanskrit on a basic level
* Vedic Mantra / chants and their deep rooted connection to healing
* Teaching meditation & keeping a diary for 40 days
* Teaching Pranayama & keeping a diary for 40 days
* Relaxation and Yoga Nidra
* Teaching Methodology
* Yoga as life style/ off the mat
* Partner Yoga
* Leading Restorative Classes & Workshops
* Introduction to Kundalini Yoga Kriya & Mantra
* Running a small business and marketing
* The study of Sankhya Philosophy

**Course Objective**

* To develop and discover the power of yoga postures, using your own body to explore the postures, to understand your current limits and discover hidden capabilities.
* From the beginning student will be encouraged to safely adjust, & encourage each other.
* Over the 10 modules Student will be given 4 homework topics, teaching practices TP1 to deliver a posture, TP2&3 to deliver a relaxation session, a pranayama session TP3 a 45-minute class to their peers. TP4 to deliver presentation on a yogic topic of choice.The tutor will assess these Tp’s and the details given for your portfolio.
* Homework there is 40 hours of study and reading to be done between modules
* You will be required to attend at least 1 weekly class in your own time and you will be encouraged to do a daily yoga practice of your choice.
* Discover the Mudras, Mantra and visulisation that accompany each posture.
* Experience the art of safe anatomical alignment, and how to observe and adjust students safely.
* Anatomy & Physiology: each module will have a topic for home work based on the anatomy and physiology of yoga
* To gain additional knowledge of the Vedas, and the roots of philosophy in particular the Yoga Sutras of Patanjali.
* Through book club study, a deeper understanding of: The Bhagavad Gita, and The Hatha Yoga Pradipika.
* We will look at other styles of yoga.
* Studying Sanskrit: learning the meaning of each posture.
* Information to enable teachers to lead and teach Meditation and Pranayama classes.
* We will cover topics such as: Chakras, Nadis, Meridians, Tattva’s & Granthis, Bandha and the pranic sheaths.
* A taste of Ayurveda, and Nutrition, looking at diet and cooking with fresh natural Ingredients.
* To gain a more in-depth approach of basic marketing, professional standards, insurance, setting up your first class and running a small business.
* The course will be assignment based and each module you will receive homework to be completed between modules
* You will be asked to present to the group a short presentation on a given anatomical subject of your choosing.

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| Module | Contact hours with SYT | Non Contact Hours | Total Hours |
| **Module 1 - Day 1 & 2**   * Morning Asana Practice * Pranayama Practice * Meditation Practice * Workshop on this months asana/ postures Looking at the postures and alignment, safety & adjustment, workshop the postures with lots of hand on adjustments * Sanskrit relating to the posture * Reading from the Bhagavad Gita/ Yoga Sutra of patanjali. HYP and other books * Break down of this months Homework. Example and discusions. * Discuss a yogic topics for this month - example Bhanda, Nadis, Kriya, Meditation Pranayama, Yogic breathing life style, nutrition, | 16 | 4 | 20 |
| **Module 2 - Day 4 & 5**   * Morning Asana Practice * Pranayama Practice * Meditation Practice * Workshop on this months asana/ postures Looking at the postures and alignment, safety & adjustment, workshop the postures with lots of hand on adjustments * Sanskrit relating to the posture * Reading from the Bhagavad Gita/ Yoga Sutra of patanjali. HYP and other books * Break down of this months Homework. Example and discusions. * Discuss a yogic topics for this month - example Bhanda, Nadis, Kriya, Meditation Pranayama, Yogic breathing life style, nutrition, | 16 | 4 | 20 |
| **Module 3 - Day 5 & 6**   * Morning Asana Practice * Pranayama Practice * Meditation Practice * Workshop on this months asana/ postures Looking at the postures and alignment, safety & adjustment, workshop the postures with lots of hand on adjustments * Sanskrit relating to the posture * Reading from the Bhagavad Gita/ Yoga Sutra of patanjali. HYP and other books * Break down of this months Homework. Example and discusions. * Discuss a yogic topics for this month - example Bhanda, Nadis, Kriya, Meditation Pranayama, Yogic breathing life style, nutrition, | 16 | 4 | 20 |
| **Module 4 – Day 7 & 8**   * Morning Asana Practice * Pranayama Practice * Meditation Practice * Workshop on this months asana/ postures Looking at the postures and alignment, safety & adjustment, workshop the postures with lots of hand on adjustments * Sanskrit relating to the posture * Reading from the Bhagavad Gita/ Yoga Sutra of patanjali. HYP and other books * Break down of this months Homework. Example and discusions. * Discuss a yogic topics for this month - example Bhanda, Nadis, Kriya, Meditation Pranayama, Yogic breathing life style, nutrition, | 16 | 4 | 20 |
| **Module 5 – day 9 & 10**   * Morning Asana Practice * Pranayama Practice * Meditation Practice * Workshop on this months asana/ postures Looking at the postures and alignment, safety & adjustment, workshop the postures with lots of hand on adjustments * Sanskrit relating to the posture * Reading from the Bhagavad Gita/ Yoga Sutra of patanjali. HYP and other books * Break down of this months Homework. Example and discusions. * Discuss a yogic topics for this month - example Bhanda, Nadis, Kriya, Meditation Pranayama, Yogic breathing life style, nutrition, | 16 | 4 | 20 |
| **Module 6 – Day 11 & 12**   * Morning Asana Practice * Pranayama Practice * Meditation Practice * Workshop on this months asana/ postures Looking at the postures and alignment, safety & adjustment, workshop the postures with lots of hand on adjustments * Sanskrit relating to the posture * Reading from the Bhagavad Gita/ Yoga Sutra of patanjali. HYP and other books * Break down of this months Homework. Example and discusions. * Discuss a yogic topics for this month - example Bhanda, Nadis, Kriya, Meditation Pranayama, Yogic breathing life style, nutrition, | 16 | 4 | 20 |
| **Module 7 - Day 13 & 14**   * Morning Asana Practice * Pranayama Practice * Meditation Practice * Workshop on this months asana/ postures Looking at the postures and alignment, safety & adjustment, workshop the postures with lots of hand on adjustments * Sanskrit relating to the posture * Reading from the Bhagavad Gita/ Yoga Sutra of patanjali. HYP and other books * Break down of this months Homework. Example and discusions. * Discuss a yogic topics for this month - example Bhanda, Nadis, Kriya, Meditation Pranayama, Yogic breathing life style, nutrition, | 16 | 4 | 20 |
| **Module 8 Day 15 & 16**   * Morning Asana Practice * Pranayama Practice * Meditation Practice * Workshop on this months asana/ postures Looking at the postures and alignment, safety & adjustment, workshop the postures with lots of hand on adjustments * Sanskrit relating to the posture * Reading from the Bhagavad Gita/ Yoga Sutra of patanjali. HYP and other books * Break down of this months Homework. Example and discusions. * Discuss a yogic topics for this month - example Bhanda, Nadis, Kriya, Meditation Pranayama, Yogic breathing life style, nutrition,   **Module 9 Day 17 & 18**   * Morning Asana Practice * Pranayama Practice * Meditation Practice * Workshop on this months asana/ postures Looking at the postures and alignment, safety & adjustment, workshop the postures with lots of hand on adjustments * Sanskrit relating to the posture * Reading from the Bhagavad Gita/ Yoga Sutra of patanjali. HYP and other books * Break down of this months Homework. Example and discusions. * Discuss a yogic topics for this month - example Bhanda, Nadis, Kriya, Meditation Pranayama, Yogic breathing life style, nutrition,   **Module 10 – Day 19 & 20**   * Morning Asana Practice * Pranayama Practice * Meditation Practice * Workshop on this months asana/ postures Looking at the postures and alignment, safety & adjustment, workshop the postures with lots of hand on adjustments * Sanskrit relating to the posture * Reading from the Bhagavad Gita/ Yoga Sutra of patanjali. HYP and other books * Break down of this months Homework. Example and discusions. * Discuss a yogic topics for this month - example Bhanda, Nadis, Kriya, Meditation Pranayama, Yogic breathing life style, nutrition,   End of Course – Graduation & Certificates. | 16  16  16 | 4  4  4 | 20  20  20  Total Hours  200 |

**Prerequisites**

You will already have 2 years yoga experience and a weekly practice of yoga.

You will be expected to maintain a daily yoga, pranayama and meditation practice.

**Evaluation procedures and graduation**

Teachers will be expected to participate in all modules. To attend all modules and be prepared to make up missed sessions. The school reserves the right to charge additional fees for these catch up modules.

**Course Schedule and Cost**

The course consists of 20 tuition days and will run over 10 monthly modules. Each day will begin at 9am until 5pm.The final weekend will be the graduation.

The cost of the course is £2,500 a NON-refundable deposit of £500 is required to book onto the course, and secure your place.

Followed by 10 installments of £200 by standing order.

The deposit and any payments made are NON refundable under any circumstances. This is a big commitment and only those who are completely committed to this, will be accepted.

We strongly recommend that applicants consider the time and financial investment to complete the training.

If you decide the course is not for you we will understand, and you will be given the hours accrued. Please note we will require one month’s notice, and no refund will be offered.

**Accreditation**

This course training has met the stringent requirements set by the Yoga Alliance UK, demonstrating that the course is of the highest standard and that our graduates may use the title ‘ Registered Yoga Teacher’ RYT as a sign of quality training when they register themselves with the Yoga Alliance UK.