**Curriculum Overview**

Jilandra School of Yoga – Advanced Teacher Training 300 Hours

Start date April 2016 – April 2017 ( one weekend a month) dates to be confirmed

Number of Modules - 12

Venue location: Greywell Village Hall, Greywell Hampshire RG29 1BZ / or private venue

Principle SYT Jill Jones

**Description of the course**

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

We will take an in-depth look at the ‘Root of yoga’, the origins, the philosophy and history of this amazing system.

We will be investigating some challenging postures, breaking down the fear in the mind and blockages in the body using the breath and movement synchronicity.

All trainees will be expected to maintain a daily yoga practice through out their training.

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

* Asana, Meditation, Pranayama and Mantra.
* Philosophy – what it means in this modern day
* Anatomy relating to the intermediate series
* Book Study - The Upanishads, The Bhagavad Gita
* The Complete Yoga Sutras of Patanjali
* Ayurveda & Nutrition
* Study of Sanskrit
* Vedic Mantra / chants and their deep rooted connection to healing
* History and therapy of Thai Yoga Massage
* Mindfulness Meditation MBSR (mindfulness based stress reduction)
* Teaching Methodology
* Teaching meditation
* Teaching Pranayama
* 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 for beginners
* Running a small business and marketing
* The study of Samkhya Philosophy

**Course Objective**

* To develop and discover the power of the ancient traditional yoga, using your own body to explore the postures, to understand your current limits and discover hidden capabilities.
* Discover the Mudras, Mantra and a visulisation that accompany each posture.
* Experience the art of safe anatomical alignment, and how to observe and adjust students safely.
* To gain additional knowledge of the Vedas, and the roots of philosophy in particular the Surtas of Patanjali.
* Through book club study, a deeper understanding of: The Upanishads, The Bhagavad Gita, and The Hatha Yoga Pradipika.
* Studying Sanskrit: learning the meaning of each posture in both English and Sanskrit, along with counting and Vinyasa.
* Refreshing on teaching a led class for beginner classes.
* Teachers will become knowledgeable of the amazing “Art of Thai Yoga Massage”, enabling you to include this in your workshops, or classes.
* To study Mindfulness Meditation: in each module, giving teachers an insight into the MBSR (Mindfulness Based Stress Reduction) 8 week course programme. This will enable teachers to have an insight into this subject, and be able to include it in their workshops or classes.
* Information to enable teachers to lead and teach Meditation and Pranayama classes.
* A taste of Ayurveda, and Nutrition, looking at diet and cooking with fresh natural Ingredients.
* To be able to introduce Kundalini Yoga, Meditation and Kriya into your classes as taught by Yogi Bhajan.
* To be able to run successful themed workshops.
* To gain a more in-depth approach of basic marketing and running a small business.

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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 Standing postures and alignment
* Sanskrit relating to the module
* Class sequencing
* Verbal and hands on safe adjustment
* Lesson Planning
* Teaching beginners
* Pranayama Principles and teaching techniques
* Reading
* Basic Anatomy
* MBSR 1 (Mindfulness Based Stress Reduction
* Pranayama Practice
* Meditation Practice
* Closing Prayers
 | 20 | 4 | 24 |
| **Module 2 - Day 3 & 4*** Morning Asana Practice
* Pranayama Practice
* Meditation Practice
* Workshop on Forward folds and twists
* Class sequencing
* Verbal and hands on safe adjustment.
* Lesson Planning
* Sanskrit relating to the module
* Meditation techniques and principles
* Anatomy & the respiratory system
* Yoga Sutras Patanjali Read / discussion
* MBSR 2 (Mindfulness Based Stress Reduction)
* Pranayama Practice
* Meditation Practice
* Closing Prayers
 | 20 | 4 | 24 |
| **Module 3 - Day 5 & 6*** Morning Asana Practice
* Pranayama Practice
* Meditation Practice
* Workshop on Back bending techniques and principles
* Class sequencing
* Verbal and hands on safe adjustment.
* Lesson Planning
* Sanskrit relating to the module
* Anatomy & the Glandular system
*
* Hatha Yoga Pradipika

Chapter 1 * History of Thai Yoga Massage
* Pranayama Practice
* Meditation Practice
* MBSR 3 (Mindfulness Based Stress Reduction
* Closing prayers
 | 20 | 4 | 24 |
| **Module 4 – Day 7 & 8** * Morning Asana Practice
* Pranayama Practice
* Meditation Practice
* Workshop on Inversions
* Sanskrit relating to the module
* Class sequencing
* Verbal and hands on safe adjustment.
* Lesson Planning
* Ethics of teaching
* Reading from Patanjali
* Yoga History & Philosophy
* Meditation Practice
* Pranayama Practice
* MBSR 4 (Mindfulness Based Stress Reduction
* Closing Payers
 | 20 | 4 | 24 |
| **Module 5 – day 9 & 10** * Morning Asana Practice
* Pranayama Practice
* Meditation Practice
* Workshop on Seated postures and hip openers
* Sanskrit relating to the module
*
* Class sequencing
* Verbal and hands on safe adjustment.
* Lesson Planning
* Deeper Insight on the
* Chakras Granthis Koshas Kriya’s & Gunas.
* Teaching Kriya’s
* Theory of Prana
* Pranayama Practice
* Meditation Practice
* Hatha Yoga Pradipika

 Chapter 2* MBSR 5 (Mindfulness Based Stress Reduction
* Closing Prayers
 |  20 | 4 | 24 |
| **Module 6 – Day 11 & 12** * Morning Asana Practice
* Pranayama Practice
* Meditation Practice
* Workshop on Balance and principle and practice
* Class sequencing
* Verbal and hands on safe adjustment.
* Lesson Planning
* Sanskrit relating to the module
* Anatomy \_ digestive system
* Structuring classes, Mysore, Primary series, Second Series looking at your target audience.
* Safe teaching for beginners
* MBSR 6 (Mindfulness Based Stress Reduction
* Upanishads Reading / Discussion
* Pranayama Practice
* Meditation Practice
* Closing Prayers
 | 20 | 4 | 24 |
| **Module 7 - Day 13 & 14** * Morning Asana Practice
* Pranayama Practice
* Meditation Practice
* Class sequencing
* Verbal and hands on safe adjustment
* 5 & 10 Day Lesson planning &

Class sequencing * Verbal and hands on safe adjustment.
* Parasympathetic / Sympathetic Nervous Systems
* Bhagavad Gita
* Ayurveda & Nutrition
* Cooking with Herbs and spices
* Hatha Yoga Pradipika Chapter 3
* Pranayama Practice
* Meditation Practice
* MBSR 7 (Mindfulness Based Stress Reduction
* Closing Prayers
 | 20 | 4 | 24 |
| **Module 8 Day 15 & 16*** Morning Asana Practice
* Pranayama Practice
* Meditation Practice
* Teaching techniques of Thai yoga Massage Give and receive Part 1
* The history of the Vedas, mudra’s mantra, and chanting
* Hatha Yoga Pradipika Chapter 4
* Pranayama Practice
* Meditation Practice
* MBSR 8 (Mindfulness Based Stress Reduction
* Closing Prayers

**Module 9 Day 17 & 18** * Morning Asana Practice
* Pranayama Practice
* Meditation
* Practice
* Class sequencing
* Verbal and hands on safe adjustment.
* Lesson Planning
* Teaching techniques of Thai yoga Massage Give and receive Part 2
* Yin & Yang creating therapeutic Yoga classes
* Pranayama Practice
* Meditation Practice
* Reading Discussion /
* Closing Prayers

**Module 10 – Day 19 & 20** * Morning Asana Practice
* Pranayama Practice
* Meditation
* Practice
* Class sequencing and how to create and lead workshops
* Introduction to Kundalini Yoga & Meditation Part 1
* Partner Yoga Part 1
* Practice of Pranayama
* Practice of Meditaion
* Reading from Upanishad / discussion
* Closing Prayers

**Module 11 – Day 21 & 22*** Morning Asana Practice
* Pranayama Practice
* Meditation
* Practice
* Class sequencing
* Verbal and hands on safe adjustment.
* Lesson Planning
* Buddhist Philosophy
* Introduction to Kundalini Yoga - Mantras Part 2
* Reading from the Hatha Yoga Pradipika / Discussion
* Therapy yoga – teaching yoga Nidra
* Partner Yoga Part 2
* Pranayama Practice
* Meditation Practice
* Closing Prayers

**Module 12 – Day 23 & 24****Retreat weekend more details to follow.*** Morning Asana Practice
* Pranayama Practice
* Meditation
* Practice
* Yoga as a life style on and off the mat
* Yoga Nidra Principles and practice
* Business set up – how to specialise
* Safety guidelines.
* Checking documentation
* Yoga as therapy for mental health
* Introduction to Kundalini Yoga classes for beginners

 Taster Lesson plan * Pranayama Practice
* Meditation Practice
* Friday / Saturday Evening chanting Kriya, Mindful Meditation
* Closing Ceremony

   | 2020202032252TeachHours | 4444448 | 2424242436Total Hours 300  |

**Prerequisites**

You will already be a RYT200 and currently teaching 1-2 classes a week. 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 25 tuition days and will run over 11 full weekends and one retreat weekend Friday – Sunday. In total 12 monthly modules. Each day will begin at 8am until 6pm.The final weekend will be a retreat weekend over 3 days. Venue to be confirmed .On Friday & Saturday night of that retreat weekend we will have an evening of meditation. Sunday will be the graduation day for those who have completed the 300 hours.

Start date April 2016 – 30th April 2017

RYT300 certificate will be awarded to Graduates on completion of the 300 hours

Once a graduate has 2 years experience and 1,000 hours teaching, you will then be able to apply for your RYT500 certificate through the Yoga Alliance.

The cost of the course is £3,500 a NON-refundable deposit of £500 is required to book onto the course, and secure your place.

Followed by 12 installments of £250 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.