

## Curriculum for 200-hour Certificate

Whether you want to light the paths for others on their yoga journey, or just enrich yourself with a highly informative and hands-on study of this ancient system of physical and spiritual health, the Juluka Teachers Training program is a comprehensive study of yoga, which will equip the student with the knowledge and practical experience to teach yoga at a beginner to intermediate level. The program meets all the requirements set out by Yoga Alliance for the 200 hour RYT, and beyond. Upon graduation, students will receive a yoga teacher diploma from Juluka Yoga Studio & School, and will automatically qualify for the Yoga Alliance 200 RYT, on application. Free unlimited yoga classes for student teachers for the duration of the program are included, and workshops during training session days are free.

### Technique Training

- Asanas (postures) including inversions, twists, backbends, forward bends, balance postures all with correct warm up
- Effective sequencing of postures and the importance of Vinyasa Krama
- Pranayama
- Meditation
- Teaching to physically challenged persons
- Bandhas and Mudras, Chanting and Mantra
- Prenatal yoga
- Kids yoga
- Kriyas

### Methodology

- Teaching to beginners, experienced practitioners, and mixed level classes
- Safe hands-on assists and adjustments
- Importance of correct alignment
- Reality of injury and how to avoid it
- Introducing props
- Music in class
- Language of compassion
- Handling awkward teaching situations
- Advice with teacher resumes and choosing the right teaching environment
- How to demonstrate a posture and the importance of explicit verbal instructions

### Anatomy and Physiology

- Different postural types
- Recognizing weak or problem areas on a body
- Learn which postures are contraindicated for certain health issues
- Explore Chakras and the importance of Nadis
- Importance of meditation effect on the nervous system
- Explain the functioning of the musculoskeletal, digestive, cardiovascular, respiratory, and nervous system as it relates to yoga
- Explain the effects of stress, particularly as it relates to the endocrine, immune and eliminative systems



## Philosophy

- History of yoga
- Goals of yoga as per Patanjali's Sutras (exploring key Sutras from Padas 1 & 2)
- Study of Patanjali's key Yoga Sutras from Padas 1 and 2
- 4 paths of Yoga: Jnana, Bhakti, Karma and Raja and where Hatha fits in
- 8 limbs of Ashtanga yoga
- Identify Yamas and Niyamas
- Modern styles and evolved techniques in the Western world
- Discuss yogic view of mind and obstacles to clarity
- 3 Gunas and how they relate to yoga
- Identify understand the 5 koshas and Vayus
- Discuss Tantra Yoga and the myths that surround it
- Traditional Yogic diet and contemporary yogic diet
- Ayurvedic principals
- Ethics of a yoga teacher, to include inter-professional relationships
- Ethical relationships between teacher and students and employees
- Respecting confidentiality of students and employees

## Practicum

- Practice teaching, assisting fellow students, observing and evaluating yoga outside Juluka – different yoga styles, feedback
- Design and teach vinyasa sequenced class
- Teach Surya Namaskar to a beginner student
- Teach Ujjayi breath to a beginner
- Teach Community classes at Juluka Yoga Studio
- Assist in specialized yoga classes (Beginner, Gentle, or Family Yoga)

## Required Reading Material

Two required books that are **not** included in your fee are: ***The Heart of Yoga: Developing a Personal Practice*** by T.K.V. Desikachar and the **Juluka Manual**

