

Blossom Yoga 200 hour Teacher Training Syllabus :

1- Techniques, Training and Practice: 100 Hours

Minimum Contact Hours: 75 hours

Minimum Contact Hours w/ Lead Trainer(s): 50 hours

In this category we will study and practice:

-Asanas: (theory, alignment, transition, practice) (64 hours)

-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) (14 hours)

-Brahmari

-Ujjayi

-Viloma 1-2-3

-Nadi Shodana

-Kapalbati + Bastrika

-Anuloma Viloma

-Breath of Joy

-Kryas: (theory, technique, practice) (4 hours)

-Neti (cleansing of the nose)

-Trataka (candle or wall gazing, cleansing of the eyes)

-Nauli (abdominal churning)

-Mantra + chants: (theory, practice) (4 hours)

-Shiva mantra

-Ganesha mantra

-Tara mantra

-Gayatri mantra

-Rama mantra

-Vasudeva mantra

-Asatoma Sadgamaya (Shanti Mantra)

-Mudras: (theory, practice) (2 hours)

-Hasta (hands)

-Mana (Head)

-Kaya (Body)

-Bandha (internal)

-Adhara (perineum)

-Meditation: (theory, practice) (12 hours)

TOTAL: 100 hours

2-Teaching Methodology: 25 Hours

Minimum Contact Hours: 15 hours*

Minimum Contact Hours w/ Lead Trainer(s): 10 hours

In this category we will study and discuss: (25 Hours)

-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

TOTAL: 25 hours

3- Anatomy and Physiology: 20 Hours*

Minimum Contact Hours: 10 hours

Minimum Contact Hours w/ Lead Trainer(s): 0 hours

In this category we will study and discuss:

-Basic Anatomy (6 hours)

-Muscles

-Bones

-Organs

-Compression, tension, proportion

-Overview of anatomical pathologies (chronic and acute)

-Basic Physiology (6 hours)

(Functions and impact of yoga on the bodily systems, pathologies)

- Musculoskeletal system
- Circulatory system
- Endocrine system
- Respiratory system
- Digestive system

-Energy system (8 hours)

- Chakras
- Koshas
- Gunas
- Nadis
- Pancha Vayus

TOTAL: 20 hours

4- Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours

Minimum Contact Hours: 20 hours*

Minimum Contact Hours w/ Lead Trainer(s): 0 hours

In this category we will study and discuss:

-8 limbs of Ashtanga (8 hours)

- Yamas
- Niyamas
- Asanas
- Pranayamas
- Pratyhara
- Dharana
- Dhyana
- Samadhi

-Yoga sutras of Pantajali (6 hours)

-Yoga history, Upanishads to vedas to schools of yoga (3 hours)

-Introduction to the Bhagavad Gita (3 hours)

-The yogic lifestyle (10 hours)

(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

TOTAL: 30 hours

5- Practicum: 10 Hours

Minimum Contact Hours: 5 hours*

Minimum Contact Hours w/ Lead Trainer(s): 5 hours

In this category we will study and practice:

- Practice teaching with feedback from YTT trainers (6 hours)
- Small practice teaching with feedback from classmates (4 hours)

TOTAL: 10 hours

6- Non-contact hours: (15 hours)

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

- Practice Asanas, pranayamas, kryas, mantras, meditation (5+ hours)
- Read (anything that would be relevant to category 2) (5+ hours)
- Read (anything that would be relevant to category 3) (5+ hours)
- Read (anything that would be relevant to category 4) (5+ hours)
- Practice teaching on your own, practice teaching with a friend or family member and receive feedback from that person (5 hours)
- Short written responses to questions posed between YTT meetings (2+ hours)

TOTAL: 27-30 hours

7. Total Hours: 200 Hours

Total minimum Contact Hours: 180 hours

Total minimum Contact Hours with Lead Trainer(s): 65 hours

Our YTT includes 185 contact hours with the lead trainer and 25+ hours of non-contact hours