



# 200hr Yoga Teacher Training

## CURRICULUM

1. Asana, Pranayama & Meditation
2. Anatomy & Physiology
3. Yoga Energetics
4. Yoga History, Teachers & Styles And Philosophy
5. Yoga Methodology & Teacher Ethics
6. Mythology
7. Mental Health
8. Yogic Lifestyle
9. Social Responsibility
10. Sustainability, Environmental Protection & Permaculture
11. Bali Studies of Nature, Culture, Rituals & Spirituality
12. Curricular Activities

### **Ad 1) Asana, Pranayama & Meditation**

#### ASANA

- Multi-style: Vinyasa, Yin, Hatha
- Daily 2.5 - 4.5 hours practice of asana, meditation & pranayama
- Free movement, dance, ecstatic dance, boot camp, strength & fascia training
- Detailed study of yoga asanas, their alignment, cues, adjustments & Sanskrit names
- Basic therapeutic yoga (e.g. for headaches, pregnancy, menstruation, back, knee ...)

#### PRANAYAMA

- Practice of Ujjayi 1-8
- Single breathing and alternate breathing
- 5 other pranayama styles

#### MEDITATION

- Daily 5-60 min. meditation
- Experience a variety of sitting/lying meditations
- Walking meditations
- 'Morning silence' / Day of silence
- Theory of meditation

YOGA BALI \* Jl. Raya Tuka, Dalung \*. Canggu, Bali

+ 43 6766158463 \* 082340850933. \*. [info@yogabali.com](mailto:info@yogabali.com) \* [www.yogabali.com](http://www.yogabali.com)

## **Ad 2) Anatomy & Physiology**

- Study of the human anatomy
- Practical anatomical application of yoga positions
- Anatomical yoga (e.g. for knees, shoulders, psoas ...)
- Massage and body-orientated therapies optional (Reiki)

## **Ad 3) Yoga energetics**

- Koshas - yogic layers
- Chakras & Nadis - energy centres & energy channels
- Gunas - 3 basic qualities
- Vayus - 5 energy directions in/around the body
- Bandhas - methodology for maintaining energy
- Drishti - visual focus points to hold the energy
- Energy work with Reiki, ceremonies, visits to temples

## **Ad 4) Yoga history, teachers & styles and philosophy**

- Different yoga styles
- Yoga lineage: origin & history of yoga, lineage of teachers and their styles
- Study of Ancient Yogic Texts (Bhagavad Gita and Patanjali's Yoga Sutras)

## **Ad 5) Yoga Methodology & Teacher Ethics**

- Ethics & principles of a yoga teacher
- The art of teaching yoga
- What is Hatha Yoga? What is Vinyasa?
- Adaptations & Demos
- Sequencing
- Voice & Presentation of a Yoga Teacher
- Creation of a yoga class/topic
- Study of the mental, energetic and spiritual aspects of yoga
- Sadhana: Creating your own daily personal yoga practice
- Yoga as a business

## **Ad 6) Mythology**

- Study of the deities associated with yoga
- Study of Balinese & Hindu mythology
- Is yoga a religion?
- Deepening of mantras and chanting
- Kirtan & chanting ceremonies
- Discussions about God and his mythical representations

## **Ad 7) Mental Health**

- Study of the self, personal development work alone, with partners and in groups using ancient and modern modalities
- The work of/with Byron Katie: group work with form filling, group discussions
- 12 steps of the training
- Discussion of the 4 Agreements by Miguel Ruiz
- Optional work with life coach and mentor

## **Ad 8) Yogic Lifestyle**

- Yogic lifestyle
- Daily routines
- Nutrition, cleansing, fasting & Ayurveda
- Exploration of your values
- Modalities for goal setting (sankalpa), life purpose (dharma) finding & planning
- Instruments of manifestation

## **Ad 9) Social Responsibility**

- Focus on community, group & partner work
- Karma Yoga Discussions
- Bhagavad Gita discussions and reflections

## **Ad 10) Sustainability, Environmental Protection & Permaculture**

- Hiking through Jatiluwih rice fields, learning about the ancient irrigation system
- Hike/guided tour through a coffee plantation with Kentri. Learn about biodynamic cultivation, organic farming, permaculture, nutrition, sustainability
- Water only from your own bottles
- use as few plastic bottles & plastic bags as possible
- Own bamboo straw
- Stationery made from cinnamon, plates/packaging made from banana leaves

## **Ad 11) Bali studies of nature, culture, rituals & spirituality**

- Up close experience and discussions about spirituality, offerings, ceremonies, customs, rituals, community spirit (Banjar, Gotong Royong) of Bali
- Island explorations with appreciation/connection with the beauty of nature: hiking through rice fields, swimming in waterfall & sea, snorkelling in the sea, ocean boat trips
- Balinese water purification ceremony; blessings at Tirta Gangga holy water temple
- Study of the similarities between Hinduism and Yoga

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## **Ad 12) Curricular activities**

- Group dynamic work in nature & in the studio
- Walks, with theory work in garden, river, beach and excursions
- Walking meditations on the beach and on the mountain
- Campfires at the resort and on the beach; fireside evenings in the mountains combined with new moon and manifestation rituals
- Snorkelling, swimming, kayaking together or individually for mental health
- Dancing & ecstatic dance in Ubud or our studio
- Ceremony (if full moon during training) & cacao ceremony to expand consciousness
- Massages & spa to relax body & mind
- Mentoring, Life Coaching & Reiki