



300hr Yoga Teacher Training

Curriculum Overview

1) Techniques, Training & Practice

- Asana, Pranayama & Meditation
 - Multi-style Asana: Hatha, Vinyasa, Bali Yoga Bootcamp, Restorative Therapeutic Yoga, Sahaja Yoga (Free Movement)
 - 2.5–4.5 hours of daily practice (asana, meditation, pranayama)
 - Detailed study of advanced asanas: alignment, tips, adjustments, Sanskrit names
 - Restorative therapeutic yoga: joints, organs, illnesses, mental health
 - Pranayama
 - Ujjayi Breath Practice (8–13 rounds)
 - Advanced pranayama techniques
 - Meditation
 - 15–60 minutes daily
 - Neuro-reprogramming meditations
 - Dynamic & walking meditations
 - Variety of sitting/lying meditations
 - *Mauna*: Morning silence + 3-day silence retreat
 - Yoga Energetics
 - Chakras & Nadis (L2)
 - Bandhas (Maha & Uddiyana)
 - Mudras (L1)
 - Reiki, energy work, ceremonies & temple visits
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2) Anatomy & Physiology

- Human Anatomy (L2)
 - Applied anatomy for advanced yoga
 - Yoga therapy applications (e.g., knee pain, heartburn)
 - Optional massage/body therapies (e.g., Reiki)
 - Mental Health
 - Study of complex trauma
 - Gabor Maté resources
 - Restorative yoga for depression & anxiety
 - Optional sessions with psychotherapists/life coaches
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3) Yoga Humanities

- Philosophy (L2)
 - *Bhagavad Gita*, *Yoga Sutras*, and Intro to Tantra
 - Mythology (L2)
 - Balinese & Hindu deities
 - Mantra & Kirtan practice
 - Chanting ceremonies & discussions on divinity
 - Ethics & Lifestyle (L2)
 - Ethics of yoga teaching
 - Yogic daily rituals & sadhana
 - Nutrition, fasting, Ayurveda
 - Sankalpa (intentions) & manifestation tools
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4) Professional Foundations (50 hours)

- Methodology (L2)
 - Teaching art, cueing, sequencing
 - Adaptations, demos, communication
 - Use of music & creating a personal sadhana
 - Internship
 - Group & solo teaching with feedback (Restorative, Vinyasa, Yin)
 - Yoga as a Business (L2)
 - Marketing, promotion, income generation
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5) Electives – “Wah” (15 hours)

- Social Responsibility
 - Partner & community work
 - Karma yoga discussions
 - Reflections on *Bhagavad Gita*
 - Sustainability & Permaculture
 - Water bottles only, minimal plastics
 - Use of banana leaves, bamboo straws, cinnamon stationery
 - Bali Studies: Culture, Rituals & Nature
 - Spirituality, ceremonies, rituals
 - Nature appreciation: rice field hikes, snorkeling, sea trips
 - Water purification ceremonies
 - Hinduism & yoga parallels
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Extra-Curricular Activities

- Nature-based sessions in gardens, rivers, beaches
 - Walking meditations in mountains & coast
 - Element rituals:
 - Earth: Group dynamics
 - Fire: Campfires, new moon rituals
 - Water: Waterfalls, kayaking, swimming
 - Ecstatic dance (Ubud/studio)
 - Temple ceremonies with Balinese priests
 - Cacao ceremonies, massages, Reiki, spa & life coaching
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Reading List

- *The Bhagavad Gita* – Eknath Easwaran (summary of first 9 chapters)
 - *Hatha Yoga Pradipika* – Swami Swatmarama
 - *The Body Keeps the Score* – Bessel van der Kolk
 - OR *When the Body Says No* – Gabor Maté
 - OR *Light on Pranayama* – B.K.S. Iyengar (if avoiding trauma-related content)
 - *Sobotta Anatomy Coloring Book*
 - Color 25 new illustrations (or first 25 if not done in 200hr)
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Training Format Options

You may complete the full 300hr in one go OR choose between the following 100hr modules:

Module 1 – YOGA BALI HEAL

Therapeutic Restorative Yoga

- Yoga therapy for spine, joints, organs
 - Sequences for mental/physical limitations
 - Hatha therapy, Yoga Anatomy (L2), Ayurveda (L2)
 - Mudras (L1)
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Module 2 – YOGA BALI THRIVE

Vinyasa & Teaching Methodology (L2)

- Advanced Vinyasa flows
 - Bali Yoga Bootcamp, Sahaja Yoga, Free Movement
 - Biohacking, mental/physical tools
 - Advanced sequencing & verbal/body communication
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Module 3 – YOGA BALI RESET

Yin (L2), Pranayama (L2), Personal Practice

- Advanced Yin & Pranayama
 - Crafting personal practices for self & students
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All Modules Include:

- Morning meditation & pranayama
- Daily asana (group & self-practice)
- Teaching & professional development (L2)
- Advanced sequence creation
- Philosophy, Humanities, Mythology, Energetics (L2)
- Self-study