



THE MOVEMENT CENTER *The Power of Spirit*

200-Hour Hatha Yoga Teacher Training: October 8, 2009 – May 30, 2010

CURRICULUM – PAGE 1

The entire training is an integrated learning experience with topics intentionally overlapping, intersecting and informing each other. All courses fulfill Yoga Alliance® requirements for 200-hour teacher registration. Hours from this 200-hour teacher training may be applied toward a 500-hour training planned for Fall, 2010.

Mentor program

Every student will be assigned a mentor who will be your guide and supporter throughout the training. They will help you evaluate your personal practice, answer your questions, and guide you in your student project.

Integrated Asana Teaching

Learn how to teach asanas guided by knowledge of alignment, anatomy, kinesiology, breath, and sequencing. Asana sections feature tips for adaptation, and time to practice teaching a small group of fellow students.

Classes: Standing, Seated, Prone, Supine, Balances, Arm Support, Kneeling, Inversions — Asana Clinics — Visualization — Yoga during Pregnancy — Yoga for Seniors— Introduction to Yoga Nidra

Anatomy & Physiology

Learn the significant muscle and body systems required to help you teach safely. **Classes:** The Energetic Self — The Spine — Dynamics of Breathing — Nervous System — Cardio-Vascular System — Digestive System — Endocrine & Immune Systems — Anatomy and physiology are also taught within the asana sections.

Adaptation & Observation

Knowing how to modify asanas and breath are key to creating a doable practice for everyone. This includes learning to observe and offer suggestions that can transform classic asanas into appropriate, effective and safe postures for your students. **Classes:** Illness & Injury Clinics — Observation & Adaptation Clinics — Use of Props — Savasana Adaptations — Observation & adaptation skill building is integrated into all asana sections.

Sequencing

Learn the art and science of creating a sound, well-balanced hatha yoga sequence.

Classes: Sequencing for Class Planning — and, sequencing is integrated into all asana sections.

Breath and Pranayama

Breath is central to hatha yoga. Learn to help your students find a comfortable breath, integrate it within asana practice, and use it for spiritual unfoldment. **Classes:** Breath, Prana, and Asana — Unwinding Poor Breathing Habits — Pranayama Series — Science of Breath — Breath and Stillness

Philosophy & Spirituality

Our goal in studying philosophy is to encourage discussion of core yogic principles and how they translate into the classroom and your life. **Classes:** Bhagavad Gita — Pratyabhijnahrdyam — What is a Teacher? — Living Yoga — Teaching Meditation — Mantra — Chanting — Mudra — Bandhas

Teaching Skills

How do you adapt to and support the ever-changing needs of your students? How do you inspire them? What is your responsibility to them and your role in class? Begin thinking about what you need (aside from a class plan) before you get onto the mat.

Classes: In the Classroom — Speaking Skills Development — How Adults Learn — Language of Yoga — Creating Flow in the Classroom

Business and Professional Development

After graduation, you'll be thinking about where to go next with your training skills. Well before the final retreat, we'll start to talk in practical terms about career planning, ethics and legal issues, money and finance, and settings for teaching (studio, non-profit, self-employed). You'll have ideas and a toolkit for developing your own unique approach while dealing with the larger yoga "marketplace."



THE MOVEMENT CENTER *The Power of Spirit*

200-Hour Hatha Yoga Teacher Training: October 8, 2009 – May 30, 2010

CURRICULUM – PAGE 2

Student Projects

This is your opportunity to delve into an area of special interest. Working with your mentor and others, you'll create a thesis that will serve as part of your graduation requirement. Everyone will have the chance to present their paper during the last week of the training.

Student Teaching

You will have opportunity to practice teaching others in the training, and to get the 5 hours of solo teaching required to receive your registration from Yoga Alliance®.

Homework, textbooks, handouts

There will be some required homework, and of course you can dive in and read, research, and practice as much as you want. The main textbooks for the training are included in the cost, and will be available prior to the first session. You will receive a 3-ring binder with tabbed dividers to insert handouts, and your notes. We recommend that you purchase a journal to record insights and questions.

Attending yoga classes at The Movement Center

Many classes from TMC's yoga class schedule are available to you at no charge.

Post 200-Hour Certification Studies

After your yoga training is finished, keep your practice fresh and growing. Create time to experiment outside the classroom, follow lines of inquiry that inspire you, and discover more about your own evolving practice with The Movement Center's Continuing Studies program.

WEEKEND TRAINING SCHEDULE

Thursday, October 8 – Monday, October 12, 2009: The Energetic Self — The Spine — Dynamics of Breathing — Integrated Curriculum Overview — Integrated Asana Part 1 — Breath, Prana, Asana — Living Yoga

Saturday, November 21 & Sunday, November 22, 2009: Integrated Asana Parts 2 and 3 — Sequencing for Class Planning — The Language of Yoga — In the Classroom

Friday, January 15 – Monday, January 18, 2010: Integrated Asana Part 4 — The Science of Breath — Props — Using Visualizations — Living Yoga — Mantra — Chanting

Saturday, February 20 & Sunday, February 21, 2010: Integrated Asana Part 5 — Illness & Injury Clinics

Saturday, March 13 & Sunday, March 14, 2010: Integrated Asana Part 6 — Savasana Adaptations — Creating Flow in the Classroom — Introduction to Yoga Nidra — How Adults Learn

Saturday, April 10 & Sunday, April 11, 2010: Asana Clinics — Student Teaching

Saturday, May 1 & Sunday, May 2, 2010: Observation & Adaptation Clinics — Student Teaching

Friday, May 28 – Sunday, May 30, 2010: Professional Development — Ethics — Student Projects — Graduation

WEDNESDAY EVENING WORKSHOPS (6:00-8:00 PM)

The Nervous System — The Cardio-Vascular System — The Digestive System — The Endocrine & Immune Systems — What is a Teacher? — Philosophy Series — Breath and Stillness — Unwinding Poor Breathing Habits — Teaching Meditation — Pranayama Series — Mudra — Bandhas — Speaking Skills Development — Yoga during Pregnancy — Yoga for Seniors