



Yoga Unwrapped©
Foundation Yoga Teacher Training:
200 Hours

Course Syllabus

Saltaire, Bradford, West Yorkshire

October 2021- May 2022

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1. Function & Form: Applicable Functional Anatomy

Understand the body in Yoga for safe, skilful, intelligent yoga practice and the teaching of others. Develop thorough knowledge of anatomy and physiology and its application in the practise of asana. 28 contact hours and 10 non contact hours of required reading.

- Relevant up to date Functional anatomy that is engaging, practical and fun.
- Understand the modern age human body in the traditional asana to be a safe, skilful, intelligent yoga practitioner and credible teacher.
- Using Visual learning tools including 3D Anatomy software, full size skeleton and seeing real bodies to understand form and function.
- Injury prevention in the major joints of the body including hips, knees, wrists, shoulders and spine on and off the mat.
- Learning how different types of muscles work and applying this knowledge within your asana practice to embody the techniques and inform your teaching.
- The training weekends will be split into 3 sections for the anatomical content: Lower Body, Spine & Core, and Upper Body.
- We will also cover anatomy of breathing and an introduction to the nervous system.

2. Grow & Guide: Teaching Methodology & The Art of Teaching

2 hours daily per weekend – 48 hours of teaching methodology contact hours. Teaching skills including reading bodies, demonstration, verbalisation & articulation, the role of a Yoga Teacher, class planning and sequencing, injury prevention.

- Start teaching from day one with your peers.
 - How to demonstrate to develop your students practice.
 - Teaching with your hands through safe & ethical assists and how to adjust verbally.
 - Curriculum & class planning, and how to create logical, creative, effective sequences.
 - Developing your language skills to articulate clear, safe and efficient instructions & cues informed by anatomical understanding and your own practice.
 - Finding you own unique voice & style.
 - Essential elements of seeing & reading bodies and providing supportive modifications.
 - Injury prevention and managing students with injuries.
 - Peer group discussions and practice including manual & verbal assists, and adjustments.
 - Class observation and mixed level teaching through our community yoga classes.
 - Working with beginners and in mixed level settings.
 - The role of a yoga teacher, showing up for your students and sharing with kindness, care and compassion.
 - Teacher self care and maintenance.
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3. Explore & Develop: Asana

75 contact hours of led practice and group discussion.

Outside of training weekends, trainees are expected to continue exploring their own Asana practice, covering a range of yoga styles and taking classes with a variety of yoga teachers for their practice development.

Trainees are expected to attend a minimum of 20 yoga classes and 10 hours workshops through the duration of the course with a variety of experienced Yoga Teachers and record in a Class Attendance Diary signed by the teacher.

In addition, Trainees are expected to establish a regular Personal Yoga Practice and record this in a Personal Practice Diary. This section of our training course will be the foundation of students learning and class planning as we look to embody the Vinyasa practice, alignment of the body, understanding the anatomical concepts of the training in functional movement, mindfulness through attend to detail, and the pace and breath, to approach more advanced poses and how to break them down to sequence and teach others.

- Explore the Principles of Vinyasa that the basis of this training, whilst addressing Meditation & Pranayama practice, and Restorative, Yin, and Hatha styles.
 - A Daily Alignment vinyasa style yoga practice with mindful movement and intelligent sequencing to embody the poses, alignment of the body, understand the anatomical concepts of the training.
 - Deepen your practice by working on all asana groups including advanced postures and their techniques & modifications.
 - How to create, develop & maintain your own personal practice that addresses & supports your needs, and forms the foundation of your teachings.
 - Learn the traditional sanskrit names for all poses with correct pronunciation and how to breakdown the words.
 - Explore all major pose groups and the techniques, benefits, effects, modifications and variations for the modern body
 - How to deconstruct, understand, and approach poses from each pose category for methodical creative & well balanced sequencing to educate your students progress their practice.
 - Addressing how pace and attention to detail effects the body, cultivating mindfulness, and the overall experience & outcome you wish to facilitate.
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4. Origins & Insight: Philosophy

Philosophy we will cover 20 hours of contact hours and 10 non contact hours minimum of required reading & assignments.

- Introduction to yoga philosophy and ancient yoga texts (The Eight Limbs, Yoga Sutras, Bhagavad Gita)
 - History of lineages, styles of yoga, developments of the asana practice.
 - Living the philosophical concepts and how to apply into daily life to bring purpose
 - How to incorporate the wisdom & teachings into the context of the asana practice.
 - Looking at modern contemplative practices & self development to support transformation.
 - How these teachings can bring purpose and meaning to our practice, our teaching, and our life.
 - This will include Ethics of Yoga -Dealing with Yoga Teaching Ethics through the lens of The Yoga Sutras. This will also include discussion on hands on adjustments
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5. Purpose & Align: Self Development

60 non contact hours.

- Reflection & reading. Students will be encouraged to write at least 10minutes each day morning time as part of their daily sadhana, and 10 mins each day daily reading of a choice of self development literature to help connect them to their purpose, and their 'Why'. To know their why to inform their teaching and inspire others.
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6. Connection & Community: Being In The Business Of Yoga

5 contact hours and 5 non contact hours.

- Including clarifying your vision as a teacher and discovering your yoga niche.
 - How to start teaching in studios, corporate & private client sessions.
 - Essential Marketing & authentic Communication including social media
 - Accounting, customer service, and other necessary admin
 - Begin to create a sustainable and thriving business.
 - Finding your unique message and spreading it with truth, honesty and willingness to serve.
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7. You Are A Teacher: Practicum & Assessment

8 hours Minimum contact hours and 10 non contact hours minimum.

- Teaching practice starts on day one of training and is central to every aspect of learning at the school. Most days each student will lead peer and small group practice including Asana/ Pranayama/ Meditation/ Restorative.
- On training weekends In the 2nd half of the course trainees will work together to teach a full 60 mins mixed level yoga class to a real live class of visiting yoga students from Heather Yoga local community on Saturday or Sunday.
- Trainees will learn to demonstrate, explain, teach and assist students across a range of poses from the main categories of asana (standing poses, forward bends, backbends, twists, arm balances, inversions) Total 30mins each.
- Also in the 2nd half of the course students will get the opportunity to teach one of the Community Yoga classes on the timetable – we have 2 per week.
- Once trainees have completed 5 full weekends at the school, they should have developed the necessary skills to begin teaching in their community (including friends and family) and will be supported and encouraged to do so.
- As part of the Final Assessment each Trainee will plan and teach a 60 min Yoga Class to their peers during the assessment.
- As part of the Final Assessment each Trainee will submit a full lesson plan for week 1 of a 6 Week Beginners Course and an outline for the entire course.

8. Method & Momentum: Assignments & reading

3 contact hours and 41 non contact hours.

- Assignments & Required reading part of teaching methodology. For example the students are required to create a sequence that focuses on a theme (There will be sequencing templates to guide them develop their own. By the end of the course students will have designed a 6 week curriculum for beginners. We expect a minimum of 2 hours of each assignment required to submit this to lead trainer Heather for feedback & guidance. For required reading they will be advised on books to buy and chapters to read. Plus links to online resources including Articles and podcasts. For reading and online resources we require one hour of time each week through the duration of the course this totals to 26 hours.
 - To help students digests and integrate information - will include designing class sequences, 6-week beginner's course and a month long curriculum.
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9. Mentor & Support: Mentorship

8 contact hours between our training weekends.

- As part of this course we will be scheduling in some group calls via Zoom to keep in contact between training weekends to allow for students to ask questions, share uniting that has come up, Heather to provide additional information and keep the momentum going between training weekends.