



## **300 Hr Yoga Teacher Training | 150 hrs. Mandatory Course Outline**

### **Prerequisites:**

You must have a 200 Hour Yoga Teacher Training certificate to participate in 300hr. Yoga Teacher Training program.

### **Opening Practice & Ceremony | 5 hrs.**

- ❖ Define your Dharma statement
- ❖ Setting an intention for the following program
- ❖ Ritual ceremony to begin your journey

### **Module 1 | 19 hours**

#### *Weekend #1 Friday - Sunday*

Develop your own meditation practice with your personal Mantra

Receive mantra and meditation instruction | 1hr.

One-on-one session to be scheduled with Nathalie Keiller sometime between:

- ❖ Friday - between 12:00 - 4:30
- ❖ Saturday - between 1:00 - 7:30 PM

Learn the science behind Deep Meditation | 6.5 hrs.

- ❖ Sunday 1:00 - 7:30 PM

Deep Meditation Follow-up | 1 hr.

One-on-one session to be scheduled with Nathalie Keiller sometime between:

- ❖ Saturday 1:00 – 3:30 PM

#### *Weekend #2 Saturday & Sunday*

Satsang- “Sitting in Truth” (group practice) | 2hrs.

Group discussion | 2hrs.



Group Lecture | 6.5 hrs.

- ❖ Basics of biotensegrity & how it applies to Yoga Asana and our teaching
- ❖ Basics of biomechanics & how it applies to Yoga Asana and our teaching
- ❖ Introduction to Integral anatomy & how it applies to Yoga Asana and our teaching
- ❖ Introduction to Samkya Philosophy (Yoga's explanation of the Universe)

Ayurveda | 1hr

One-on-one consultation to be scheduled with on your own time with Nathalie Keiller, including eating & practicing for *your dosha*

**Module 2, 3, & 4 | 57hrs.**

Thursday 12:00 – 4:00

Friday 12:00 – 4:00

Saturday 12:00 – 8:00

Sunday 12:00 - 4:00

**Module Two | 19 hrs.**

Thursday, Friday, Saturday, & Sunday

Lecture/learning weekend | 15hrs

- ❖ How to design a healthy individualized practice for you students, private clients and yourself. Including compression vs. Tension, Range of Motion, joint mobility, and the science behind building strength & flexibility.
- ❖ Assessing clients & developing specialized programs.
- ❖ Teaching one-on-one with private clients; including business of privates

Satsang- "Sitting in Truth" (group practice) | 2hrs.

Group discussion on topics learned, share stories, & find guidance & support | 2hrs.

**Module Three | 19 hours**

Thursday, Friday, Saturday, & Sunday

Lecture/learning weekend | 15hrs.

- ❖ Subtle body systems including Koshas, Chakras, Gunas, & Vayus
- ❖ Explore various tools that you can use in your life and teach to your students to help you ride the waves of life. These tools include; meditations, pranayama, visualizations, mudras, mantras etc.
- ❖ Learn to weave these tools into general public classes and one-on-one sessions.
  - Start to draw these tools in your daily life with personal practice homework.

Satsang- “Sitting in Truth” (group practice) | 2hrs.

Group discussion on topics learned, share stories, & find guidance & support | 2hrs.

#### **Module 4 | 19 hours**

Thursday, Friday, Saturday, & Sunday

Lecture/learning weekend | 15hrs.

- ❖ Assessing clients with Koshas, Chakras, Gunas, & Vayus
- ❖ Learn some assessment tools
- ❖ Yoga vs Western healing modalities

Satsang- “Sitting in Truth” (group practice) | 2hrs.

Group discussion on topics learned, share stories, & find guidance & support | 2hrs.

Open/Mysore Practice | 2hrs.

#### **Module 5 | 19 hours**

Thursday, Friday, Saturday, & Sunday

Lecture/learning weekend | 15hrs.

- ❖ Trauma informed teaching- Past Traumas get stuck in the body. Learn how this happens and the health risks associated with stuck trauma in the body. Also learn how to cultivate a safe and inclusive environment to support everyone in your yoga class, including those who have been through traumatic experiences in their lives.

Satsang- “Sitting in Truth” (group practice)- 2hrs.

Group discussion on topics learned, share stories, & find guidance & support | 2hrs.



## Closing Practice & Ceremony | 5 hrs.

- ❖ Ritual ceremony to close our journey together
- ❖ Setting intentions for the future.



## Homework and Additional Practicum

Throughout the program

- ❖ Supervised teaching with constructive feedback
- ❖ Self Study/Homework includes reading texts, written assignments, building your own personal practice, and practice teaching
- ❖ Preparing sequences and class themes
- ❖ Personal practice development including asana, pranayama, and meditation
- ❖ Mysore practice- Self guided practice with a lead trainer present to help guide you and answer questions
- ❖ Sadhana (personal, spiritual daily practice)
- ❖ Group discussion addressing yoga teaching questions, lifestyle, and philosophy
- ❖ Developing specialized programs for private clients
- ❖ Two dedicated practice teaching days with the whole group to apply what you've learned.
- ❖ 6 hours of mentor assistance:
- ❖ Observing, assisting and teaching in general public classes held at the studio
- ❖ Get one-on-one time to ask questions
- ❖ Get feedback on your teaching from your mentor
- ❖ Get specific guidance on areas that you are interested in or struggling with



## Electives

150 hrs of Mandatory Electives are required in addition to your 150 Mandatory core program hours, with one elective in Yoga Philosophy required for graduation

\*some electives have prerequisites. Please check the course descriptions for registration details.

- ❖ YIN YOGA WITH BERNIE CLARK | 50hrs.
- ❖ AYURVEDA; LIVE WELL, AGE WELL WITH NATHALIE KEILLER | 30hrs.
- ❖ BASICS OF ADVANCED ASANAS WITH SANDRA GIN | 10hrs.
- ❖ APPLYING THE BASICS OF ADVANCED ASANAS WITH SANDRA GIN | 6hrs.
- ❖ ADVANCED ASANA PLAYGROUND WITH SANDRA GIN | 3hrs.
- ❖ SEQUENCING & TEACHING VINYASA FLOW WITH CHRISTINA RASKIN | 10hrs.
- ❖ SEQUENCING & TEACHING HATHA YOGA WITH CHRISTINA RASKIN | 10hrs.
- ❖ COMMON INJURIES & POTENTIAL APPROACHES WITH MELANIE PALIS | 14hrs.
- ❖ HOW TO EFFECTIVELY EDUCATE YOUR STUDENTS WITH CLEAR & CONCISE CUEING WITH CHRISTINA RASKIN | 10hrs
- ❖ ADDITIONAL ONE-ON-ONE MENTORSHIP | 6hrs.
- ❖ MINDFUL HANDS ON ASSISTS WITH ALEX ANDERSON | 12hrs.
- ❖ INTRODUCTION TO THE YOGA PHILOSOPHY THROUGH THE YOGA SUTRAS WITH CHRISTINA RASKIN | 14 hrs
- ❖ APPLIED YOGA SUTRAS WITH CHRISTINA RASKIN | 14hrs.
- ❖ YOGA PHILOSOPHY AS TOLD THROUGH THE BHAGAVAD GITA WITH ALEX ANDERSON | 12 hrs
- ❖ HOW TO THEME A CLASS WITH CHRISTINA RASKIN | 6hrs