

Here's an outline of topics that will be covered in 200Hrs Multi-style Yoga Teacher Training:

Introduction to Yoga

- History, philosophy, and evolution of yoga
- Introduction to different yoga styles (Hatha, Vinyasa, Ashtanga, etc.)
- Understanding the eight limbs of yoga

Asana Practice

- Detailed practice of various yoga asanas (postures)
- Proper alignment, modifications, and variations
- Sequencing and structuring a yoga class
- Developing a personal yoga practice

Pranayama and Breathwork

- Introduction to pranayama (breathing techniques)
- Techniques for deepening and expanding breath
- Incorporating pranayama into yoga practice and teaching

Meditation and Mindfulness

- Techniques for cultivating mindfulness and presence
- Different meditation practices (concentration, mindfulness, mantra, etc.)
- Incorporating meditation into yoga practice and teaching

Anatomy and Physiology

- Basic anatomy and physiology relevant to yoga
- Understanding the skeletal, muscular, and respiratory systems
- Safe alignment and injury prevention
- Modifications for different body types and conditions

Teaching Methodology

- Principles of effective teaching
- Verbal cues, adjustments, and assists
- Creating a safe and inclusive space for students
- Ethical guidelines for yoga teachers

Yoga Philosophy and Lifestyle

- Study of classical yoga texts (such as the Yoga Sutras)
- Yogic principles and ethical guidelines for daily life
- Applying yoga philosophy to modern living

Ayurveda and Yogic Diet

- Introduction to Ayurveda (the sister science of yoga)
- Understanding doshas (constitutions) and their influence on health
- Yogic diet and nutrition principles

Teaching Practicum

- Observing and assisting experienced teachers
- Practicing teaching with peers
- Receiving feedback and guidance for improvement

Business and Ethics of Yoga Teaching

- Developing a yoga teaching career
- Marketing and promoting your classes
- Maintaining professionalism and ethical conduct

Please Note: This is a general outline of topics that might be covered in the Course. However, it's important to note that different teachers may have variations and additional topics depending on the specific emphasis.