

## 100Hrs Vinyasa Yoga Teacher Training Syllabus

### **Asana (Postures):**

Detailed study and practice of Vinyasa yoga poses.

Proper alignment and adjustments.

Modifications and variations for different levels and body types.

### **Pranayama (Breath Control):**

Study and practice of various breathing techniques in Vinyasa yoga.

Learning how to incorporate breathwork into asana practice.

### **Sequencing:**

How to create well-rounded, balanced Vinyasa yoga sequences.

Understanding the art of sequencing for different class levels and themes.

### **Anatomy and Physiology:**

Essential knowledge of human anatomy and how it relates to yoga practice.

Injury prevention and safe alignment principles.

### **Yoga Philosophy:**

Introduction to Vinyasa Yoga

Understanding the history and philosophy of Vinyasa yoga.

The lineage and key teachers in the Vinyasa yoga tradition.

Exploring yoga philosophy and its application in daily life.

Study of key yogic texts like the Yoga Sutras and Bhagavad Gita.

**Meditation and Mindfulness:**

Techniques for cultivating meditation and mindfulness practices.

Understanding the benefits and applications of these practices.

**Teaching Methodology:**

Effective teaching skills and communication with students.

How to provide hands-on adjustments and use props.

**Ethics and Professionalism:**

Understanding the responsibilities and ethics of being a yoga teacher.

Business aspects of teaching yoga.

**Practicum:**

Hands-on teaching experience with peers and students.

Feedback and evaluation from experienced instructors.