

100Hrs Ashtanga Yoga Teacher Training Syllabus

1. Overview of Ashtanga Yoga

- Introduction to Ashtanga Yoga, its history, and lineage
- Understanding the philosophy and principles of Ashtanga Yoga
- Exploring the Eight Limbs of Yoga as outlined by Patanjali

2. Asana Practice

- In-depth study and practice of the Primary Series of Ashtanga Yoga
- Proper alignment, technique, and modifications for each asana
- Sequencing and structure of the Ashtanga Yoga series

3. Breath and Movement Synchronization

- Introduction to Vinyasa, the linking of breath and movement
- Understanding the importance of breath in Ashtanga Yoga
- Exploring the concept of Bandhas (energy locks) and their application

4. Ashtanga Yoga Philosophy

- Exploring the philosophical foundations of Ashtanga Yoga
- Study of key yogic texts such as the Yoga Sutras of Patanjali

5. Anatomy and Physiology

- Understanding the concepts of self-discipline, self-study, and surrender
- Anatomy and Physiology
- Basic anatomy and physiology relevant to Ashtanga Yoga
- Understanding the movement and mechanics of the body in the asanas
- Injury prevention and modifications for different body types

6. Adjustments and Assists

- Techniques for safe and effective adjustments and assists in Ashtanga Yoga
- Developing sensitivity and awareness in providing hands-on assistance
- Ethical considerations and boundaries in physical touch

7. Teaching Methodology

- Principles of effective teaching in Ashtanga Yoga
- Developing clear and concise verbal cues and instructions
- Sequencing and structuring a class in the Ashtanga tradition

8. Pranayama and Meditation

- Introduction to pranayama (breathing techniques) and its role in Ashtanga Yoga
- Yoga Ethics and Lifestyle
- Techniques for developing a steady breath and cultivating prana (life force)
- Introduction to meditation and its integration into the practice and teaching

9. Practicum and Teaching Practice

- Opportunities for supervised teaching practice
- Providing and receiving feedback on teaching skills
- Developing confidence and presence as a yoga teacher

10. Yoga Ethics and Lifestyle

- Understanding the ethical guidelines and principles of being a yoga teacher
- Exploring the concept of Ahimsa (non-violence) and its application in daily life
- Incorporating yogic principles into personal and professional life