



Yoga Teacher Training Certification Course

Teach Yoga Therapy for Holistic Healing Learn Solutions for Ailments to Promote Harmony of the Body, Mind & Spirit

This is a comprehensive program of instruction in Iyengar influenced yoga, Vinyasa-Flow Yoga, Pranayama and Meditation, which is intended for aspiring teachers, current teachers, and those wishing to deepen their personal practice and understanding of holistic healing through yoga.

The course will be presented by a team of professionals from New York, Texas, India and Japan with more than 150 years of experience among them. The course work includes the history of yoga, asanas, pranayama, meditation, anatomy, ayurveda, Yoga 4 Kids™, philosophy and ethics.

As a participant, you will explore the history of yoga and yoga's evolution into modern eclectic styles. The scriptures of classical yoga and meditation will be studied with guidance from our faculty. You will learn the proper technique and methodology for teaching yoga and meditation, to heal, as well as the art of designing, teaching, and assisting in classes. Completion of the course will include practical experience teaching classes to students ages 4 – adults. Gourmet vegetarian cuisine is also included as a part of your tuition. At the completion of the course, you will be a certified yoga instructor and can apply to Yoga Alliance for registration as a Registered Yoga Teacher.

Teaching Methodology:

Here you will learn the proper technique and methodology for teaching yoga, as well as the art of designing, teaching, and assisting in classes. Also included are teaching styles, qualities of a teacher, as well as the business aspects of teaching yoga.

Anatomy and Physiology:

Here you will learn both physical human anatomy (body systems and organs), as well as energy anatomy and physiology (chakras, nadis). This includes both the study of the subject as well as its application to a yoga practice (benefits, contraindications, body movements, etc.)

Yoga Philosophy, Lifestyle, and Ethics:

Here you will study the ancient text of yoga and the history and evolution of the practice; gain an understanding of a yogic lifestyle, including diet; and explore ethical issues of the business of yoga.

Practicum:

Here you will apply what you have learned through practice teaching. Each participant will lead live classes in a working studio environment.

Course topics include:

- Daily guided Yoga practice
- History and Evolution of Yoga
 - Meditation
 - Mudras
- Intensive study and practice of Asanas (postures)
- Sanskrit for Yoga Teachers
- Assisting and modification of poses
- Anatomy
- Yogic diet
- Ayurveda
- Pranayama
- The Business of Yoga
- Running a Yoga studio
- Class planning and sequencing
- Observation of and assisting of classes
- Practice teaching
- Yoga for Special Populations
- Yoga 4 Kids

Many other topics are included, as well.

Throughout the course, you will learn:

Technique:

Here you will learn asanas (poses), pranayama (breathing techniques), meditation, and Vinyasa (flow yoga.). There will be guided practice of the techniques themselves, as well as training in how to teach and practice the techniques.

[Click here for more information and Registration Form](#)