TriHealth

CARING FOR PEOPLE FIRST®

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| **Program Creation Date: June 8 2010** | | **YOGA TEACHER TRAINING COURSE MODULES<br>200-Hour Yoga Alliance Certification Program*** | | | | | | | **Program Created By :<br>Shashank Lakhia** | | | | |
| **YOGA ALLIANCE CATEGORIES >>>>>>>>>>>>>>>> >>>>>>>>>>>>>>>>>>>>** | | | **Techniques (Training/Practice)** | | **Teaching Methodology** | | **Anatomy & Physiology** | | **Yoga Philosophy/Lifestyle/Ethics** | | **Practicum** | | **Total Hours** |
| **Total Hours required by Yoga Alliance by category >>>>>>>>>>>>>>>>>>>>** | | | **100 (C=75)** | | **25 (C=15)** | | **20 (C=10)** | | **30 (C=20)** | | **10 (C=5)** | | |
| **Planned Hours (and Contact vs. Non-contact ratio) meet or exceed Yoga Alliance requirement by category: C=Contact; NC=Non-contact** | | | **C**** | **NC**** | **C** | **NC** | **C** | **NC** | **C** | **NC** | **C** | **NC** | |
| | | | **85** | **18** | **25** | **8** | **20** | **5** | **27** | **5** | **20** | **5** | **230** |
| **Module No.** | **Module Name** | **Topic Description** | **<<<<<<<<<<<<<<<<<<<<<<<<<< Distribution of total Hours>>>>>>>>>>>>>>>>** | | | | | | | | | | |
| **1** | Self-Inquiry | Setting Intentions - Personal Path | | | | | | | 1 | 1 | | | **2** |
| **2** | Macrocosm & Human Microcosm | Cosmogony | | | | | | | 1 | | | | **1** |
| **3** | Introduction to Yoga | Origin History & Evolution | | | | | | | 2 | | | | **2** |
| **4 thru'10 Yoga Basics - Theory and Practice** | Yoga Sutras of Patanjali 4 | Introduction and Overview | | | | | | | 2 | | | | **2** |
| | Yoga Sutras of Patanjali -5 | Ashtanga Yoga-Yamas & Niyams | | | | | | | 2 | | | | **2** |
| | Yoga Sutras of Patanjali -6 | Ashtanga Yoga-Asanas | 40 | 10 | 6 | 4 | 4 | | 2 | 2 | 2 | 2 | **72** |
| | Yoga Sutras of Patanjali-7 | Ashtanga Yoga-Pranayama | 2 | 2 | 1 | 1 | | | 2 | 2 | 2 | 2 | **14** |
| | Yoga Sutras of Patanjali -8 | Ashtanga Yoga-Pratyahara | 2 | | 2 | | 2 | | 2 | | 2 | | **10** |
| | Yoga Sutras of Patanjali -9 | Ashtanga Yoga-Dharana Dhyana | 2 | | 2 | | | | 2 | | | 1 | **7** |
| | Yoga Sutras of Patanjali -10 | Ashtanga Yoga – Kaivalya | | | | | | | 1 | | | | **1** |
| **11 thru' 19 Deepening the Practice** | Special Topics -11 | Mudras & Bandhas | 2 | | 1 | | | | 1 | | | | **4** |
| | Special Topics -12 | Nadis & Chakras | 2 | | 1 | | | | 2 | | | | **5** |
| | Special Topics -13 | Japa & Mantra; Bhajans & Kirtans | 2 | | 2 | | | | 1 | | | | **5** |
| | Special Topics -14 | Yoga & Ayurveda | 5 | | 2 | | 2 | | | | | | **9** |
| | Special Topics -15 | Yoga Chikitsa (Therapy) | 6 | 5 | 1 | 5 | 4 | | 2 | | 2 | | **25** |
| | Special Topics -16 | Family/Children Yoga | 6 | | 3 | 2 | 0 | | 2 | | 4 | | **17** |
| | Special Topics -17 | Popular Yoga Styles | 15 | 6 | 2 | 1 | 4 | | 1 | | | | **29** |
| | Special Topics-18 | Anatomy & Physiology | 4 | | 3 | | 4 | 4 | | | 4 | | **19** |
| | Special Topics -19 | Business side of Yoga | | | | | | | | | 4 | | **4** |
| | **Hrs Sub-totals** | | **88** | **23** | **26** | **13** | **20** | **4** | **26** | **5** | **20** | **5** | |
| **Total Course Hours >>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>>** | | | **111** | | **39** | | **24** | | **31** | | **25** | | **230** |

***** Contact hours means that the Teacher Trainer is physically in the presence of the student. Non-contact or independent study hours may include: assigned reading or other homework, non-supervised study groups, observing yoga classes, etc.***