

200hrs Somatic Yoga Teacher Training



Training Syllabus

TECHNIQUES TRAINING AND PRACTICE - 100 HOURS

- Breaking down core concepts & progressive skill building
- Basic Somatic movements
- Embodying natural and intuitive movements
- How to move slowly, gently and with awareness
- Safe & effective forward, backbends, lateral and twisting poses
- The power and importance of moving from the centre of the body
- Flowing transitions between poses & linking breath to movement
- Circulation through the blood flow
- Mindfulness in action and no mind movements
- Both dynamic and still meditation
- Kriyas, yogic cleansing techniques and pranayama
- The art of effectively releasing tensions

TEACHING METHODOLOGY - 25 HOURS

- The importance of sensing yourself before and after a practice
- Purposeful touch
- The language of movement
- Voice projection, how to use your voice as a tool in class
- Rhythm and pacing
- Class planning , for groups, privates and workshops
- Intelligent, efficient and creative sequencing for yoga
- Conscious communication skills
- Facilitating deep relaxation

ANATOMY AND PHYSIOLOGY-25 HOURS

- Somatic inquiry and movement
- The three reflexes, and sensory motor amnesia
- Pandiculation and basic neurology
- Body assessment
- Why we suffer from chronic pain and long term solutions
- Applied anatomy and physiology
- The anatomy of the breath
- How to create muscular stability around the joint complexes
- How to reset the nervous system deeply and stimulate the relaxation reflex

YOGA PHILOSOPHY, LIFESTYLE, ETHICS - 30 HOURS

- Establishing routine and self-practice
- The meaning of Soma , the somatic perspective and characteristics
- Philosophy and Yoga sutras applied to modern life
- The teachings of the Buddha
- Sanskrit names of the poses
- The koshas, gunas and 5 elements
- Exploring E(motion) and the psychology of yoga
- How to navigate the process of transformation
- Understanding the relation between control and freedom and how they are linked
- How to keep your passion alive and transmit it
- The business side of teaching
- Embodying the practice and philosophy of yoga in daily life
- Healthy diet and nutrition
- Meditation

PRACTICUM - 20 HOURS

- Partner work, and small group teaching
- Elaborate your own yoga sequence
- Create a somatic yoga movement class
- Observing each other teach , and giving, receiving feedback
- Building confidence and trust
- Empowerment to find your authentic voice
- The importance of your own practice when you are teaching
- How to apply what you learn from your practice to your everyday life