



200 Hour Curriculum Overview

- ✚ Breathwalking - Gratefulness - Affirmations or Connection
- ✚ Stretching and Strengthening Techniques to Prepare your Body
- ✚ The Art and Science of Beginning Hatha Yoga Asanas and Pranayama
- ✚ Deep Relaxation - Five Bodies and Five Stages of Relaxation - Maya Koshas
- ✚ Imagery
- ✚ Meditation
- ✚ Nutrition for Imbalances
- ✚ Yoga for Every Body - Ten Weeks of Lesson Plans
- ✚ Intro to Yoga Therapy for Back Problems, Arthritis and MS
- ✚ Restorative Yoga
- ✚ Elder Yoga - Yoga in a Chair
- ✚ Yoga for Children
- ✚ Prenatal Yoga
- ✚ Intro to Yoga for Cardiac/Cancer Patients
- ✚ The Effects of Hatha Yoga on Perceived Stress and Body Image
- ✚ Thai Yoga
- ✚ Vinyasa/Ashtanga
- ✚ Chakras and Subtle Energies
- ✚ Anatomy/Physiology and Kinesiology/Internal systems
- ✚ Yoga Philosophy and History
- ✚ Teaching Methods and Practice
- ✚ Observation, Assisting, Adjusting
- ✚ Reading, Homework, Writing Assignments, Practical and Written Exam/Feedback sheet
- ✚ Like a Labyrinth - Enter from Outside, Wind Way to Center - Where Peace is Felt



Breakdown of Curriculum Hours

Techniques

110 Hours: Asanas, pranayamas, kriyas, chanting and meditation.

Teaching Methodology

25 Hours

Anatomy, Subtle Energy

Body/Astral/Energy/Chakras/Nadis

Muscles/Bones, Physiology and

Kinesiology

25 Hours; physical and subtle

Philosophy, Ethics and Lifestyle

35 Hours

Practicum ~10+ hours; student

teaching and observation