



EXPLORE ASANA, YOGA ROOTS,
PHILOSOPHY & FORMS OF PRACTICE

200 HOUR VIRTUAL TEACHER TRAINING



Hi Friends,

Hope all are fairing well as we navigate through these challenging times, presented by the Covid-19 Pandemic. I write to you today regarding the subject of helping each other make our time in quarantine productive. More specifically using the time to go deeper into your yoga practice.Sound interesting?

Some have inquired as per the possibility of doing an online 200 Hour Yoga Teacher training course. Now, as the case with other offerings I have been pondering, I have struggled with the motivation to offer certain things in a virtual format. However even though the home practice, for me at least, presents certain difficulties, or maybe we could say lacks certain luxuries, it doesn't change the possibility and time available to fully go into and expand one's practice. In fact in relation to time, there's more than "normal". So with this in mind and also since Yoga Alliance has loosened the restrictions regarding in person contact hours, allowing studio's to conduct them in a virtual format, we do have an opportunity to offer yoga alliance validated, 200 hour training.

So what is explored in the 200 Hour training?

ROOTS AND EVOLUTION OF YOGA



**VEDAS &
UPANISHADS**

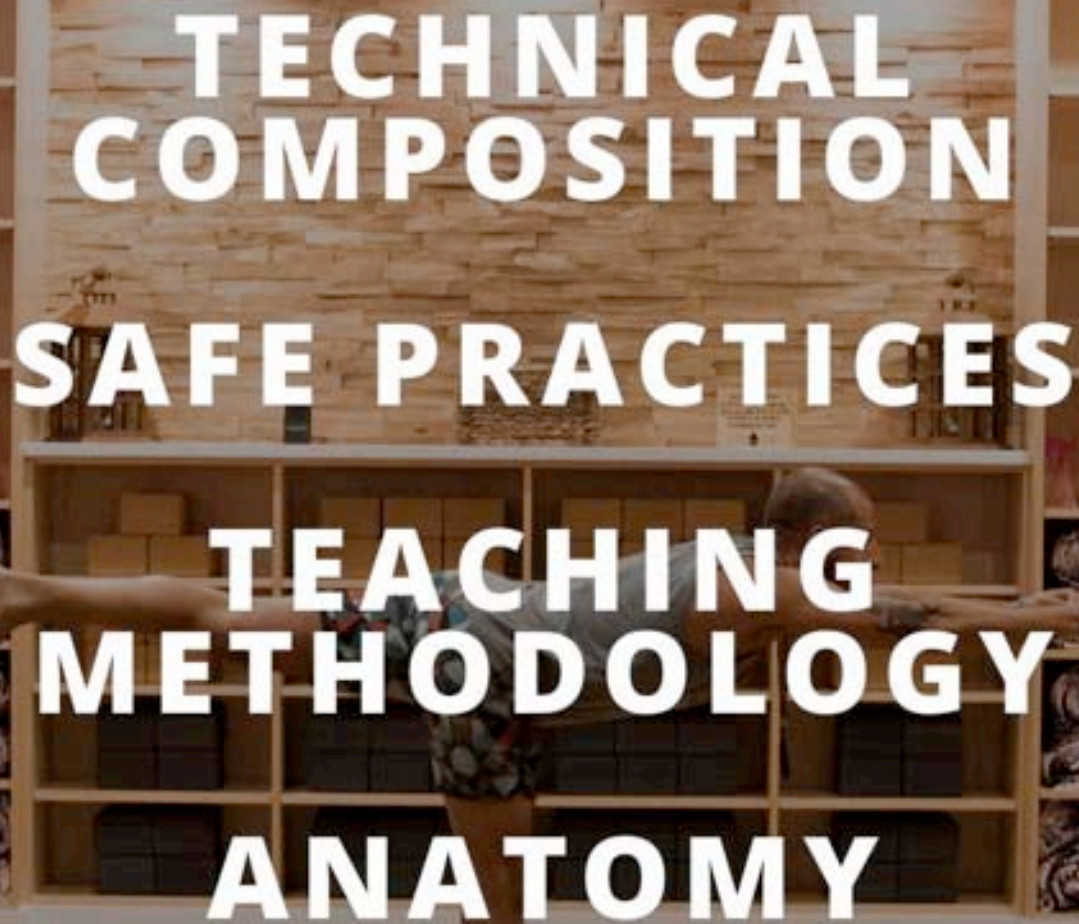
**PANTANJALI YOGA
SUTRAS**

**BHAKTI, JNANA,
KARMA, & RAJA**

BHAGAVAD GITA

**MODERN PATHS &
PRACTICES**

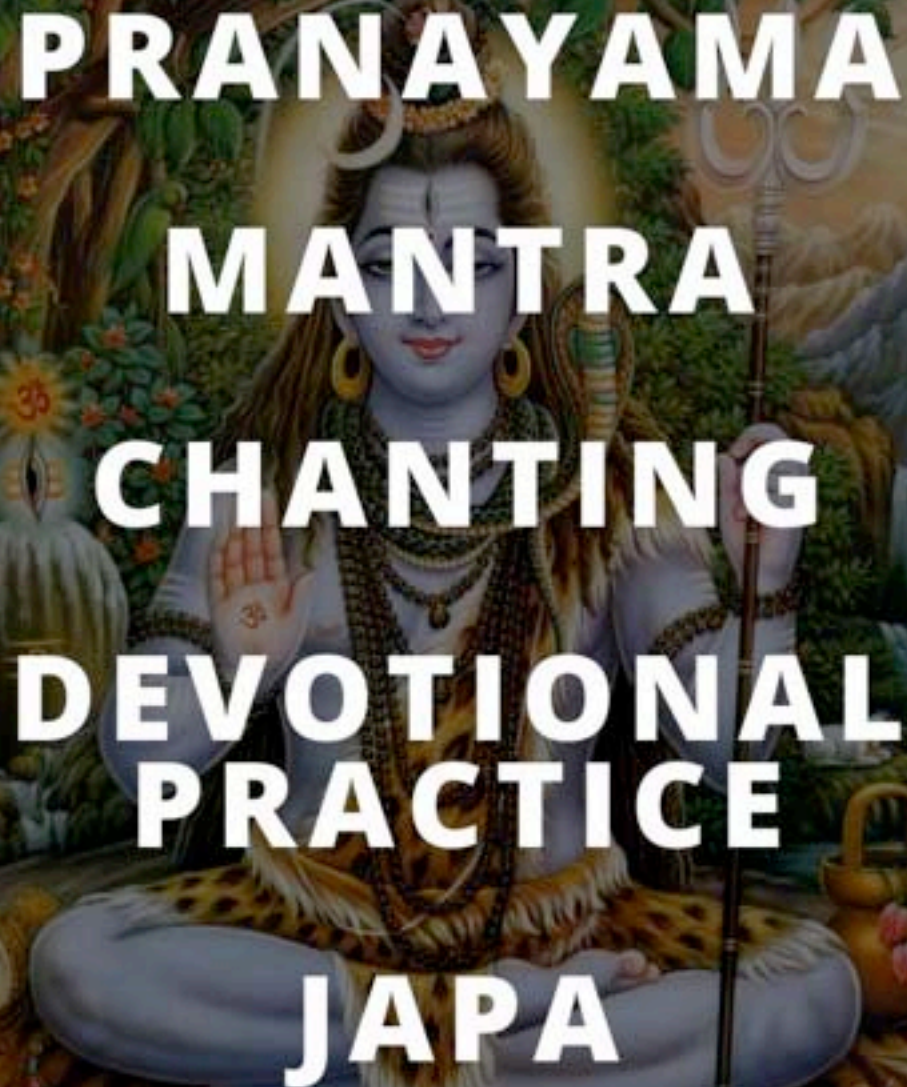
**ASANA
THE YOGA POSES & VINYASA PRACTICE**



**TECHNICAL
COMPOSITION
SAFE PRACTICES
TEACHING
METHODOLOGY
ANATOMY**

The bulk of the course focuses on the Asana practice, in particular the Vinyasa we mainly guide, but also tastes of other practices.

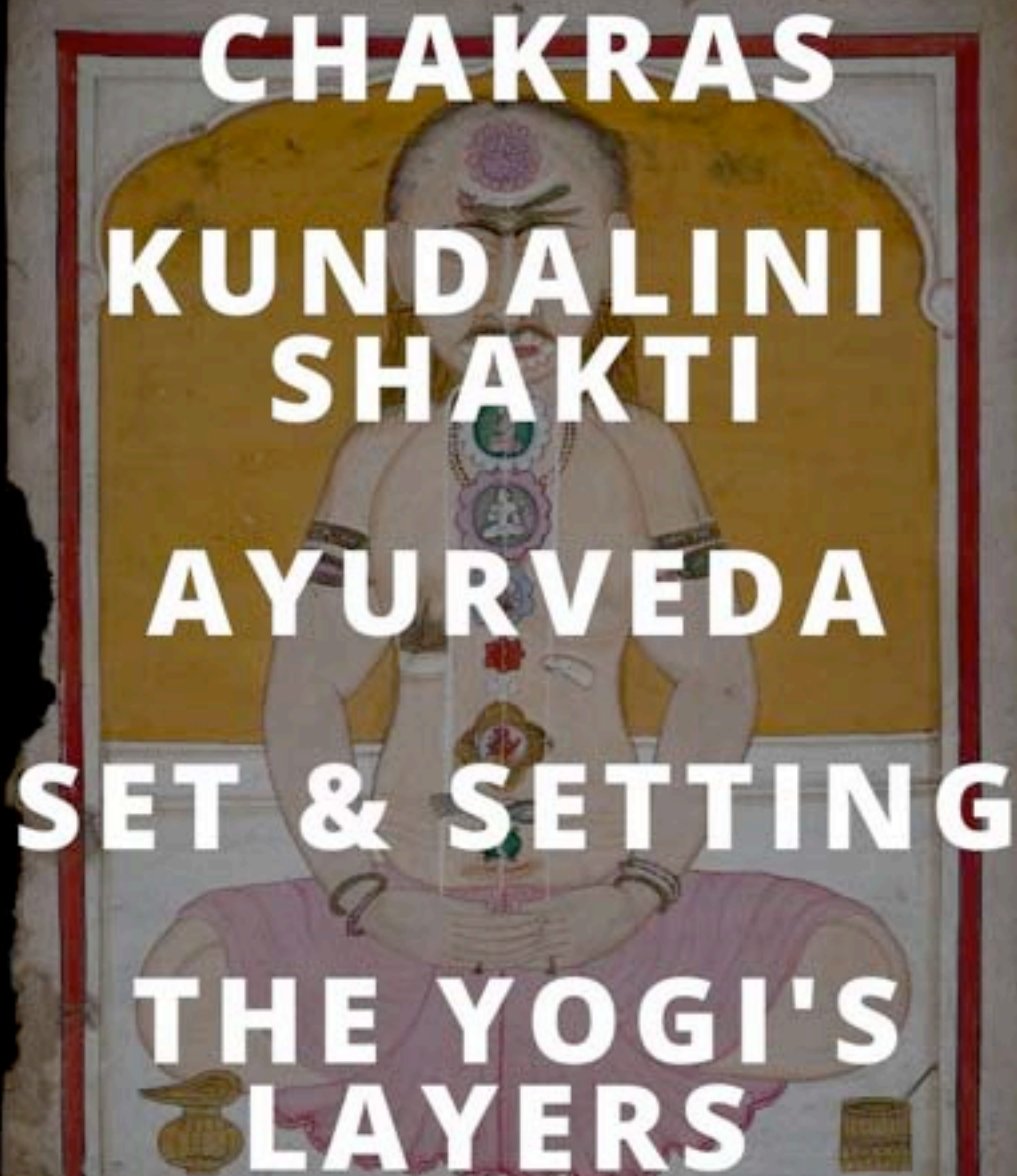
MEDITATION



**PRANAYAMA
MANTRA
CHANTING
DEVOTIONAL
PRACTICE
JAPA**

The preparation and practice of meditation itself. What some say the Asana practice prepares us for.

TANTRA
THE BODY IS YOUR TEMPLE

A traditional Indian painting of a seated yogi in a meditative posture. The yogi is depicted with a serene expression, wearing a pink dhoti and a white shawl. He has a prominent third eye on his forehead and is adorned with various jewelry, including necklaces, armlets, and bangles. Overlaid on his torso is a vertical diagram of the human energy system, showing the seven chakras (colored circles) and the Kundalini energy rising from the base of the spine. The painting is set within a red border and a yellow background.

CHAKRAS
KUNDALINI
SHAKTI
AYURVEDA
SET & SETTING
THE YOGI'S
LAYERS

The ancient concepts and systems regarding the bod, energy, and
consciousness.

USING YOUR TRAINING

**YOURSELF AS A YOGA
TEACHER**

**WORKING WITH
STUDIOS**

PRIVATE TEACHING

THE BUSINESS OF YOGA

ETHICS & PRECAUTION

SEVA

What to do with your training. The course is not only for those who want to teach, it's just as much about gaining knowledge and using the practice in your life, if not more.