

**COURSE SYLLABUS**

1. Introductions about the course
2. History of Yoga
3. Asanas; including Anatomy and Physiology for these

*SYT contact hours = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26.
(SYT = Senior Yoga Teacher)*

**Module 2:**

1. The limbs of Yoga
2. Health and Safety and how to prepare a venue to provide a suitable area to practice
3. Asanas; including Anatomy and Physiology for these

*SYT contact hrs = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26.*

**Module 3:**

1. Acquainting with other styles of Yoga
2. The effects of Yoga on the person
3. Fascia, what is it
4. Anatomy Chains
5. Mudras
6. Asanas; including Anatomy and Physiology for these

*SYT contact hrs = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26*

**Module 4:**

1. Pranayama:  Anatomy / Physiology of the Respiratory System
2. Assessing poor breathing patterns and how to improve with Yogic breathing techniques
3. Contraindications and knowing when to refer to G.P. etc.
4. Asanas; including Anatomy and Physiology for these

*SYT contact hrs = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26*

**Module 5:**

1. Anatomy and Physiology
2. ​Recap the Respiratory System
3. The Limbic System and Chakras
4. Asanas; including Anatomy and Physiology for these

*SYT contact hrs = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26*

**Module 6:**

1. Meditation and how to apply it​
2. Meditation Techniques
3. Mantras
4. Prepare and deliver a Guided Relaxation
5. Asanas; including Anatomy and Physiology for these

*SYT contact hrs = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26*

**Module 7:**

1. ​Nutrition for Yoga
2. Introduction to Ayurveda
3. Asanas; including Anatomy and Physiology for these

*SYT contact hrs = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26*

**Module 8:**

1. Anatomy and Physiology of the Skeletal System
2. The Muscular System and Fascial Integration
3. The Nervous System
4. The Circulatory System
5. Asanas; including Anatomy and Physiology for these

*SYT contact hrs = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26*

**Module 9:**

1. Good Practice in Teaching, Verbal Cues etc.
2. Participant Characteristics
3. Planning Lessons from Beginners to Advanced Class
4. Asanas; including Anatomy and Physiology for these

*SYT contact hrs = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26*

**Module 10:**

1. Running a Yoga Studio (CPD's), Insurance, Media, Potential Demographic, Registration
2. Sun Salutations
3. Asanas; including Anatomy and Physiology for these

*SYT contact hrs = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26*

**Module 11:**

1. Modifying Asanas for Differing Abilities
2. Twists
3. Binds
4. Inversions
5. Asanas; including Anatomy and Physiology for these

*SYT contact hrs = 16, Non SYT contact hrs = 4, Non contact hrs = 6, Total hrs = 26*

**Module 12:**

1. Practical Exam (deliver a 60 min class, for which a demographic will be assigned)
2. Multiple Choice Exam

​*SYT contact hrs = 2, Non SYT contact hrs = 0, Non contact hrs = 0, Total hrs = 2*