



## 200-Hour Integrative Yoga Therapy Teacher Training Curriculum

### Techniques Training/Practice: 100 Hours

Includes asana, pranayama, yoga nidra, chanting, mantra, meditation and other traditional yoga techniques. The Integrative Yoga Therapy Teacher Training program gives students in-depth skills to teach Yoga as a vehicle for total wellness. Along with offering Yoga classes with a focus on health and healing to the general public, IYT graduates teach Yoga-based wellness programs in a wide variety of complementary settings including hospitals, businesses, and complementary health care settings.

### Teaching Methodology: 20 Hours

Includes principles of demonstration, observation, hands on assists as well as verbal cues. Teaching styles, qualities of a teacher, business aspects of teaching yoga will also be covered. Learn to teach asana through the Integrative Posture Principles. These principles facilitate a precise and in-depth understanding of how asanas work at physical, energetic, emotional, and spiritual levels, and how to modify them for individual needs.

### Anatomy and Physiology: 20 Hours

Training includes both human physical anatomy and physiology (bodily systems, organs, etc.) and the energy anatomy and physiology (chakras, nadis, etc.). The study of the subject and application of its principles to yoga practice with benefits, contraindications, and healthy movement patterns as it relates to individual students. Learn the nature of health and illness from the Yoga perspective. Understand the role of stress in health and illness as well as the specific ways in which Yoga manages stress.

### Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 Hours

The study of yoga philosophies, yoga lifestyle and ethics for yoga teachers. Learn the main aspects of the psychology and philosophy of Yoga in a way that is clear, well organized and can be integrated into your teaching and daily life. This study includes Patanjali's Yoga Sutras, Texts of Hatha Yoga and The Five Kosha Model.

### Practicum: 10 Hours

Includes practice teaching, receiving feedback, observing others teaching and providing feedback. Students will also practice assisting students while the class is taught by an experienced instructor.

### Electives: 15 Hours

Learn to teach Yoga classes that are exceptional and creative, that develop a theme from start to finish; classes that involve your student at every level of their being and leave them with the complete experience of integration which is Yoga. Electives are hours chosen from the above educational categories and will be decided based on the current group of students.