



## Study guide

### Title: 200 hours hatha yoga teacher training

#### Qualification after the course

After graduation, you can register as RYT200 yoga teacher at Yoga Alliance, get a business liability insurance as a yoga teacher & are admitted to an advanced yoga teacher training.

#### Content and study load

Study load is around 245 hours (next to your own practice), around 200 contact hours and 45 self-study hours. The contact hours are scheduled in weekends or weekend-days (12 weekends/ 24 study days), within a period of minimum 6 months and maximum 12 months, so the average study load per week for the whole training in hours is 4,5 – 9. It is assumed and strongly advised to have a steady own practice during the whole training, which will take around 4 - 7 hours/week. Also, practicing with your fellow-students, both in teacher as in student role, is stimulated.

The contact hours of the course consist of:

- 45 yoga humanities (philosophy, roots of yoga, tantric worldview, scrips, main concepts and practices, ethics)
- 75 technique, training, practice (doing āsana, prānāyāma, mantra, mudrā, diverse meditations)
- 30 anatomy & physiology (injury prevention, chakras, basic physiology, anatomy: brain, stress, spine, āsana)
- 50 professional essentials (methodology, practice teaching, feedback, teaching & learning styles, communication)

These are divided into 11 modules of around 17 hours + around 5 hours of self-study, and one exam weekend. Of course, the amount of self-study depends on your previous experience and learning capacity. Contact hours will be provided in Wageningen in a yoga studio, or in case that is not possible, they will be given online via Zoom. See website [SparkofLightYoga.com](http://SparkofLightYoga.com) for the coming dates.

1. Introduction to yoga, asana & being a yoga teacher
2. The tantric origin of hatha yoga
3. Anatomy of the human body
4. Anatomy of thoughts
5. Inclinations of the ego & the Divine Self
6. Chakras & yoga nidra
7. A glimpse of tantric scriptures and meditations
8. Bandhas, mantras, mudras & pranayama
9. Purification of the mind – brahma viharas (loving-kindness, compassion, co-joy, equanimity)
10. Purification of the mind – yama & niyama (restrictions & inner attitudes), gratitude and appreciation
11. Being a yoga teacher – implementing all theory and practices
12. Being a yoga teacher – exam weekend: a variety of yoga classes (practical exams) & theoretical exam

During the study weekends or days, you practice everything as a student and also as a yoga teacher for your fellow students. During all weekends there is attention for yoga poses and meditations.



## Target group, level and prerequisites

The course can be done by anyone who is already working on his/her personal growth and would like to deepen it. There should be an interest in:

- \* studying yoga as a way of life,
- \* the depth of the wisdom that yoga can offer and in
- \* experiencing the transcendent.

You do not need any diplomas or specific trainings, as this is a basic yoga teacher training, but some training in yoga and meditations is assumed.

**Special conditions:** The course is perfectly safe for everyone who does not have a psychiatric illness; however, it should not be followed by someone sensitive to psychosis, previously had a psychosis or suffering from another psychiatric illness. Therefore, in the contract students declare to not have had a psychosis previously or have another psychiatric illness.

## Exemptions

There are no exemptions possible, as Yoga Alliance do not allow exemptions. If you are already a yoga teacher, if space allows, you are welcome to follow one or more modules.

## Learning goals

### General learning goals

- Students will be prepared to give a safe and effective hatha yoga class and they can consider the (im)possibilities of the participants by giving variations of a pose.
- Students can explain the tantric origin of hatha yoga and the tantric world view.
- Students have experienced and are able to teach some tantric meditations (trataka, heart meditations, tandava, circle of vitality) and breathing techniques (nadi shodana, bhramari, ujjayi, kapalbhati, sushumna pranayama).
- Students have learnt about the ultimate goal of yoga, freedom of the mind, and have made a start in experiencing the effect of thought-meditations and purification of the mind.

### Specific learning goals, philosophy

- Students are able to explain: 1) the goal and definition of tantra yoga and of hatha yoga 2) the relation between hatha and tantra yoga and 3) the development of yoga in the West to modern postural yoga. Students have practised self-inquiry and awareness.
- Student can demonstrate understanding of the tantric way of seeing the world. Students show progress in embodying the wisdom of the tantras. Students can recognise hindrances on their path if they occur and take action to overcome this hindrance. Students have investigated the working of their ego and their inner judge. They can recognize and deal with their inner judge as well as explain how the inner judge functions. Students can also explain hindrances to the spiritual path, the tantric way of seeing the world and how to start embodying the tantric wisdom.
- Students can give an introduction to the most influential tantric scripts. Students show understanding of a few slokas by being able to express the meaning of this sloka and its effect and of 3 slokas, practice and teach the meditations.
- Students show understanding and progress in the 4 brahma viharas and can explain the practice of it. Students can enumerate the yamas and niyamas of Patanjali.



- Students can explain main ethics for teachers and know what they think is important in this. Students support important ethical values for teachers and know what to do in difficult situations.

### **Specific learning goals, technique/training**

- Students become aware of their sankalpa, practice it regularly. They have confidence in teaching it and are able to teach it.
- Students have practiced and can teach: following the breathing, full yogic breathing, nadi shodana, bhramari, ujjayi, kapalbhati and sushumna breathing.
- Students have practiced and can teach diverse mantras and kirtans; gayatri mantra, mantras for Ganesha, Lakshmi, mantra for human desire; and kirtans for mother earth, Hanuman and Shiva.
- Student have practiced Bindu and Sri yantra, and the following mudras: anjali, avahani, bhairavi, jnana, chin, padma, samnirodhani, yoni. Except for the Sri yantra, student can teach all of this.
- Students have practiced diverse hatha yoga āsana, bandha and tantric meditations. Students are able to teach the āsana, mentioning the contra-indications, alignment, energetic aspects and can guide the focus after an āsana. Students can teach the bandhas and tantric meditations. Students have made clear progress in their own practice of the āsana, bandha and meditations.
- Students have practised a basic relaxation/ yoga nidra, and can teach this one.
- Students understand the meaning and effect of karma yoga, have practiced karma yoga and are able to explain it.
- Students experience the theory of anatomy of thought patterns by themselves and show progress in the meditations.

### **Specific learning goals, anatomy**

- Students know some of the features of all the 7 chakras (the system most known in the West) and also can explain the traditional use of chakras.
- Students can explain the health-achievement curve in a yoga class and explain how to take care of injury prevention. Students consider fitness, flexibility, hyper-flexibility, stress and fatigue, injuries and age while giving yoga classes. Students pay special attention when teaching śīrṣāsana, sarvangāsana, bhujangāsana and chakrāsana and follow the cautions mentioned in the syllabus.
- Students know the contra-indications on all poses from this course by heart and show that in all their classes as teacher. Students implement and practice the cautions (as student and teacher) and the corrections (as teacher) and know which muscles are involved in which poses.
- Students know the basic functioning of the brain and show understanding.
- Students show an understanding of the anatomy of stress and how they can support people experiencing stress in their yoga class.
- Students show an understanding of the anatomy of thought patterns.
- Students can enumerate the different movements of the spine (flexion, extension, lateral flexion, rotation, axial extension) as well as the normal range of movements. Students can detect deviations in the spine and mention which poses can be supportive.
- Students know which muscles are used in which poses, and the names of the main muscles of the human body, and the different types of contraction.



- Students can enumerate the different bones in the body, the 6 different types of synovial joints and their movements.
- Students know the working and function of the cardiovascular system, the digestive system, the endocrine system and the respiratory system. They can reason which yoga poses targets with organs.

### **Specific learning goals, methodology**

- Students know the theory of giving and receiving feedback and implement this on all feedback moments so they are able to implement this in their future yoga classes as well.
- Students set a good and relaxing atmosphere in their yoga classes by their clear communication.
- Students can adapt their yoga classes to people with different abilities and injuries by giving more variations of the poses - adapted for specific injuries and creating lighter and heavier variations.
- Students know a general structure of a yoga class to easily prepare their lessons and can implement this in a yoga lesson.
- Students can apply all methodology while preparing and giving an exam yoga class.

### **Specific learning goals, teaching**

- Students are confident in giving yoga classes and guide the participants through it with a smooth voice. Students are able to give yoga classes professionally, considering injury prevention, alignment, energetic aspects, focus points and keeping a relaxed and calming atmosphere.
- They are able to smoothly explain things, answer to questions coming up in a yoga class, improvise when unexpected things happen and adapt for injuries. They feel the topic of what they are explaining and radiate this energy outwards to the participants (not having learnt sentences by heart, but embody whatever they are saying).

## **Study material**

### **compulsory**

- teacher manual, provided by Spark of Light Yoga at the first module. This course manual is the base for the exams, no extra books needed. One copy is included in the course fee. In case you need an extra copy, this is for personal use only and will cost €35,-.

- yogamat (around €10,-) and meditation pillow (around €30,-)

**Suggested books, nice to have** for further study and more background

see [my website AndereBoeg.nl/aanbevolen-boeken](http://my.website/AndereBoeg.nl/aanbevolen-boeken).

### **Extra coaching or training**

For most students, the contact hours provide ample preparation for the exams. Some students might need extra practice, and this can be asked. Costs are €50,-/hour for private lessons and they can take place at the living place of the teacher or via Zoom or telephone.

## **Exams**

During the course, there is ample time to practice as well the theory as the teaching. In case a competence lacks behind, the student will be informed around module 9 about what to improve to still pass the exam. At the end of the course, one theory exam is given and one practical exam in the form of giving a yoga lesson. Students are prepared for the exams during the course. The



theoretical exam is based on the teacher manual and the yoga lesson is a combination of practices learned and practiced during the course.

### **Any resits**

In case of not passing an exam, the student can take a resit. A theoretical resit can be done at the living place of the teacher and the costs are €50,-/ resit. A practical resit can be done in Wageningen if available, or at the living place of the teacher. The student will rent a suitable place and make sure that at least 4 participants will join the lesson. In case the student finds this impossible, then there is the possibility for the student to teach an extra lesson during one of the yoga weekends the teacher provides or do the exam in the next yoga teacher training. The fee for a practical resit is €100,-.

### **Further study**

In case the student would like to join one or more modules again, this is possible when a next course is given and if there is space, at the costs of a separate module (as all yoga teachers can do). Graduates are stimulated to form an intervision group, so they can easily continue practicing and receiving feedback. **Graduation from this basic teacher training gives access to the advanced teacher training: 300 hours yoga teacher training.**

### **Complaints**

Complaints about the execution of the agreement must be submitted fully and clearly described to the provider as soon as the customer has discovered or could have discovered the defects. This can be done by e-mail to [info@sparkoflightyoga.com](mailto:info@sparkoflightyoga.com). The provider will treat complaints confidentially and will give a motivated answer within 2 weeks.

In case the customer is not satisfied with the handling of the complaint, the customer has the possibility to take the complaint to Yoga Alliance, who will handle the complaint. This can be done directly to the department of grievances of Yoga Alliance: [grievance@yogaalliance.org](mailto:grievance@yogaalliance.org). The decision of Yoga Alliance about the complaint is binding to all parties involved.

Complaints about invoices must, if possible, be submitted to the provider in writing and properly explained within 10 working days after receipt of the relevant invoice.

The consequences of not submitting a complaint on time will be charged to the customer.

All complaints and their method of handling will be registered and kept during the handling of the complaint.