

**University of Wellness
200 Hour Yoga Training Course Syllabus**

Welcome! The University of Wellness brings you a unique foundational Hatha Yoga teacher training to teach you everything you need to know to build a successful yoga practice and yoga teaching business. We incorporate the deep roots of yoga practice with our experiential style, while also inspiring you to live your best life and build your incredible yoga practice. Our program's mission is to inform and elevate your career path, equipping you with specialized knowledge and experience to help others reach their goals!

We are excited for you to experience understanding and transformation, so that you can help others do the same!

School Information

**University of Wellness Yoga School
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**Lead Yoga Teacher Trainer: Christina Lee, E-RYT
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**Spiritual & Leadership Trainer/CEO: Kerissa Kuis, RYT, MBA
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Teacher training information: All classes are held from 9am-5pm at the University of Wellness. The following dates are for our fall/winter program.

- September 28th & 29th -Yoga 101 Yoga Philosophy/Lifestyle Ethics
- October 12th & 13th (BONUS Chakra Activation Weekend)
- November 9th & 10th Anatomy & Physiology
- December 14th & 15th Techniques Training & Practice
- January 25th & 26th Reiki Level One/Teaching Methodology
- February 8th & 9th Practicum & Student Teaching
- March 7th & 8th Business Training & Preparation for Finals
- April 18th & 19th Finals

Mission Statement and Philosophy: The goal of the University of Wellness is for it to be a safe place for finding the best wellness education in the industry. We provide our yoga teacher training utilizing experiential methods to transform, inspire, and motivate creativity. Our goal is to empower yoga teachers who create and build communities of like-minded, heart- centered, and conscious citizens. We recognize that when we create peace in ourselves and families, we are impacting our communities and our world.

Attendance: All modules must be attended in order to earn certification throughout the training, if you need to miss a weekend please let Kerissa & Christina know in advance. Students must attend at least 10 yoga classes of their choice and provide list of classes attended and a description of them.

Practicum Instruction: Students will instruct at least 10 classes, five in the presence of the lead teacher. One of these classes need to be taught to a special population. There will also be many opportunities for students to lead activities during training weekends.

Tests: Quizzes will be given most weeks to check for understanding and one final written test will be scheduled during the final weekend; segments of the practicum teaching will be critiqued and assessed. An 80% is required on the written exam.

Assignments: Students will also write and present two lesson plans. Two detailed and themed lesson plans, including format, structure, detailed content (warm-up, main content/sequencing, variations, some cuing suggestions, cool-down, relaxation/meditation), and a brief description of targeted participants. These are due at the beginning of the final weekend.

Business/Leadership Project: All students will present a project at the end of the course and receive guidance and support from Kerissa. This project will further be discussed during training hours.

Course Materials: Ray Long The Key Poses of Yoga

- Yoga Anatomy - 2nd Edition by Leslie Kaminoff, Amy Matthews
- The Yoga Sutras of Patanjali by Chip Hartranft
- Yamas & Niyamas: Exploring Yoga’s Ethical Practice by Deborah Adele
- Light is the New Black by Rebecca Campbell

Suggested Reading / Reference: BK Iyengar, Light On Yoga

Weekend One: Yoga 101 Yoga Philosophy/Lifestyle Ethics

Description:

A general overview of yoga history, current applications, basic asana overview. This also includes applying yoga philosophy and lifestyle ethics.

Learning Objectives:

Students will become familiar with the background and philosophy of yoga while learning basic postures and movements. This also includes the following:

- Students will be introduced to this course. The syllabus will be explained and the opportunity for asking questions will be given.
- Students will explore and learn about the definition of yoga. They will develop a greater understanding and personal answer for, "What is yoga?"
- Students will learn yoga philosophies, concentrating on the traditional text, The Yoga Sutras of Patañjali by Chip Hartranft.
- Students will learn the eight limbs of Astanga Yoga (or Raja Yoga) as codified by Patañjali in the Yoga Sutras.
- Students will learn the difference and benefits of Hatha and Vinyasa.
- Students will learn and discuss the evolution and spread of modern yoga. This includes newer and emerging class formats and styles.
- Students will learn about and apply yoga philosophy and lifestyle ethics which involve themselves, the student-teacher relationship, and the community. This will be taught in the context of the Yoga Sutras. Students will revisit the eight limbs of yoga and will learn about the first two in-depth: Yamas and Niyama.
- Students will be introduced to additional yoga lifestyle concepts, including the concepts of dharma and karma
- Students will also learn the ethical ideal that there should be an understanding of the value of teaching yoga as a service and being of service to others (Seva)

Weekend Two: Anatomy & Physiology Anatomy & Physiology

Description:

Students will learn the anatomy of the body including muscular, cardiovascular and other body systems with an emphasis on proper alignment for the asanas and breathing techniques (Pranayama). This includes breathing anatomy and function. This also incorporates both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement patterns.) We will then discuss the spine and yoga, which includes the anatomy of the spine. Also, we will examine anatomy as it relates to the asanas (sitting poses, standing poses, kneeling poses, backbends,

inversions, supine poses, prone poses, and arm support poses.) Within each segment, students will learn about the type of asana, the anatomy involved in each, the applications of each, and examples of each.

Learning Objectives:

- Students will be introduced to basic anatomy and physiology and how it applies to the physical practice of yoga. Emphasis will be placed on a strong understanding of alignment, biomechanics, and kinesiology. Following each segment, there will be student-led reviews to demonstrate understanding. For example, students will be able to tell/show the class the locations for each anatomical term; they will also be able to articulate its function in yoga. This module includes the following:
 - Structural organization of the human body, including an overview of the six levels of organization and the 11 systems of the body. The systems directly emphasized in yoga, such as the core, joints, muscular and skeletal systems, will be highlighted. The other systems will be introduced only so that we can explore the body efficiently to benefit the student’s practice and teaching. These systems include the following:
 - Major joints
 - Fascia
 - Anatomical terms for describing positions
 - Anatomical terms for describing planes
 - Anatomical terms for describing relations
 - Anatomical terms for limbs
 - Anatomical terms for describing muscles
 - Anatomical terms for describing movements
- Students will learn the anatomy of the spine
- Students will learn breathing anatomy and function
- Students will learn basic energy anatomy through the lens of the chakras

Weekend 3: Techniques, Training and Practice with Anatomy Application Techniques, Training, and Practice

Description:

After a review of weeks two and three, students will learn how to apply their knowledge of physical anatomy to a basic yoga practice. They will do this through analytical training and guided practice of the techniques, poses, and sequences. They will learn techniques for creating and having a personal practice, as well as how to share and teach yoga to others. This includes breathing strategies and breathing exercises. This is also where preparing for the practicum will begin. This includes the following:

- Students will teach briefly for various segments to demonstrate understanding throughout this module. Students will give and receive feedback during these demonstrations.
- Students will observe others teaching.
- Students will assist other students while a peer is teaching after the lead instructor has taught how to assist positively and effectively.

Learning Objectives:

- Students will learn pranayamas/breathing techniques with reference to the anatomy involved in breathing, including lion's breath, breath of fire, Kapalabhati Breathing, three-part breathing, alternate nostril breathing, bellows breath, and Ujjayi Breath.
- Students will learn asanas and kriyas, which includes the following:
 - Benefits and instructions for poses and their modifications. Throughout this certification, there will be a continual emphasis on guided practice, variations, modifications, and transitions.
 - Students will learn the benefits of chanting. Students will also learn common yoga chants and meanings. These chants include but are not limited to aum and Om Namah Shivaaya.
 - Adapting to a variety of venues (locations, sizes, atmospheres, etc.)
 - Students will learn the benefits of meditation, the main types of meditation, and tips for leading meditations. They will learn these topics in the context of utilizing meditation to serve their class populations. This includes the concepts of intention, attention, contemplation, and awareness. They will be provided with time to script and deliver a brief meditation to the class.

Weekend 4: Teaching Methodology, including teaching presence and class planning Teaching Methodology

Description: Students will begin learning about how to instruct a safe and enjoyable yoga class. Students will learn about self-care and the importance of life balance. This also includes life coaching skills. Students will be taught how to create a structured yoga class as well as how to show up appropriately prepared to teach. They will be taught additional teaching presence and connection skills. - Students will also learn how to assist others during class by voicing concerns positively and constructively. It will be emphasized that they should also aim to get to know their population and students in appropriate ways to best help them. In addition, students will receive a level one reiki attunement to better assist themselves and their students. Also, students will learn about business ethics and business-building practices.

Learning Objectives: The following objectives will be learned by students:

- Characteristics of yoga teachers, in the context of the qualities that make for a great yoga teacher.
- Addressing special needs and populations in varying class settings.
- Uses and application of props such as blocks, straps, bolsters, and blankets.
- Concept of demonstration, modeling, observation, assisting and correcting. Students will learn positive and constructive methods for each of these. They will be given the opportunity to explain and/or show each one to the class to demonstrate understanding.
- Modifications and strategies for common special populations including students with disabilities, and seniors.
- Tools and strategies for safety and injury prevention.
- Yoga techniques for supporting joint and bone health.
- Students will learn yoga sequencing. They will be guided in exploration with Hatha and Vinyasa. They will also learn about themed sequencing and adjusting the sequencing for various body types and fitness levels.
- Students will learn to be aware of and understand the student/participant learning process. They will learn to be flexible and to differentiate based on specific scenarios provided in class. This also includes practicing pacing and time-management.
- Students will learn class structures and music selection tools, tips, and resources.
- Students will learn about using tools such as Canva to create marketing materials; they will learn appropriate ways to market their classes.
- Students will learn and practice teaching presence, communication, and connection skills through demonstration and roleplaying. They will also learn and practice voice and volume so that they can be heard at an appropriate and relaxing rate/tone/speed/volume for teaching yoga.
- Students will learn business skills and aspects of teaching yoga. (This includes marketing, spaces/rooms, and legal tools.)

Weekend 5-7: Practicum and Student Teaching Practicum

Description: Students will be observed instructing other students and their own private classes.

Learning Objectives:

- Students will practice teaching as the lead instructor (does not include assisting, observing or giving feedback). This will begin in previous weeks but will be emphasized here. Students will be scheduled throughout the last few weekends of class to teach their classes as the lead teacher.

- Students will also write and present two lesson plans. Two detailed and themed lesson plans, including format, structure, detailed content (warm-up, main content/sequencing, variations, some cuing suggestions, cool-down, relaxation/meditation), and a brief description of targeted participants. These are due at the beginning of the final weekend.
- Students will give and receive feedback.
- Students will observe others teaching.
- Students will assist other students while a peer is teaching.
- Students will present one of their written lesson plans, as well as that of another trainee.
- Students will present examples of the following; warrior series, sun salutations, balancing poses, floor positions/movements.
- Students will present examples of asana geared toward specific physical indications (i.e. abs and core; upper body, etc.) as well as toward specific energy level goals (i.e. restorative for calming and deep relaxation; lively vinyasa flow to increase heart rate, stimulate and energize)
- Students will complete the written quiz with a passing score of 80%.