



## **TEACHER TRAINING CERTIFICATION COURSE 200-hour level**

**Teach Yoga Therapy for Holistic Healing.**

**Learn Therapeutic Solutions for Ailments  
to Promote Harmony of the Body, Mind & Spirit.**

Our certification course exceeds the requirements for 200 hour Yoga Alliance registration. This is a comprehensive program of instruction in Iyengar influenced yoga, Vinyasa-Flow Yoga, Pranayama and Meditation, which is intended for aspiring teachers, current teachers, and those wishing to deepen their personal practice and understanding of holistic healing through yoga.

The course will be presented by a team of professionals from New York, Texas, India and Japan with more than 150 years of experience among them. The course work includes the history of yoga, asanas, pranayama, meditation, anatomy, ayurveda, Yoga 4 Kids™, philosophy and ethics.

As a participant, you will explore the history of yoga and yoga's evolution into modern eclectic styles. The scriptures of

classical yoga and meditation will be studied with guidance from our faculty. You will learn the proper technique and methodology for teaching yoga and meditation, to heal, as well as the art of designing, teaching, and assisting in classes. Completion of the course will include practical experience teaching classes to student's ages 4 – adults. Gourmet vegetarian cuisine is also included as a part of your tuition. At the completion of the course, you will be a CYT certified yoga instructor at the 200-hour level.

### ***Course topics include:***

Daily guided Yoga practice  
History and Evolution of Yoga  
Intensive study and practice of Asanas (postures)  
Sanskrit for Yoga Teachers  
Assisting and modification of poses  
Anatomy  
Meditation  
Pranayama  
Yogic diet  
The Business of teaching Yoga  
Running a Yoga studio  
Class planning and sequencing  
Observation of and assisting of classes  
Practice Teaching  
Yoga for Special Populations  
Yoga 4 Kids®  
Many other topics are included, as well.

### ***Throughout the course, you will learn:***

#### ***Technique:***

Here you will learn asanas (poses), pranayama (breathing techniques), and the psychology & methodology for meditation. There will be guided practice of the techniques themselves, as well as training in how to teach and practice the techniques.

### ***Teaching Methodology:***

Here you will learn the proper technique and methodology for teaching yoga, as well as the art of designing, teaching, and assisting in classes. Also included are teaching styles, qualities of a teacher, as well as the business aspects of teaching yoga.

### ***Anatomy and Physiology:***

Here you will learn both physical human anatomy (body systems and organs), as well as energy anatomy and physiology (chakras, nadis). This includes both the study of the subject as well as its application to a yoga practice (benefits, contraindications, body movements, etc.)

### ***Yoga Philosophy, Lifestyle, and Ethics:***

Here you will study the ancient text of yoga and the history and evolution of the practice; gain an understanding of a yogic lifestyle, including diet; and explore ethical issues of the business of yoga.

### ***Practicum:***

Here you will apply what you have learned through practice teaching. Each participant will lead live classes in a working studio environment.

***Tuition and fees:***

Tuition for the course is \$2,999. payable by check.

Tuition includes most meals, books and other materials.

A minimum deposit of \$999. is required with registration.

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**Please complete Registration Form and submit with deposit to:**

**KINGWOOD YOGA  
3626 Glenwood Springs Drive  
Kingwood, TX 77345**



**3626 Glenwood Springs Drive  
Kingwood, TX 77345  
281-441-9642  
www.kingwoodyoga.com**

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## **TEACHER TRAINING REGISTRATION FORM**

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Name

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Address

City

State

Zip

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Cell Phone

Email

**Previous Yoga Training Dates**

**Teacher/School**

**Style**

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**\* Please submit with deposit (check only).**