

# Koghan Yoga Center

## 200-Hour Yoga Teacher Training Curriculum

### Module 1: Fundamentals of Asana, Alignment, and Key Actions (30 Hours)

- **Learning Objectives:**
  - Understand the fundamental principles of asanas and alignment.
  - Learn key actions in common yoga poses.
  - Explore the anatomy of movement, body mechanics, and injury prevention.
- **Topics Covered:**
  - **Standing Poses:** Alignment principles in foundational poses like Warrior, Triangle, and Mountain.
  - **Seated and Supine Poses:** Focus on grounding, stability, and balance.
  - **Backbends and Twists:** Techniques for safe spinal movement and opening the chest.
  - **Arm Balances and Inversions:** Introduction to balancing and inverting with confidence.
- **Teaching Methodologies:**
  - How to cue poses for alignment.
  - Modifications for different body types and abilities.
  - The use of props for enhancing alignment.

### Module 2: Techniques of Vinyasa (20 Hours)

- **Learning Objectives:**
  - Master the fluidity and transitions between poses in Vinyasa.
  - Cultivate breath-movement synchronization.
  - Learn to teach dynamic and flowing sequences.
- **Topics Covered:**
  - Principles of Vinyasa Krama (intelligent sequencing).
  - Exploration of Sun Salutations (Surya Namaskar A and B).
  - Creative transitions in and out of poses.

### Module 3: Gentle Yoga and Restorative Relaxation Practices (15 Hours)

- **Learning Objectives:**
  - Learn the principles of gentle yoga for warm-ups and recovery.
  - Understand restorative yoga and its applications for relaxation and healing.
- **Topics Covered:**
  - Introduction to gentle yoga poses and sequencing.
  - Restorative practices using props (bolsters, blankets, blocks).
  - Techniques for guided relaxation and Yoga Nidra.

### Module 4: Pranayama and Breathwork (15 Hours)

- **Learning Objectives:**
  - Deepen understanding of pranayama (breath control) techniques.
  - Learn the physiological and energetic benefits of different pranayama practices.
- **Topics Covered:**
  - Introduction to basic pranayama techniques: Ujjayi, Nadi Shodhana, Kapalabhati, Bhramari.
  - Techniques for teaching breath awareness and integration in asana practice.
  - The connection between breath, mind, and prana (life force).

### **Module 5: The Use of Props (10 Hours)**

- **Learning Objectives:**
  - Understand how to use props effectively to support alignment and accessibility.
  - Learn how props can assist with modifications and injury prevention.
- **Topics Covered:**
  - Overview of commonly used props (blocks, straps, blankets, bolsters, ropes).
  - How to integrate props into different styles of practice.
  - Teaching prop-assisted sequences for diverse student populations.

### **Module 6: Observation, Assisting, and Adjusting (20 Hours)**

- **Learning Objectives:**
  - Learn observation skills to assess alignment and engagement in students.
  - Explore safe and effective hands-on adjustments.
- **Topics Covered:**
  - Techniques for verbal and physical adjustments.
  - Ethical considerations for touch.
  - Observing energy patterns in students' bodies.

### **Module 7: Sequencing and the Art of Teaching (25 Hours)**

- **Learning Objectives:**
  - Develop skills for intelligent and effective class sequencing.
  - Understand the art of pacing, timing, and theming in yoga classes.
- **Topics Covered:**
  - The principles of class structure: warm-up, peak, and cool-down.
  - Sequencing for different class levels (beginner, intermediate, advanced).
  - Theming and integrating intention into a class.

### **Module 8: Yoga History and Philosophy (15 Hours)**

- **Learning Objectives:**
  - Explore the rich history of yoga and its philosophical foundations.
  - Understand the ethical implications of being a yoga teacher.
- **Topics Covered:**

- Introduction to key texts: Bhagavad Gita, Yoga Sutras of Patanjali, Hatha Yoga Pradipika.
- The Eight Limbs of Yoga and their application in daily life.
- Ethical considerations: Yamas and Niyamas.

### **Module 9: Anatomy and Physiology for Yoga Teachers (20 Hours)**

- **Learning Objectives:**
  - Gain a functional understanding of anatomy relevant to yoga.
  - Learn how to apply anatomical knowledge to improve teaching.
- **Topics Covered:**
  - Introduction to skeletal, muscular, and nervous systems.
  - Study of major joints and their ranges of motion.
  - Anatomy of breathing and the spine.

### **Module 10: Holistic Well-being and Yoga as a Lifestyle (10 Hours)**

- **Learning Objectives:**
  - Integrate yoga as a holistic practice for well-being beyond the mat.
  - Explore how diet, sleep, and mindfulness contribute to health.
- **Topics Covered:**
  - Ayurveda and the yogic approach to holistic health.
  - Practices for mental well-being: mindfulness and meditation.
  - The role of yoga in stress management.

### **Module 11: The Business of Yoga (10 Hours)**

- **Learning Objectives:**
  - Understand the practical aspects of running a yoga business.
  - Learn tools for marketing, branding, and building a teaching career.
- **Topics Covered:**
  - Basics of setting up a yoga studio or teaching online.
  - Building a personal brand and marketing your classes.
  - Ethical business practices for yoga teachers.

### **Module 12: The Art of Giving and Receiving Feedback (10 Hours)**

- **Learning Objectives:**
  - Develop skills for giving and receiving constructive feedback.
  - Create a supportive learning environment through communication.
- **Topics Covered:**
  - Techniques for offering helpful feedback to students and peers.
  - Cultivating self-reflection and personal growth as a teacher.

### **Module 13: Practice Teaching and Observation (20 Hours)**

- **Learning Objectives:**
    - Build confidence in teaching through practice and peer feedback.
    - Refine teaching skills by observing experienced teachers.
  - **Topics Covered:**
    - Practice teaching sessions with real-time feedback.
    - Observation of senior teachers in action.
    - Peer evaluation and collaborative growth.
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This curriculum is designed to ensure that yoga teacher trainees emerge with a deep understanding of both the technical and philosophical aspects of yoga, equipped with the practical skills to teach with confidence and compassion.