



# *Yogawave* 350 HR

## Level 1 Yoga Teacher Training

### Course Description

Yogawave 350 hour Level 1 Vinyasa Yoga Teacher Training is a comprehensive and dynamic course that gives its students the knowledge, understanding and the ability to teach Yoga in all of its facets as well as a means of personal development through the exploration of Yoga as a way of life.

Key Learning outcomes include a thorough knowledge of Asana that you can teach safely and competently with the ability to modify those Asana to suit all levels of student ability as well as an understanding of Yoga from a traditional, historical, personal and spiritual perspective.

You will be mentored by our fully qualified and experienced Instructors to gain the necessary skills to become a proficient, authentic and confident Yoga teacher as well as qualifying for membership to Yoga Australia.

## COUSE OUTLINE

### **Anatomy and Physiology-25hrs Contact/5hrs Non-contact**

*Consists of the study of bodily systems from the perspective of modern Western Science and application of its principles to Yoga practice.*

- \* The Musculoskeletal System
- \* The Digestive, Nervous, Respiratory, Circulatory, Lymphatic and Endocrine Systems
- \* Joints, muscles and movement and prevention of common Injury
- \* Anatomy for Yoga (teaching)
- \* Basic Nutrition

On completion students will be familiar with and have the ability to identify the major muscles and bones of the body and methods to prevent injury in relation to Yoga asana. They will have an understanding of the various body systems and basic nutrition.

### **Yoga Philosophy, Lifestyle & Ethics-40hrs Contact/10hrs non-contact**

*Consists of the study of Yogic texts, the History of Yoga, Yoga Lifestyle and ethics for Yoga Teachers.*

- \* Study of Yogic Texts - including The Yoga Sutras of Patanjali, The Bhagavad Gita, Kashmir Shaivism and the Tattvas, Hatha Yoga Pradipika. (30hrs)
- \* Exploration of personal connection to the core philosophies of yoga and class integration.
- \* Yogic lifestyle - developing and maintaining a meaningful personal practice that is an embodiment and expression of Yogic understanding and way of living.
- \* Ethics for Yoga – Yama and Niyama and Yoga Australia code of ethics.

On completion the student will have an understanding of the history of Yoga and be familiar with the various classic texts and teachings associated with traditional yoga practice. They will have and understanding of how to integrate these teachings into a yoga class as well gaining skills that benefit their personal practice. Students will gain an understanding of ethics as applied to Yoga teaching and lifestyle.

## **Yoga Techniques-100hrs contact, 60 hours non-contact**

*Consists of the study of the Theory and learning how to teach and practice traditional Yoga techniques.*

Yoga Asana and general 50hrs contact 30hrs non-contact

- \* Yoga Asana - study of postures, styles and Sanskrit terms.
- \* Yoga Asana - principles of alignment both physical and energetic.
- \* Bandhas (Mula, Uddiyana and Jalandhara) and mudras. (5 hrs)

Meditation 30hrs contact 20hrs non-contact

- \* Including mindfulness, mantra, self-inquiry, breath meditation, Yoga nidra and chanting.

Pranayama 20hrs contact 10hrs non-contact

- \* Foundations including Ujjayi, Nadi Shodhana and the role of the breath in movement.

On completion of the program the student will be able to execute the range of asanas as instructed and to guide and describe to students the proper alignment of, cautions, benefits and contraindications of, correct ways of entering and exiting the posture and how to perform adjustments to the posture. The student will be able to describe and to guide students in the correct performance of pranayamas and bandhas and to outline associated benefits, contraindications and cautions in the practice. The student will be able to participate in a meditation practice and describe the benefits and cautions of these practices.

## **Yoga Physiology 15hrs contact, 5hrs non-contact**

*Consists of the study of yogic physiology and subtle energy system.*

- \* Chakras, Nadis and Meridians
- \* Prana and Vayus
- \* Koshas
- \* Kundalini
- \* Mayas
- \* Gunas

On completion students will have an understanding of the subtle energy body and have the ability to describe and guide students in this understanding.

## **Teaching Methodology 24hrs contact, 6hrs non-contact**

*Consists of study and practice of teaching yoga including teaching and learning styles, communication and observation as well as class preparation, demonstration, plans and delivery and self- assessment.*

- \* Teaching Yoga Asana - teaching modification, sequencing and transitions, adjustment and safety.
- \* Teaching Yoga - Integrating Yogic Techniques
- \* The art of teaching – Teaching and learning styles, effective communication methods, Class construction, demonstration, preparation and delivery, self-assessment.

On completion students will have the ability to construct, sequence and instruct a safe class and have an understanding of different learning styles and communication methods. They will have an understanding of how to integrate the various yogic techniques in to a class.

## **Teaching Practice 35hrs contact 5hrs non-contact**

*Consists of Supervised teaching practice, observation of teaching and assistance in classes taught by qualified teacher.*

- \* Applying anatomy and physiology to teaching
- \* Teaching a Class and assisting in class under supervision with assessment and feedback from a senior qualified Instructor.
- \* Observation of class and receiving and giving feedback

On completion the student will have instructed a class under the supervision of a qualified teacher and demonstrated the ability to apply their understanding to the class.

## **Specialisation 15hrs contact 5hrs non-contact**

*Consists of teaching the specifics of Yin Yoga*

Yin Yoga- teaching fundamentals

On completion the student will have an understanding of Yin Yoga and how to instruct a Yin Yoga Class.

## **Texts**

Yoga Sutras of Patanjali  
Hatha Yoga Pradipika  
Bhagavad Gita  
Yoga Anatomy by Leslie Kaminoff



COURSE DELIVERY



## COURSE DELIVERY

Yogawave 350hr Yoga Teacher Training course will be delivered over 12months with 27 training days (1 Saturday and 1 weekend per month). Includes 3 weekend intensive Retreats with accommodation and catering.

### Training Day Outline- example

Yoga techniques-Asana practice	7am-8.30am	1.5
Homework review Q & A	9.00am-9.30	.5
Anatomy & physiology/Philosophy	9.30am -12pm	2.5
Yoga Techniques Meditation/Pranayama	1pm-2.30pm	1.5
Yoga Techniques-Asana Theory/ Sanskrit	2.30pm-3.30pm	1
Art of Teaching/methodology/practice	3.30pm-4.30pm	1
	Total	8

### Intensive Weekend Retreat- example

Yoga techniques-Asana practice	7am-8.30am	1.5
Anatomy and physiology workshop	9.30am-12.30pm	3
Yoga Techniques Meditation/Pranayama	1.30pm-2.30pm	1.5
Yoga Techniques-Asana Theory/ Sanskrit	2.30pm-3.30pm	1
Assessment/homework	3.30pm-4.30pm	1
Yogic Lifestyle – Kirtan/Nada Yoga/Puja	7pm-9pm	2
	Total	10
Yoga techniques-Asana practice	7am-8.30am	1.5
Yoga History and Philosophy workshop	9.30am-12.30pm	3
Yoga Techniques Meditation/Pranayama	1.30pm-2.30pm	1.5
Yoga Techniques-Asana Theory/ Sanskrit	2.30pm-3.30pm	1
Assessment/homework	3.30pm-4.50pm	1hr
	Total	8hrs



## ASSESSMENT

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## Study Commitments

As a student of Yogawave Yoga teacher Training you will be required to complete:

- \* Full participation in all Training days and Weekend Intensive Retreats as per calendar
- \* Maintain a personal meditation practice of 30 mins per day (to be included in journal)
- \* Maintain a regular personal Yoga practice that includes asana-3 hrs pw, meditation, pranayama and the study of philosophy (to be included in journal)
- \* Complete a 3-week Learn to Meditate Course (at the beginning of your training)
- \* Meet assessment criteria (see below)

## Methods of Assessment

Assessment will be ongoing throughout the training. Assessment will be based on and include:

- \* Ongoing coursework assessment through Multiple-choice quizzes
- \* Completion of Class observation and feedback for 3 classes
- \* Attendance and active participation and self-assessment
- \* Maintenance of a journal of Personal Yoga sadhana practice and progression for discussion and feedback and readings
- \* Written assignments
- \* Question and answer sheets
- \* Final Examination
- \* Assisting hours
- \* Practical teaching assessment



# COURSE TRAINERS

## **Yoga Studies**

Grant Morrill Level 3 Senior Yoga teacher

## **Anatomy and Physiology**

Kirra Morrill BHSc Naturopathy