



Hatha & Vinyasa

200 - HOUR

YOGA

TEACHER TRAINING

A Complete Foundation in Yoga — Integrating Ancient Wisdom with Modern Understanding



Introduction to Yoga

- Origins and evolution of yoga
- Overview of traditional yoga paths
- Understanding the Eight Limbs of Yoga (Ashtanga Yoga)
- Introduction to Hatha & Vinyasa traditions



Asana — Yoga Postures

- Practice of classical Hatha & dynamic Vinyasa sequences
- Alignment, adjustments, and modifications
- Understanding body mechanics in postures
- Sequencing and structuring a balanced class
- Developing a consistent personal practice



Pranayama — Breathwork

- Traditional breathing techniques and their purpose
- Expanding awareness through breath
- Balancing energy (Prana) in the body
- Safe integration of pranayama into practice and teaching



Meditation & Mindfulness

- Foundations of meditation practice
- Techniques: breath awareness, mantra, concentration
- Cultivating presence and mental clarity
- Integrating meditation into daily life and teaching



Anatomy & Physiology

- Functional anatomy for yoga practitioners
- Understanding muscles, joints, and movement
- Injury prevention and safe alignment
- Adapting practice for different bodies and conditions



Teaching Methodology

- Principles of effective and conscious teaching
- Verbal cues, adjustments, and observation skills
- Structuring a safe and inclusive class environment
- Building confidence as a teacher



Yoga Philosophy

- Study of the Yoga Sutras of Patanjali
- Foundations of Hatha Yoga philosophy
- Yogic ethics and lifestyle (Yamas & Niyamas)
- Applying ancient wisdom to modern living
- Living yoga beyond the mat



Ayurveda & Yogic Lifestyle

- Introduction to Ayurveda – the sister science of yoga
- Understanding body types (Doshas)
- Yogic diet and daily routine (Dinacharya)
- Creating balance through food and lifestyle



Teaching Practicum

- Observation of experienced teachers
- Practice teaching in a supportive environment
- Constructive feedback and refinement
- Developing your authentic teaching voice



Business & Ethics of Yoga

- Foundations of a sustainable teaching career
- Sharing yoga with integrity and authenticity
- Ethics and responsibilities of a teacher
- Introduction to promoting and offering classes

A Traditional Approach

EXPERIENCE · EMBODY · LIVE YOGA

*This course is rooted in authentic yogic tradition,
where learning goes beyond theory.*

*Students are guided to experience, embody,
and live yoga — creating a strong foundation
for both personal transformation and teaching.*

ANCIENT WISDOM

MODERN UNDERSTANDING

AUTHENTIC PRACTICE