



## Skylit Yoga Teacher Training - 200 hour

Trainer(s) Wendy Ramnarine

Session / Topic #	Title	Educational Category	Contact Hours	Contact Hours with Lead Trainer	Total Hours	Trainer
Module 1.0	Yoga - History and Philosophy	Yoga Philosophy/LifeStyle Ethics (YPLE)	7.00	7.00	7.00	Wendy Ramnarine

### Description

Overview of Yoga Sutras of Pantanjali (detail study of sutras will follow in Module 6.0), 8 limbs of yoga

### Learning Objectives

Module 1.2	Yoga - 5 Yamas and Niyamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	6.00	6.00	10.00	Wendy Ramnarine
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### Description

Social restraints, self discipline, series of 'right-living' + ethical rules. Homework: Students will be asked to prepare and hand in a 2 page written summary in their own words on the Yama and Niyamas.

### Learning Objectives

Module 2.2	Yoga - Pranayamas	Techniques, Training and Practice (TTP)	7.00	7.00	10.00	Wendy Ramnarine
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### Description

Studying the various breathing techniques, how and when they should be used and various contraindications relating to breathing techniques to be aware of. Students will be required to hand in a one page summary of material learned.

### Learning Objectives

Module 2.3	Yoga - Kriyas	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	Wendy Ramnarine
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### Description

Concept of freedom from impurities through self study and self discipline. Overview of kriyas (water, milk, oil, ghee, thread, neti and urine)

### Learning Objectives

Module 2.4	Yoga - Meditation	Techniques,	6.00	6.00	6.00	Wendy Ramnarine
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**Description**

Mindful meditation, practice and techniques. Students will be given exercises/techniques to improve concentration and appropriate guiding language.

**Learning Objectives**

Learn how to incorporate the art of meditation into their daily lives in order to teach by example.

Module 2.5	Yoga - Mantras & Mudras	Techniques, Training and Practice (TTP)	8.00	8.00	8.00	Wendy Ramnarine
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**Description**

Study of gyatri mantra, chanting of Om, and chakra related sounds. Understanding how and when to use them. Understand the eight basic types of Mudras, along with their uses and benefits.

**Learning Objectives**

Module 2.6	Asanas - Exercise + Spiritual Practice	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Wendy Ramnarine
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**Description**

Asanas as an exercise and spiritual practice (based on three principles of balance, awareness and stability). Introduction to various yoga styles but specializing in Hatha yoga as designed to align and calm the mind, body and spirit.

**Learning Objectives**

Module 2.1	Asanas - Sequencing	Teaching Methodology (TM)	14.00	14.00	18.00	Wendy Ramnarine
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**Description**

The art of sequencing classes based on categories of poses. (2 hours per categories as per modules 2.0.1 to 2.0.5) + 4 hours of demonstrations by lead trainer to provide understanding how to sequence and flow a class smoothly. Students will be required to hand in a two page summary of material learned relating sequencing a class.

**Learning Objectives**

\*sample techniques will be demonstrated. Students will be able to participate both as the lead and participant at times to enhance the learning process.

Module 4.0	Living your Yoga	Techniques, Training and Practice (TTP)	3.00	3.00	3.00	Wendy Ramnarine
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**Description**

Provide techniques for practical application of Yoga in daily life.

**Learning Objectives**

Module 4.1	Effective communication	Teaching Methodology (TM)	7.00	7.00	7.00	Wendy Ramnarine
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**Description**

The art of clear intention, positive communication, questioning and the use of tone and authentic voice style.

**Learning Objectives**

Module 4.2	Identifying needs	Teaching Methodology (TM)	7.00	7.00	9.00	Wendy Ramnarine
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**Description**

Honing in the ability to identify individual needs and applying modifications - Students will be required to hand in a one page summary of on how to identify the students needs and show effective communication skills, by the use of language.

**Learning Objectives**

Module 4.3	Foundation of Assisting	Teaching Methodology (TM)	5.00	5.00	5.00	Wendy Ramnarine
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**Description**

Foundations of assisting and correcting with conscious touch and creating a safe and trusted environment to practice.

**Learning Objectives**

Module 4.4	Business aspects	Teaching Methodology (TM)	4.00	4.00	4.00	Wendy Ramnarine
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**Description**

Use of professional business approach (marketing, finances, legal aspect)

**Learning Objectives**

Module 3.0	Physical A&P - Integumentary system	Anatomy & Physiology (AP)	4.00	4.00	5.00	Wendy Ramnarine
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**Description**

Study of the human skin and its appendages. Students will be required to complete a take home assignment of short answer questions pertaining to the integumentary system..

**Learning Objectives**

Module 3.1	Physical A&P - Skeletal/muscular system	Anatomy & Physiology (AP)	6.00	6.00	7.00	Wendy Ramnarine
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**Description**

Study of the mechanical structure and system which moves the limbs and other parts of the body.Study of the human skin and its appendages. Students will be required to complete a take home assignment of short answer questions pertaining to the skeletal/muscular

system.

**Learning Objectives**

Module 3.2	Physical A&P - Endocrine system / nervous system	Anatomy & Physiology (AP)	3.00	3.00	3.00	Wendy Ramnarine
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**Description**

Study of homeostatis and the functions & coordination of the body and its stimuli.

**Learning Objectives**

Module 3.3	Physical A&P - Know your brain	Anatomy & Physiology (AP)	4.00	4.00	4.00	Wendy Ramnarine
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**Description**

CNS/ANS - studying the cerebral functions in relation to body/mind connections

**Learning Objectives**

Module 3.4	Contraindications	Anatomy & Physiology (AP)	4.00	4.00	6.00	Wendy Ramnarine
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**Description**

Asanas and contraindications, safety movements. Students will be required to hand in a one page summary of material learned to demonstrate understanding of contraindications and related asanas.

**Learning Objectives**

Module 2.7	Energy A&P - Chakras +	Techniques, Training and Practice (TTP)	8.00	8.00	16.00	Wendy Ramnarine
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**Description**

Study of the 7 main chakras, locations and how they affect the mind and body through the asanas. Students will be asked to completed a 4 page assignment on postures relating to chakras and to demonstrate understanding.

**Learning Objectives**

Module 3.5	Energy A&P - Bandas	Anatomy & Physiology (AP)	3.00	3.00	3.00	Wendy Ramnarine
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**Description**

Understanding the bandas and its use to increase physical strength, muscular control, support the spine and the subtle energy

**Learning Objectives**

Module 3.6	Energy A&P - Nadis	Anatomy & Physiology (AP)	3.00	3.00	3.00	Wendy Ramnarine
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**Description**

Understanding the body's channels that carry life force energy.

**Learning Objectives**

Module 1.3	Literature of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	6.00	6.00	6.00	Wendy Ramnarine
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**Description**

Studying the literature of Yoga – (Yoga Sutras of Patanjali, Bhavagad gita)

**Learning Objectives**

Module 1.4	Ethics	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	2.00	2.00	Wendy Ramnarine
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**Description**

Ethics of a Yoga teacher and the path of release and acceptance.

**Learning Objectives**

Module 1.5	Lifestyle & Nutrition	Yoga Philosophy/LifeStyle Ethics (YPLE)	4.00	4.00	4.00	Wendy Ramnarine
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**Description**

Lifestyle of Health and Balance, Importance of self-love and gratitude. Learn about proper nutritional routine.

**Learning Objectives**

Module 1.6	Value of Service	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.00	2.00	2.00	Wendy Ramnarine
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**Description**

Finding your passion and they finding your purpose in the value of teaching yoga as a service and being of service to others (giving back). In class group discussion on what service means and examples.

**Learning Objectives**

Module 5	Practice + Finals	Practicum	10.00	10.00	20.00	Wendy Ramnarine
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**Description**

Each student will teach 5 one hour classes throughout the program and receive feedback from lead trainer, demonstrating the use of Language, Guiding, & Transitioning, Assisting, Supporting, & Modifying Poses, Sequencing, Transitioning, & Sustaining Postures. Each student will also lead 2-3 minute guided meditation supervised by lead trainer. Each student will lead a sequenced class of their own during Module 2.1 supervised by lead trainer. Class 2 = A one hour chakra related specific class. Class 3, 4 and 5 will be overall general Hatha class based on material learned.

**Learning Objectives**

Based on feedback, they will be able to re-do a class if necessary

Module 1.7	Introduction to Ayurveda	Yoga Philosophy/LifeStyle Ethics (YPLE)	4.00	4.00	4.00	Wendy Ramnarine
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**Description**

Introduce Ayurveda concept of doshas and their qualities. Overview of how yoga poses have cause and effect relating to the doshas.

**Learning Objectives**

Module 6	Attend classes	NA - Supplemental Training	0.00	0.00	10.00	Wendy Ramnarine
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**Description**

Students are required to attend 10 yoga classes at a studio of choice and take note of points, critiques and techniques used. They will be required to share these with each other in order to encourage discussion. There will be an overall final written exam covering all material learned in the course, where passing grade is minimum 85%.

**Learning Objectives**

Supplemental	Teaching opportunities	NA - Supplemental Training	0.00	0.00	3.00	Wendy Ramnarine
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**Description**

Students will also have to opportunity to teach a class outside of peers by other attending students (free class to members of our studios). We will organize free yoga class for outside students, allowing teachers to practice 2 sessions each with lead trainer present for each session and obtain feedback.

**Learning Objectives**

Module 2.0	Asanas - Overview	Techniques, Training and Practice (TTP)	4.00	4.00	4.00	Wendy Ramnarine
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**Description**

Covering the 7 moving principles of Asanas (Breathe, Yield, Radiate, Center, Support, Align, Engage, Return)

**Learning Objectives**

Module 2.0.1	Asanas - Part 1	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Wendy Ramnarine
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**Description**

Covering series of Asanas with variations, transition options and sanskrit names of Standing, Balancing, Arm balancing asanas.

**Learning Objectives**

Module 2.0.1	Asanas - Part 2	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Wendy Ramnarine
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**Description**

Covering series of Asanas with variations, transition options and sanskrit names of Inverted, backward bends, twists asanas.

**Learning Objectives**

Module 2.0.3	Asanas - Part 3	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Wendy Ramnarine
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**Description**

Covering series of Asanas with variations, transition options and sanskrit names to Forward bends, sitting, reclining.

**Learning Objectives**

Module 2.0.4	Asanas - Using Props	Techniques, Training and Practice (TTP)	6.00	6.00	6.00	Wendy Ramnarine
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**Description**

Learn to how and when to use props (blocks, bolsters, blankets, belts, chairs etc.) Modifications of Shavasana.

**Learning Objectives**

Module 2.0.5	Asanas - Categorized	Techniques, Training and Practice (TTP)	8.00	8.00	24.00	Wendy Ramnarine
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**Description**

Review each category of asanas with its benefits, modifications, regressions and progressions. Students will be asked to hand in a take home exam regarding the poses, use of props and contraindications.

**Learning Objectives**