



500hour HM Yoga Teacher Training Overview

Fall 2022

Admission Requirements

Minimum 19 years of age.

A minimum of one year of dedicated yoga practice prior to the training. Commitment to our 12-month training program that will be demanding of time and effort (and we promise so rewarding).

2022/2023 Dates

September 9, 10, 11 2022	April 14, 15, 16 2023
October 14, 15, 16 2022	May 12, 13, 14 2023
November 11, 12, 13 2022	June 9, 10, 11 2023
December 9, 10, 11 2022	July 7, 8, 9 2023
January 13, 14, 15 2023	August 11, 12, 13
February 10, 11, 12 2023	
March 10, 11, 12 2023	

Hours

Friday evenings 6pm – 9pm / Saturdays/Sunday's 8:30am – 5:30pm
(Dates/times may be subject to minor changes), (Classes may be a combination of in person and via zoom)

Included in tuition

- HM Yoga workbook and handouts
- Alternate training in master classes with
- Maharani Jay Bhakti Goswamini – diving deeper into Yoga Philosophy
- Chris Clancy – biotensegrity
- Susi Hatley – “If I’m So Smart” program for personal development
- Barbara Hurst – Overview and introduction to Ayurveda principles
- Master class in biomechanics and anatomy – TBA
- One-year unlimited Yoga Membership at Healing Movements Yoga Centre



Topics Covered

Techniques / Training / Practice

- Practice and review of Asana and traditional Hatha postures (review of safety, benefits, and contraindications)
- Techniques, application, and practice of Pranayama, Kriyas, Chanting, Mantras, Meditations and Mudras
- Modification of asana for injury and special populations
- Restorative Yoga – various forms - practice, application, and techniques
- Proper alignment what to look for in teaching and practicing

Teaching Methodology

- How to address specific needs (multi-level classes, etc)
- Teaching to Special populations (pre-natal, children, etc)
- Structuring and building of a class, including written lesson plans
- Setting intention and visualizations
- Verbal cues, demonstrations of poses, and adjusting
- Time management of class

Anatomy and Physiology

- Applied anatomy as it relates to asana modification and sequencing
- Bones, muscles, joints, and energy systems (chakras, nadis, and bandhas)
- Bio-tensegrity Paradigm
- Anatomy and physiology principles of yoga



Yoga Philosophy, Lifestyle, and Ethics

- Study of traditional Yoga texts (The Bhagavad Gita, Patanjali's Yoga Sutras, and more)
- Lifestyles and principals of Yoga based on Yamas and Niyamas, etc.
- Ethics, privacy, and the role of the yoga teacher (ethics, waivers, social media)
- Serving in a yogic role (Seva teaching and giving back)

Practical

- Group practice in class teaching both as lead teacher and assisting classes
- Assisting public classes (at Healing Movements Yoga Centre)
- Discussion on feedback and observations
- Teaching full length final class (60 minutes)

HOURS OF COMMITMENT

Classroom hours – 285hrs

Mentorship and contact hours – 165hrs (approximate in studio classes/mentorship)

Homework and special project hours – 50hrs

Total hours with homework and assignments: 500hrs

Please Note: Any student is welcome to take the 500-Hour level course to further their own practice or personal development. You do not need to decide about whether or not you want to teach before you begin the training. ALL ARE WELCOME.

COST:

\$500 non-refundable deposit due upon registration (to be added to tuition)

\$7950 plus \$397.50 GST total cost of tuition (\$8,347.50)

please speak to Jody or Pat for participation requirements or payment plan options.