



500hour HM Yoga Teacher Training Overview

Admission Requirements

19 years of age.

A minimum of one year of dedicated yoga practice.

Commitment to a 1year training program that will be demanding of time and effort.

Schedule Intake

The next program intake starts October 2020. Runs 3rd weekend of each month.

Hours

Friday evenings 6pm – 9pm

Saturdays/Sunday's 8:30am – 6pm

** additional hours may be required in the form of weekend workshops
(Dates/times may be subject to minor changes)

Textbooks

Text-Provided

Patanjali's Yoga Sutras

The Bhagavad Gita

Hatha Yoga Pradipika

HM Yoga workbook and handouts



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 Yoga Sutras, The Bhagavad Gita, Hatha Yoga Pradipika and Upanishads)
- 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
- 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 make a decision about whether or not you want to teach before you begin the training. ALL ARE WELCOME.

COST:

\$350 non-refundable deposit due upon registration (to be added to tuition)

\$4995 plus GST total cost of tuition (additional cost for retreat will be required)

Upgrade from 200hr – 500hr option available (\$2995 pls GST)

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