

Northwest Yoga Society (Spring 2020)

SYLLABUS FOR YTT 200

Yoga Alliance 200 hour Yoga Teacher Training Program

Instructor:	Mandy Cummins, ERYT200 & LMT
Email/phone:	mandy@northwestyogasociety.com - 425-293-5297
Text (required):	Yoga Sutras of Patanjali, transliteration by Sri Swami Satchidinanda
Introduction:	Welcome to this Yoga Alliance program! It was designed to introduce you to the history, language, methodology, anatomy, physiology, and future of the developing yoga industry, while preparing you to teach to a general adult population.
Learning objectives:	After program completion, it is expected that you should be able to: <ol style="list-style-type: none">1. Identify muscles working and explain physical & mental benefits of any yoga pose.2. Break-down & teach any yoga pose, modifying for special populations.3. Define basic yogic philosophical concepts.4. Speak basic Sanskrit.5. Create sequences.6. Safely offer hands-on adjustments.7. Educate a general adult population in a way that is authentic to you.
Missed Time:	If you have to miss any class times, please notify your instructor.
Observations:	6 observations are due. These are meant to prepare you to teach. 5 must be Mandy, but exceptions can be made. Please ask your instructor.
Classes/Journal:	You must journal after each training session and yoga class taken. It is helpful to note #/# (40 additional class hours are due), date, instructor & time of class, plus notes on your experience. You get to keep your journal.
Homework:	See the schedule for due dates on studying reading assignments and homework.
Seva:	4 hours of community service must be completed by 5.24.2020. Let your instructor know when you have completed them & be prepared to share.

If you have any questions or need assistance in any way, don't hesitate to reach out to your instructor.

Note: The schedule may change to maintain progression of the material through the program.

Schedule

Week	Date	Description	Homework
Week 1	1/19/2020	Introduction to: Training, Yoga Sutras, Sanskrit terms & Anatomy + Asana Break-down, Om	Attend and journal about 40 classes at Bent throughout the course of training. Due by 12/17/2019.
Week 2	1/26/2020	Asana Break-down & Practice Teach, Intro to Muscles and ROM, Ahimsa, Practice Teach	
Week 3	2/2/2020	Asana Break-down & Practice Teach, Playlist creating, Satya	
Week 4	2/9/2020	Asana Break-down & Practice Teach, Intro to Anatomical Systems, Asteya	Read Book 1 of Yoga Sutras
Week 5	2/16/2020	Asana Break-down & Practice Teach	
Week 6	2/23/2020	Asana Break-down & Practice Teach	
Week 7	3/1/2020	ROM, Upper Body, Saucha	
Week 8	3/8/2020	Chakras, 8 Limbs	Read book 2 of Yoga Sutras
Week 9	3/15/2020	Review, Spine/Core, Mythology	
Week 10	3/22/2020	8 Limbs, practice teaching, Lower body	
Week 11	3/29/2020	What is Yoga, Yin Yoga & Tapas	
Week 12	4/5/2020	Ayurveda, Types of Yoga, Svadyaya, Sequencing	
Week 13	4/12/2020	Wheel of Life, Communication, Sanskrit, Atmosphere, Isvara	
Week 14	4/19/2020	Chakras, Practice Teaching	3 (of 6) observations due, Read Book 3 of Yoga Sutras
Week 15	4/26/2020	Practice Teach, Sequencing, Hands-on Adjustments, Demonstrating, Pratyahara	
Week 16	5/3/2020	Practice Teach, Ethics, Review, Sanskrit, Dharana, Special Populations	Book discussion
Week 17	5/10/2020	Teach full class	6 (of 6) observations due
Week 18	5/17/20120	Business of Yoga & Vision Board, Interview Prep, Community Class & potluck	Read Book 4 of Yoga Sutras. Complete 40 classes & journal entries.