



# Pasithea Yoga

## 200-Hour Yoga Teacher Training (Live Online)

**Yoga Alliance–Accredited**

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### Course Overview

The Pasithea Yoga 200-Hour Yoga Teacher Training is a comprehensive, live online program designed to support deep personal practice, confident teaching skills, and embodied understanding of yoga. Rooted in Hatha and Vinyasa traditions and aligned with Yoga Alliance standards, this training offers a balanced integration of asana, anatomy, philosophy, pranayama, meditation, ethics, and professional development.

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### Training Structure

**Total Hours:** 200

**Format:** Structured, Live Online Classes

**Accreditation:** Yoga Alliance (200-Hour)

**Lineage:** Hatha & Vinyasa

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# Module Breakdown

## Module 1 – Foundations of Yoga & Teaching

- Welcome & Orientation
- What Is Yoga?
- Principles of Skilful Teaching
- What Makes a Good Teacher
- Historical Context of Asana
- Cueing Basics: Positioning & Foundation
- Practice: Yoga & Meditation

## Module 2 – Breath, Meditation & History

- Introduction to Pranayama & Meditation
- History of Yoga
- Practice: Neutral Poses (Part 1)
- Introduction to Sequencing

## Module 3 – Anatomy Foundations & Standing Poses

- Language of Anatomy
- Bones, Joints & Connective Tissue
- Neutral Standing Poses Overview
- Sequencing: Class Structure
- Seeing & Observing Students
- Asana Lab: Neutral Standing Poses
- Meditation Practice

## Module 4 – Muscles, Twists & Verbal Assists

- Muscle Tissue Overview
- Asana Lab: Neutral Asymmetrical Standing Poses
- Practice: Standing Twists
- Cueing Verbal Assists
- Pranayama Practice

## Module 5 – Hip Anatomy & External Rotation

- Anatomy of the Hip
- Externally Rotated Standing Poses
- Sequencing: External Rotations
- Cueing Diagonal & Directional Actions
- Asana Lab: External Standing Poses

## Module 6 – Breath Anatomy & Sun Salutations

- Anatomy of Breathing
- Asana Lab: Sun Salutations
- Cueing Breath with Movement
- Practicum 1 Preparation
- Quiz

## **Module 7 – Ethics & Practicum 1**

- Ethics for Yoga Teachers (Part 1)
- Pranayama Practice
- Practicum 1 Teaching Submission
- Quiz Review

## **Module 8 – Foot & Ankle + Sutras**

- Anatomy of the Foot & Ankle
- Practice: Foot-Focused Asana
- Cueing Root-Bound Actions
- Yoga Sutras Study & Student Presentations

## **Module 9 – Knee Anatomy & Hip Openers**

- Anatomy of the Knee
- Practice: Active Hip Openers
- Asana Lab: Active Hip Opening
- Ethics for Yoga Teachers (Part 2)
- How to Practice & Teach Asana

## **Module 10 – Arms, Hands & Balancing**

- Anatomy of the Arm & Hand
- Practice: Hand Balances
- Core & Arm Balance Asana Lab
- Sequencing Hand Balances
- Classroom Elements

## **Module 11 – Spine & Back Bending**

- Anatomy of the Spine
- Practice: Accessible Backbends
- Sequencing Backbends
- Asana Lab: Back bending
- Ethics for Yoga Teachers (Part 3)

## **Module 12 – Vinyasa & Core**

- Vinyasa Practice
- Cueing Transitions & Stabilisation
- Anatomy of the Core
- Introduction to Prenatal Yoga
- Meditation Practice

## **Module 13 – Inversions & Nervous System**

- Practice: Active Inversions
- Sequencing Inversions
- Teaching Demonstrations
- Pranayama Practice
- Nervous System Overview
- Injury Awareness & Applications

## **Module 14 – Circulation & Deeper Backbends**

- Circulatory System Overview
- Asana Lab: Deeper Backbends
- Sequencing Deeper Backbends
- Practicum 2 Orientation
- Bhagavad Gita Study

## **Module 15 – Cooling & Seated Practices**

- Practice: Cooling Inversions
- Sequencing Cooling Practices
- Seated Twists & Forward Folds
- Seated Hip Openers
- Practicum 2 Preparation

## **Module 16 – Practicum 2 & Quiz**

- Quiz 2 Completion & Review
- Practicum 2 Teaching Submission

## **Module 17 – Advanced Sequencing & Online Teaching**

- Sequencing Class Styles
- Vinyasa Integration & Transitions
- Reclined Asana Lab
- Teaching Yoga Online

## **Module 18 – Creating & Teaching a Class**

- Creating a Class: Sequencing
- Qualities of a Yoga Teacher
- Teaching, Reflection & Feedback
- Meditation & Pranayama Orientation

## Module 19 – Professional Path & Philosophy

- Advanced Pranayama Practice
- What Is Yoga? (Part 2)
- Professional Development Basics
- Defining Your Teaching Mission
- Models of the Human Experience

## Module 20 – Practicum 3 & Business Skills

- Pranayama & Meditation Practicum
- Ethics for Yoga Teachers (Part 4)
- Practicum 3 Preparation
- Marketing & Business Planning
- Final Exam Orientation

## Module 21 – Final Assessments

- Final Written Exam
- Practicum 3 Teaching Submission

## Module 22 – Integration & Graduation

- Course Integration & Reflection
- Certification Review
- Graduation Ceremony

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## Certification

Upon successful completion of all modules, quizzes, practicums, assignments, and the final exam, students will receive a **200-Hour Yoga Teacher Certification** accredited by **Yoga Alliance**, qualifying them to register as a **RYT 200**.

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*Pasithea Yoga — guiding embodied teachers, rooted in wisdom, breath, and integrity.*