



Pasithea Yoga

200-Hour Yoga Teacher Training (Self-Paced Online)

Yoga Alliance—Accredited

Course Overview

The Pasithea Yoga 200-Hour Yoga Teacher Training is a comprehensive, self-paced 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.

Students may move through the material at their own pace while completing required quizzes, practicums, assignments, and final assessments to qualify for certification.

Training Structure

Total Hours: 200

Format: Self-paced online modules

Accreditation: Yoga Alliance (200-Hour)

Lineage: Hatha & Vinyasa

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

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**.

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