

YAP250hrs syllabus

Our course syllabus is built around the requirements of Yoga Alliance Professionals, with several important additions: we place strong emphasis on practical training that is designed to give trainees all the tools needed to run a safe, effective and enjoyable yoga class in their own community.

Over the ten training weekends trainees will attend presentations on the theoretical aspects of their training, will participate in discussions around these topics, and will have abundant opportunities to practise teaching their peers and members of the public.

The school will provide hand-outs for each training weekend, outlining expected learning outcomes; it is the trainees' responsibility to ensure they feel confident in these areas as the course progresses, and an aspect of independent learning is expected. In addition, each weekend trainees will be given a self-assessment sheet and structured reflection questionnaire to facilitate their learning between training weekend sessions.

Time is allocated for discussion of the questionnaires from the previous training weekend at the beginning of the next. This tried-and-tested approach enables every trainee to develop the knowledge, skills and confidence to teach yoga.

Trainee assessment

Every trainee has the task of completing 2 documents during the training week or as homework.

a) Structured reflections; where personal achievements and challenges are recorded and discussed in a group environment. Active participation is encouraged.

b) Self test document; each week trainees also complete this one page document and this is also discussed during time allocated during training weekend

Trainees have to complete **10 weekends of attendance/participation** to reach their 250hrs qualification. Final weekend is the Assessment Weekend. Principal teacher will set assessment tasks, observe and declare qualification success.

SUCCESS means not only a pass during the final weekend but also experience of teaching a minimum of 2 classes per week. (classes at work, local community class or as support teacher to existing qualified and practicing teachers)

Trainees will have their **Trainee Teacher and Insurance certificates** from 3rd module onwards and our records show that EVERY trainee is ready to start teaching their own classes soon after the third training weekend. (Some take a bit longer then 3rd module).

Personal Practice

Minimum personal practice of 90 hours

Minimum contact : 60hrs made up from;

20 training days, each training day starts with 1.5-2hrs personal practice taught by principal teacher or a visiting SYT or equivalent **30hrs contact**

The school will include a minimum of 1.5 hours per day of personal practice, of which approximately half will be taught by the lead trainer. The other half will be taught by visiting SYT or equivalent teachers, who will bring their own style of teaching.

This combination enables trainees to experience, discuss and evaluate different styles of yoga and teaching approaches, and to both broaden and deepen their own practice.

20 training days personal practice, when not teaching (1.5hrs). **30hrs contact**

Teachers prepare a daily class plan, based upon the day's A&P subject. In a 2hr period ALL students choose their posture, demonstrate and practice. The planned class is then delivered, one by one trainee, to an assembly of between 10 to 15 students from Sam's public classes. Trainees, who are not teaching, practice the postures with the visiting students, carryout adjustments and learn to support students. A very practical environment that prepares the trainee for their own real classes

20 yoga class vouchers to attend Sams' and/or selected yoga classes of teachers in local community **30hrs**

For distance teachers instead of 20 vouchers; the school organises with a teacher within the student's local community, and pay for, 20 classes of 1.5 hrs each

Practice log to be submitted for assessment

In addition, trainees are encouraged and are required to undertake daily personal practice at home. They are also encouraged to record, away from the school personal practice sessions with a local qualified yoga teacher who will confirm their attendance. Trainees have a record document for this. During the training period the minimum number of 30 hours personal practice required to achieve the YAP250hrs qualification. More hours are encouraged and all trainees have demonstrated the extra hrs.

Objectives: By the end of their training, trainees should:

- be able to properly execute a minimum of 30 yoga poses across the five main categories of asana (standing poses, forward bends, backbends, twists, and inversions).
- have developed a connection with the form and function of a range of yoga poses across the five main categories of asana.
- understand the importance and basis of proper alignment.
- be familiar with simple practices across other traditional yoga techniques (for example pranayamas, kriyas, chanting, mantra, meditation).

Teaching Practice

Minimum contact hours: 60hrs (of which 5 must be as lead teacher) made up from:

20 days training period; peer-to-peer teaching; Postures and Pranayama. **20hrs contact**

Teaching & practicing postures during class planning. **10hrs contact**

Teaching a class of visiting students from 4:15pm to 6:15pm as per class plan of the day. **30hrs contact**

Teaching log and class plan to be submitted for assessment and circulated to all trainees.

Teaching practice starts on day one of training and is central to every aspect of learning at the school. Each trainee will be supported to teach visiting students as well as their peers during the course of the training weekend: while many new trainees find this thought intimidating, they often surprise themselves at just how quickly they overcome their perceived lack of confidence. Trainees will learn to demonstrate, explain, teach and adjust students across a range of poses from the five main categories of asana (standing poses, forward bends, backbends, twists, and inversions), as well as basic practices from the other aspects of yoga. Once trainees have completed 3-5 full weekends at the school, they should have developed the necessary skills to begin teaching in their community, and will be supported and encouraged to do so.

Objectives:

By the end of their training, trainees should:

- be able to confidently and competently describe, demonstrate and adjust a minimum of 20 yoga poses across the five main categories of asana (standing poses, forward bends, backbends, twists, and inversions).
- have an understanding and have demonstrated “good bedside manner” in their adjustment of students.
- be able to instruct students in basic pranayama exercises.
- be familiar with the mudras and bhandas.
- be confident in planning and structuring a class.
- understand the use of themes in class planning.
- have submitted a class plan for assessment.
- have sought and responded to feedback on their teaching.

Philosophy and History of Yoga

Minimum contact hours: 30hrs

made up from 10 training days (Saturdays) 1.5hrs.

15hrs

Lectures/meditation/pranayama/mudras/bandas. From visiting teacher/lecturer and additional hours from school adjudicator (Sundays 1hrs).

15hrs

Yoga is an ancient discipline involving much more than physical exercises. This learning area will engage trainees with the roots of yoga by outlining key texts and through philosophical discussion. Trainees will be encouraged to practice some of the approaches discussed and to feed-back their experiences to the group.

Objectives:

By the end of their training, trainees should:

- be familiar with the key messages from the core texts (both historical and modern) that are relevant to yoga practice, including the works of Patanjali and his aphorisms.
- possess a broad understanding of the history of the various forms of yoga.
- have participated in discussions on the principles of yoga philosophy.
- understand how to translate yoga philosophy to modern life, and have practiced doing so.
- understand the system of chakras and how it is affected by the practice of yoga.
- appreciate how modern science has contributed to our knowledge of how yoga works.
- have knowledge of mindfulness, meditation, and of the power of the breath; have practiced techniques relating to each.
- have discussed the ethics of teaching yoga (the teacher-student relationship, and the concept of *seva*, being of service, to one's students and one's community). Code of Conduct.

Anatomy and Physiology

Minimum contact hours: 50hrs

Made up over 20 days training. A&P lectures/practical remedial yoga (2hrs each day). 40hrs contact

PLUS A&P reviews, during class planning session to set the theme of the day, with remedial yoga postures (0.5hrs each day). 10hrs contact

Knowledge of the structure (anatomy) and normal function (physiology) of the human body is necessary for the safe and effective practice of yoga. With the assistance of high-quality software, trainees will explore the human body from the surface to the innermost organs and systems. Each component will be discussed in terms of its physiological function, common pathologies (diseases, injuries, defects) and how specific yoga poses or practices can affect its working to promote normal function.

Objectives:

By the end of their training, trainees should:

- be able to identify the main bones and joints of the skeleton.
- understand the central role of the spine, and its unique connection to the chakra system.
- be able to name and point out the main muscle groups.
- understand how muscles, ligaments and tendons work together to achieve movement.
- know that the structure of joints varies and determines their range of movement.
- have a basic knowledge of selected glands (including thyroid, parathyroid, pineal and pituitary), their location and function.
- have some knowledge of the roles of the endocrine, immune and nervous systems.
- be able to identify the major organs of the human body (including those of the digestive tract, the liver, spleen, heart, lungs and pancreas), and describe their functions in basic terms.
- be familiar with the underlying causes of common ailments that they are likely to come across in their students, including but not limited to: varicose veins, high blood pressure, diabetes, arthritis, frozen shoulder, lower back pain, sciatic nerve issues.
- understand how yoga poses can be used or modified to aid realignment and recovery from common ailments, and which poses should be avoided (and why)

Methodology

Minimum contact hours: 25hrs

Made up from 20 days methodology subjects (1hr) lecture/discussions/structured reflections/self test **20hrs contact**

The methodology learning area takes in aspects of how to teach, how to run a class, and how to establish a yoga business. Methodology deals with principles and planning: first by discussion, and second by practice - initially at the school and then in the community.

FIRST-AID Minimum contact hours: 5hrs

Objectives:

By the end of their training, trainees should:

- understand the legal aspects of running a yoga business (income, insurance etc).
- appreciate and have investigated the advertising/marketing opportunities available to them (social media, blogs, search optimisation, community notice boards).
- have discussed the type of yoga teacher they are/want to be and used this to define their ideal niche in the yoga community.
- have made and begun to execute a business plan.
- feel confident in planning and structuring a class around a theme.
- understand the principles of demonstration, observation, assistance and correction.
- be aware of various yoga specialisms (for example, seated yoga for the elderly, pregnancy yoga, yoga for mental health).
- have acquired a basic first aid certificate.