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**BYS 250 Hr Plus LEVEL 1 VINYASA TEACHER TRAINING**

***13 weekends, Feb to November 2020***

**Yoga Alliance accredited**

**Friday 6-8pm, Saturday 10.30-3.30pm and Sunday 10.30-3.30pm**

**Snapshot:**

•   Weekend hours Friday 6-9pm, Saturday and Sunday 10.30-3.30pm. Please byo food and drinks.

•   You have 10 months in total for you to complete the course assignments although we strongly suggest keeping up to date with coursework and assessment

•   As well as study modules and homework, you must complete 10 Foundation classes, 15 general classes with Jacqui/Heather, 5 Restorative Yin classes, two class observations and one practice teaching class

•   For the duration of the course, all classes at BYS are free of charge

•   The course will include two final exams, one practical and one theory and homework which will be given at the end of each study module

•   The course hours consist of 169 contact hours, plus over 30 hours of additional classes and 20 hours of non-contact hours

**Modules will cover:**

**Techniques Training/Practice 100 contact hours, all with experienced Registered Yoga Teacher.**

Training in the techniques and practice of: Asanas, pranayamas, meditation, main principles, teaching special populations, chanting, mantra.

**Teaching Methodology (Total 20 hours) 10 contact hours, all with experienced Registered Yoga Teacher**.  
  
Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning, business skills, setting up classes.

**Anatomy Studies for Yoga Teachers - Principles and Applications 20 contact hours.**

Fitness knowledge components of physical fitness, bones, joints & common injuries, muscles and their actions, kinesiology of yoga asana, contraindications, movement patterns.

**Practicum/Teaching (total 25 hours) 18 contact hours with Experienced Registered Yoga Teacher.**

Teaching and assisting students in a class environment as well as observing and assisting in classes taught by others.

**Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers** **20 contact hours**   
  
Includes the study of yoga philosophies, yoga lifestyle, and ethics for yoga teachers, yogic lifestyle.

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250Hour Plus Level 1 consisting of 169 contact hours plus non-contact hours of coursework of over 20 hours, plus 37 hours additional class practicum to attend.

**MODULES - please note subject to changes\***

**Week 1**

Friday evening - Welcome, The meaning of Yoga and History

Saturday - Surya Namaskar with Trish, Teaching principles and practise

Sunday - The Paths of Yoga, Patanjali's 8 Limbed path, Yoga's code of ethics, Bhagavad Gita introduction

**Week 2**

Friday evening - Pranayama techniques, practicum

Saturday- Vinyasa Yoga, BYS Sequencing, Centring and Warm up poses

Sunday - Bhakti Yoga, Yogi anatomy, Pranayama foundations

**Week 3**

Friday evening - Bhagavad Gita skype lecture with Keren

Saturday - Yogic anatomy and Chakras, Standing Postures part 1

Sunday - Pranayama session, Meditation Foundations

**Week 4**

Friday evening - Mudras and Bhandas

Saturday- Pranayama, mantra theory and practise, Standing Postures Part 2

Sunday - Meditation techniques and practicum, Sadhana guidelines, teaching practice

**Week 5**

Friday evening - Meditation

Saturday - Pranayama session, Centralising & Neutralising postures

Sunday - Sadhana review, Patanjali's Yoga Sutras

**Week 6**

Friday evening - Mythology with Keren

Saturday - Balance Postures, Student learning in a yoga class

Sunday - Chakras and the subtle bodies, Meditation teaching practise

**Week 7**

Anatomy and Physiology with Cecilia Flux - whole weekend plus Friday night

**Week 8**

Friday night - Class theming with Keren

Saturday - Revolved Poses with Trish, Sanskrit review

Sunday - Anatomy and Physiology with Cecilia Flux

**Week 9**

Friday night - Chakra classes theory and practice

Saturday - Hip openers and backbends, teaching practice

Sunday - Ayurveda Foundations, teaching practicum

**Week 10**

Friday night - Ethics for Yoga Teachers

Saturday - Forward folds and twists, Restorative Yoga, teaching and assist practice

Sunday - Pranayama, mantra, teaching practice

**Week 11**

Friday night - Chant Practice, asana review

Saturday - The Art of Assists and Adjustments, Mantra teaching practice, Inversions

Sunday - Sequencing skills, Teaching Beginners, Core Flows, teaching practice

**Week 12**

Friday evening - Safe sequencing principles, Class planning and preparation, Teaching and Business skills for yoga teachers

Saturday - Teaching Private and Therapeutic yoga, Yoga and Common Injuries

Sunday - Pre-natal and kids yoga, Arm balances

**Week 13**

Friday evening – self-study session

Saturday - Mantra and pranayama practice, Written assessment

Sunday - Practical assessment



169 Contact hours plus class attendance of 37 hours, plus 20 non-contact hours of written assessment, additional class practicum and homework.

**Additional classes to attend at BYS over 10 months:**

10 Foundation classes

15 Flow w Jacqui/Heather

5 Restorative/Yin classes

2 Observes with Jacqui

1 Practise class

**READING LIST:**

Patanjali's Yoga Sutras - Satchitananda edition

Light on Yoga - BYS Iyengar

Bhagavad Gita - Eknath Easwaran edition

Mantra book - Thomas Ashley Farrand

The Heart of Yoga - T.K.V Desikachar

TO Express Your Interest: Please contact Jacqui or Heather to enquire about our next course or come in for a non-obligation chat about what we offer in this holistic, thorough and comprehensive Level 1 Yoga Teacher Training.

Namaste Jacqui Sellers and Keren Cooksey