



# Shanti Shanti Yoga School

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## 200 hour Teacher Training Program

We are thrilled that you have decided to take that next step in developing your yoga practice. Whether you are interested in expanding your knowledge, deepening your practice or becoming a certified yoga teacher, we have carefully constructed this program to help you on your path.

### **Training Program Description**

#### **100+ hours of Techniques**

Includes asanas, pranayama, kriyas, chanting, and meditation.  
Instruction of the techniques and how to teach them

#### **30+ hours of Teaching Methods**

Principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning

#### **20+ hours of Anatomy and Physiology**

Includes both physical Anatomy and Physiology and astral/energy/subtle Anatomy and Physiology (chakras, nadis, bandhas)

#### **30+ hours of Philosophy, Lifestyle and Ethics**

Study of Yoga Scriptures (Yoga Sutras, Bhagavad Gita), ethics for yoga teachers, 'living the life of the Yogi'

#### **25+ hours of Practicum**

Includes actual teach practice (in class and through assignments) as well as observing and assisting in classes taught by others

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#### **200+ hours Total**

Comprehensive Teacher Training Program providing the essential tools teach and develop your practice

## Training Program Schedule

Trainings are 15 weeks

**Lecture Days** Wednesdays, 6-9:30pm, held at The Yoga Mat in Orange **(52.5 hours)**

**Practice Days** Sundays – 10am – 4pm, held at The Yoga Mat in Orange **(90 hours)**

**Internship** Weekly class; days, times and location dependent on your and your mentor's availability **(21 hours)**

**Retreat** Weekend getaway; retreat options available based on your availability and retreats offered. **(21 hours)**

**Homework** Additional assignments to better digest and assimilate the information **(25 hours)**

## Overview of Topics Covered

- General history, Samkhya philosophy overview and present day yoga practices
- Breakdown and in depth evaluation of beginner and intermediate asanas (postures) of vinyasa yoga, focusing on alignment, injury prevention, adjustment/enhancement
- Pranayama (breathing) techniques and practical uses
- Ayurveda and healthy yogic eating
- Sequencing Principles and Sample Flows
- The Art of Teaching and Instruction; Cues and Imagery to enhance the journey
- Basic movement anatomy and physiology and how it relates to yoga
- Physical, Emotional and Mental Healing of Asana; Understanding the Chakras
- Setting the Environment for Transformation
- Bandhas (energy locks), Mudras (finger and body locks), Kriyas (Cleansing Techniques)
- Meditation practices to develop inward listening

### **Required Text**

Stephens, M. (2010). *Teaching Yoga: Essential Foundations and Techniques*. North Atlantic Books. ISBN: 978-1556438851

### **Supplemental Texts**

Kaminoff, L. (2007). *Yoga Anatomy*. Human Kinetics. ISBN: 978-0-7360-6278-7

### **Cost**

\$200	<b>Non-Refundable Application Fee</b> - This reserves your space in the program and goes toward your tuition
\$2000	<b>Tuition</b> – includes Training Manual, cost of all workshops and training sessions, access to Shanti Shanti Yoga School Library. Does not include required or supplemental texts.
\$500*	<b>Retreat</b> – attend 3 day yoga retreat, includes meals, lodging, and workshops

\*Retreat with Shanti Shanti Yoga School faculty; Cost varies per length, location, etc. See [www.shantishantiyoga.com](http://www.shantishantiyoga.com) for applicable retreats.

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**\$2500 Total (approx)**