



Yoga Scotland

(incorporating the Scottish Yoga Teachers' Association)

TEACHER TRAINING COURSE SYLLABUS



Yoga Scotland has an Exchange Diploma agreement with the B.W.Y.

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Scottish Charity Number SC020590

sportscotland

Governing Body for Yoga in Scotland

PRELIMINARY ENTRY REQUIREMENTS

Students should normally have completed a Yoga Scotland or BWY Foundation Course lasting 60 hours. Exemption from the Foundation Course for students practising for more than 3 years will be at the discretion of Yoga Scotland.

LENGTH OF COURSE

The course is a 2-year programme consisting of 500 training hours allocated as follows:

- 6 hours introductory day, comprising interview and yoga practice.
- 228 tutorial hours, comprising 2 residential weekends (60 hours) and 12 non-residential weekends (14 hours per weekend).
- 132 hours weekly class attendance, attending classes approved by Hatha Yoga tutors.
- 10 hours shadowing an experienced teacher.
- 84 hours for practical and written assignments
- 5 hours for class teaching preparation and delivery
- 5 hours for final practical examination preparation and delivery
- 30 flexible hours for attending seminars, diary completion, additional shadowing and personal practice.

Please note that time allocations are approximate. Students may need to spend additional time on varying elements of the course depending on previous personal knowledge, individual work pace and personal experience. In addition to the 500 hours specified above, students are expected to develop a daily personal practice of 30-45 minutes.

TUTORS

Tutors and other course personnel will be appointed according to existing Yoga Scotland Teacher Training Operating Procedures and to comprise per course:

- 2 Hatha Yoga Tutors
- 1 Anatomy, Physiology and Kinesiology Tutor
- 1 Philosophy Tutor
- 1 Teacher Training Course Administrator and 1 Teacher Training Course Treasurer to facilitate the course.

REGULATIONS

- Students are required to read and sign the Student Teacher Agreement before commencing the course.
- Students will continue to attend regular classes taught by a recognised teacher and continue their personal practice.
- It is expected *all* students will attend *all* days of the course.
- Students are required to become Student Teacher Members of Yoga Scotland at the commencement of the course. Students who do not complete the course will cease to be Student Teacher Members.
- On successful completion of the course students will be awarded a full teaching diploma and will be eligible to become full teaching members of Yoga Scotland.

AIMS

The primary aim of this course is to produce effective, professional yoga teachers. It will also build on existing knowledge and experience gained from the Foundation Course, seminars and regular attendance at classes with a recognised teacher.

INTENDED LEARNING OUTCOMES

At the end of the course the student will be able safely to:

1. Practise and teach a range of Yoga Asanas
2. Practise and teach a range of natural breathing and Pranayama techniques.
3. Practise and teach a range of Mudras and Bandhas.
4. Practise and teach a range of relaxation techniques.
5. Practise and teach a range of concentration/meditation techniques.
6. Practise and teach a variety of mantra.
7. Be familiar with the Kriyas and be able to adapt and teach them where appropriate.
8. Plan a balanced class based on sound principles of body usage, using modifications and counter-poses as appropriate.
9. Plan a scheme of work and keep records.
10. Teach a class.
11. Have an understanding of how to incorporate a pregnant student into a general class.
12. Have an understanding of how to cope with an emergency first aid situation.
13. Explain the key concepts of yoga philosophy, and be familiar with the main paths of yoga.
14. Have a basic understanding of the anatomical structure of the body and an overview of the muscular system, a working knowledge of the effects of asana, pranayama and relaxation on the physiological responses of the body, and be able to apply the underlying principles of kinesiology.
15. Apply knowledge of the subtle body and western anatomy to practice and teaching.

The student will also be able competently to:

16. Present a professional image.
17. Be familiar with methods of student assessment and course evaluation.
18. Understand the issues involved in setting up a private yoga class.
19. As part of ongoing development keep a loose-leaf diary of regular practice, in which personal experience is recorded.

COURSE CONTENT

The following is the core syllabus to be covered on the Yoga Scotland Teacher Training Course.

1. ASANA

The principles involved in practising and teaching:

- Preparatory practices including warm-ups
- Forward bends e.g. Pascimottanasana, Uttanasana
- Back bends e.g. Setu Bandhasana, Bhujangasana
- Side bends e.g. Trikonasana, Chandrasana
- Twists e.g. Parivrtti Trikonasana, Jathara Parivrtti, Ardha Matsyendrasana
- Balances e.g. Vrksasana
- Inversions e.g. Sarvangasana, Sirsasana
- Seated e.g. Vajrasana, Sukhasana
- Natural spine alignment e.g. Tadasana, Savasana
- Miscellaneous postures e.g. Kummerasana
- Sequences e.g. Surya Namaskar

Please refer to the appended list of Asanas to be covered.

2. BREATHING AND PRANAYAMA

The practice and teaching of:

- Effortless breath
- Breath awareness (including Puraka, Antar Kumbhaka, Rechaka, Bahya Kumbhaka)
- The co-ordination of breath and movement
- Sectional breathing (abdominal/diaphragmatic, thoracic and clavicular)
- Complete yoga breath
- Breath in asana practice
- Pranayama to include: Ujjayi, Nadi Sodhana and other alternate nostril breathing techniques, Sitali, Sitkari, Kapalabhati, Bhastrika, Brahmari, ratio breathing

3. MUDRAS AND BANDHAS

The practice and teaching of:

- a) A range of Mudras:
 - Head e.g. Kaki (crow beak)
 - Hand e.g. Jnana (gesture of wisdom)
 - Postural e.g. Viparita Karani (half shoulder stand)
 - Lock e.g. Maha Mudra (great seal)
 - Perineal e.g. Asvini (horse/mare)
- b) A range of Bandhas:
 - Mula (root lock)
 - Uddiyana (abdominal lock)
 - Jalandhara (chin lock)

4. RELAXATION

The practice and teaching of relaxation techniques:

- Progressive relaxation i.e. tension and relaxation of the muscles
- Body/breath awareness
- Yoga Nidra i.e. rotational awareness through parts of the body and possible use of Sankalpa
- Grounding techniques and awareness of unsafe practices

5. CONCENTRATION / MEDITATION

The practice and teaching of various concentration techniques, including:

- Breath
- Sight e.g. mandalas
- Sound e.g. mantra
- Inner watching

6. MANTRA

The practice and teaching of various mantra, including:

- OM
- Bija Mantras (Lam, Vam, Ram, Yam, Ham, OM)
- Gayatri Mantra

7. KRIYAS

Knowledge of the practices involved in the 6 classical Kriyas:

- Dhauti
- Basti
- Neti
- Nauli
- Trataka
- Kapalabhati

The practice and teaching of:

- Jala Neti
- Agnisara/Nauli
- Trataka
- Kapalabhati

8. CLASS PLANNING

a) Detailed lesson planning, to include:

- Stick people
- Sanskrit names
- English equivalent
- Breakdown of Sanskrit
- Preparatory practices
- Counterposes
- Vinyasa
- Benefits
- Contraindications
- Modifications
- Aims and objectives of class
- Reasons for choices
- Methods
- Resources

b) Producing an outline lesson plan for practical teaching purposes

9. COURSE PLANNING AND RECORD KEEPING

- Planning a scheme of work for a course covering one academic term
- Setting course aims and objectives
- Setting long term aims and objectives and planning accordingly
- Keeping a record of practices taught to classes on specific occasions

10. CLASS TEACHING

- Teaching practices in small groups and with the whole Teacher Training Course peer group.
- Two observed teaching practices of a class lasting at least one hour - the size of class ideally between 8 and 20 people. Students will be assessed and given feedback by a teacher approved by Yoga Scotland.
- Final teaching practice of a class lasting one and a half hours assessed by an assessor who is not the student's class teacher or own course tutor and who is approved by Yoga Scotland. The size of class will ideally be between 8 and 20 people.

11. PREGNANCY

Developing requisite knowledge and skills to incorporate a pregnant student into a general class.

12. FIRST AID

Developing requisite knowledge and skills to deal with a first aid situation which may occur in class, including CPR.

13. PHILOSOPHY

Develop knowledge and understanding of:

- Introduction: some basic concepts in Samkhya and Yoga Philosophy
- Yoga Sutras of Patanjali (i): Chapter 1 – Yoga, the mind and its distractions; the 9 “obstacles.”
- Yoga Sutras of Patanjali (ii): Chapter 2 – Chapter 3.12 - Kriya Yoga, the Klesas, the “Eight Limbs”; meditation
- Introduction to Vedanta. Bhagavad Gita (i): Chapters 1-9 - Karma Yoga and Jnana Yoga; meditation
- Bhagavad Gita (ii): Chapters 10 – 18 Bhakti Yoga; the Gunas; overview
- Upanishads (i): What is Brahman?
- Upanishads (ii): What is Life?
- Hatha Yoga Pradipika and Tantra Yoga, the Chakra System, meditation
- Review and consolidation; discussion of main points; teaching yoga philosophy

14. ANATOMY, PHYSIOLOGY AND KINESIOLOGY

Develop knowledge and understanding of:

- Introduction to the body, terminology, cell structure and metabolism. Structure and related function
- Skeletal structure, giving the framework of the body including ribs and the linked muscle, the diaphragm
- Muscular covering and internal muscle e.g. diaphragm, heart and digestion system
- Nervous system – general description, linking to other systems
- Cardiovascular/Respiratory System, the transport vehicle and the linked transport
- Digestive system and nutrition, both yoga (i.e. Ayurveda) and conventional (i.e. carbohydrates / proteins etc.)
- Review of previous systems linked to asana practice
- Endocrine system (relevant to Chakra responses)
- Spine and skeletal system revisited with pathological or medical conditions linked. Revisit other systems if required

15. APPLICATION OF SUBTLE AND WESTERN ANATOMICAL KNOWLEDGE

- Developing ability to relate theoretical knowledge of the subtle body to personal practice and class teaching e.g. Vayus, Chakras
- Developing ability to relate theoretical knowledge of anatomy, physiology and kinesiology to personal practice and class teaching e.g. cardiovascular/respiratory system

16. PRESENTING A PROFESSIONAL IMAGE

Consideration of the need for appropriate dress and behaviour on the part of a professional Yoga teacher.

17. ASSESSMENT AND EVALUATION

Developing requisite knowledge and skills to enable assessment of student progress in a Yoga class and evaluation of personal teaching effectiveness.

18. SETTING UP A CLASS

The issues involved in setting up a Yoga class:

- venue
- advertising
- costing
- insurance
- tax
- guidelines for students in your class
- gathering relevant information from students

19. DIARY PRACTICE

As part of ongoing self-study and development, a personal record will be kept of regular practice of various aspects of yoga:

- as specified by course tutors
- gained at seminars and classes
- daily personal practice