 **Zen Life International Yoga**

**200-Hour Certified Yoga Teacher Training**

**March 2017**

The [200 Hour Yoga Teacher Training](https://www.shivayogapeeth.in/200-yoga-teacher-training/200-hour-yoga-teacher-training-india/) program at is appropriate for anyone at a beginner or intermediate yoga level. This course is for those who want to routinely practice yoga, or wish to be a teacher or an assistant to a yoga teacher. The Yoga Alliance USA certification received on successful completion of the course allows you to teach or assist yoga anywhere in the world. Whether you want to pursue yoga teaching as a part of career or to practice yoga in daily life, it is crucial to know the basics of this sacred knowledge.

**Curriculum For 200 Hr. Teacher Training**

* **8 Limbs of Yoga** according to Patangali
* **The Five Categories of Asana:** The trainee will practice and learn the key poses in each category of asana (standing poses, forward bends, backbends, twists, and inversions) and will begin to develop a relationship to both the form and the function of these different categories.
* **Maps of Alignment:** Trainees will achieve comprehension of the alignment maps for each of the five categories of asana through observation and experience of how the poses in each category share a common foundation, and how to build upon this foundation.
* **Principles of Demonstrating Asanas:** Discuss how effective demonstrations in class can help emphasize an alignment or other focus for the specific pose or sequence of poses.
* **Learning Modalities:** identifying your dominant style, and learning how to teach based on others’ learning styles
* **Use of Language and Voice:** Lecture and discussion on active vs. passive language and the effective use of each; positive and conscious communication, and habitual speech and communication patterns
* **Traditional Ashtanga** Modified Primary Series. Basic Surya Namaskar series (sun salutations)
* **Meditation**
* **Pranayama**
* **Chakras**
* **Doshas**
* **Yogi Cleansing Techniques**
* **Anatomy**
* **Yoga Philosophy**

All teachings are based on the course content recommended by Yoga Alliance USA.

**This course is 16 weeks and will begin Mid March 2017**

**Sunday’s from 10:00 to 6:00**

**Wednesday evenings 5:30 to 7:30**

**$2200, with monthly Payment Option**

Yoga Teacher Training is intended for people with a great spiritual interest that are looking to explore it. The course touches each area of yoga and is led by instructors with a solid knowledge of yoga who use their time to present accurate yogic theory. Completing this teacher training will be an incredible mind, body, and spiritual experience for

you.

See a detailed description on the course at [www.yogaalliance.org](http://www.yogaalliance.org) and look for Zen Life International Yoga School

Or email us at [ZenyogaPCB@gmail.com](mailto:ZenyogaPCB@gmail.com)

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