

# YogaEasy 200hr Online Yoga Teacher Training

## Key learning outcomes:

### **ASANA with David Lurey, Gemma Vassallo and Tashi Dawa**

This module equips you with the necessary tools to teach a wide range of asanas, from foundational to advanced, while ensuring safety, alignment, and effective teaching techniques.

- 1. Introduction to Teaching Asana:**
  - Gain insights into the **art of teaching asana** and the differences between teaching yoga and teaching asana effectively.
- 2. Foundational Poses:**
  - Learn to teach and practice basic **standing, seated, arm balance, backbend, and restorative poses** with attention to alignment and safety.
- 3. Forward Folds and Twists:**
  - Explore the techniques for teaching and practicing **forward folds** and **twists**, understanding their physical benefits and alignment principles.
- 4. Core Poses and Inversions:**
  - Develop skills to teach **core-strengthening poses** and **inversions** like Dolphin Plank and Shoulderstand, focusing on strength and stability.
- 5. Standing Balances and Warriors:**
  - Learn to instruct **standing balance poses** and the **Warrior series**, emphasising proper alignment and balance for stability and strength.
- 6. Advanced Asana Teaching:**
  - Master the techniques for teaching more **advanced poses** like Bakasana (Crow Pose), Pincha Mayurasana (Forearm Stand), and Eka Pada Raja Kapotasana (One-Legged King Pigeon Pose).
- 7. Specialised Pose Instructions:**
  - Gain step-by-step guidance for teaching challenging poses like **Sirsasana (Headstand)**, **Chaturanga Dandasana (Four-Limbed Staff Pose)**, **Titibasana (Firefly Pose)**, and **Hanumanasana (Splits)**.

### **MEDITATION with Esther Ekhart**

This module equips you with both theoretical knowledge and practical tools to deepen your meditation practice and teaching, enhancing your emotional well-being, concentration, and ability to guide others in their meditation journey.

- 1. Connecting with the Body:** Learn to connect deeply with your body through meditative practices, starting with a body scan and gentle movements to cultivate presence and relaxation.

2. **Body Awareness in Meditation:** Understand the critical role of body awareness in mindfulness, exploring how physical sensations affect emotions and behaviours, and how reconnecting with the body supports healing and spiritual growth.
3. **Yoga for Meditation:** Develop physical strength and openness through yoga to support comfortable sitting during meditation, enhancing the physical foundation for your practice.
4. **Posture and Rituals:** Learn the importance of meditation posture and how to create pre-meditation rituals that signal your body and mind to transition into a calm, focused state.
5. **Creating a Meditation Space:** Discover how to set up an ideal meditation space that fosters calmness and focus, supporting deeper meditative experiences.
6. **Benefits of Meditation in Yoga:** Understand how meditation enhances self-awareness, emotional balance, and teaching effectiveness, making it a cornerstone of successful yoga practice.
7. **Exploring Different Meditation Types:** Explore various meditation practices, such as devotional, contemplative, concentration, and heart-based meditations, each offering unique benefits for cultivating inner peace and clarity.
8. **Breath Awareness and Focus:** Learn techniques like breath-counting meditation to build concentration and cultivate a calmer, happier mind, reducing negative emotions like fear and anxiety.
9. **Emotional Awareness and Regulation:** Discover how to integrate mindfulness of emotions into meditation and yoga practice, using techniques like R.A.I.N. (Recognize, Allow, Investigate, Nurture) to navigate and transform difficult emotions.
10. **Heart-Centered Meditation:** Engage in loving-kindness, compassion, gratitude, and forgiveness meditations to deepen your emotional well-being and foster a more compassionate, connected heart.
11. **Mantra and Chanting Practices:** Experience mantra-based meditations like SOHAM and vowel chanting to align the mind and body, enhancing mental clarity and promoting inner peace.
12. **Overcoming Hindrances in Meditation:** Learn how to recognize and navigate common challenges in meditation, such as restlessness and doubt, and sustain a consistent meditation practice.
13. **Teaching Meditation:** Gain essential guidelines for leading meditation sessions, creating a safe environment, using invitational language, and maintaining participant focus, while also understanding trauma-informed teaching.
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## **ANATOMY & BIOMECHANICS with José de Groot**

This module equips you with practical knowledge to approach yoga anatomy functionally, ensuring safe and effective practice for yourself and your students.

1. **Functional Anatomy Basics:**
  - Understand the importance of **functional anatomy** for yoga teachers, focusing on adapting poses to individual bodies and avoiding injury.
  - Learn the difference between a **functional** and **aesthetic** approach to yoga, emphasising how poses feel rather than how they look.

2. **Upper Body Anatomy:**
  - Explore the **14 skeletal segments** and understand how skeletal variations impact the range of motion during yoga poses.
  - Learn about the **upper body skeletal structure**, including the fingers, wrists, arms, and shoulder girdle, and how variations affect movements like flexion, extension, and rotation.
3. **Lower Body Anatomy:**
  - Discover the skeletal variations of the **lower body**, focusing on the pelvis, femur, tibia, and ankle. Learn how these variations impact movements such as flexion, abduction, and rotation in yoga.
4. **Spinal Anatomy:**
  - Understand the **spine's segments** and their impact on flexion, extension, and rotation during yoga poses. Learn to assess the spine's skeletal variations and how they affect your practice.
5. **Muscle Groups:**
  - Study the **10 major muscle groups** of the body, learning how each group is strengthened and stretched in yoga. Understand how to stimulate the correct muscles in different poses for effective practice.
6. **Archetypal Poses:**
  - Learn the **7 archetypal yoga poses** and how they target specific skeletal segments and muscle groups. Understand how to adapt these poses to individual needs and stimulate the body's key areas safely.
7. **Teaching Functionally:**
  - Develop the skills to teach yoga **functionally**, using cues and adjustments focused on target areas rather than pose aesthetics. Learn to personalise your teaching for diverse body types and limitations.

## **PRANAYAMA & THE SUBTLE BODY with Véronique Gauthier**

This module equips you with practical and theoretical knowledge of pranayama, enabling you to incorporate breathwork safely and effectively into yoga practice and teaching.

1. **Understanding Pranayama:**
  - Learn the aims and importance of pranayama.
  - Understand the concepts of the subtle body, shariras, koshas, and kleshas.
2. **Breath Awareness and Bandhas:**
  - Explore the historical context of pranayama.
  - Practice breath awareness and the three Bandhas (Mula, Uddiyana, Jalandhara).
3. **Prana, Nadis, and Chakras:**
  - Understand prana's flow through the Vayus, Nadis (Ida, Pingala, Sushumna), and Chakras.
  - Apply the concept of Gunas to pranayama practice.

**4. Pranayama Techniques:**

- Learn key pranayama techniques like Full Yogic Breath, Ujjayi, Kapalbhati, and Nadi Shodhana.
- Categorise pranayama techniques as energising, calming, or balancing.

**5. Sequencing and Integration:**

- Understand how to safely integrate pranayama into yoga classes.
- Learn effective sequencing of pranayama techniques for different themes.

## **NERVOUS SYSTEM with Esther Eckhart**

Gain a comprehensive understanding of how the nervous system interacts with yoga, along with practical tools to support emotional regulation and well-being in your practice and teaching.

1. **Understanding the Nervous System:** You'll gain foundational knowledge of the central and peripheral nervous systems and their roles in regulating bodily functions and stress responses.
2. **Polyvagal Theory:** Learn about the vagus nerve's influence on emotional regulation and how yoga can align with Polyvagal Theory to enhance well-being.
3. **Safety and Neuroception:** You'll explore the concept of neuroception – the body's ability to detect safety or threat – and understand how it affects emotional responses and stress management.
4. **Recognising Stress Responses:** Discover how to identify different stress responses, such as fight, flight, and freeze, in both yourself and your students during yoga.
5. **Co-Regulation and Connection:** Learn practical techniques to foster connection, safety, and co-regulation in your yoga classes, enhancing the overall environment for both teachers and students.
6. **Brain Function in Yoga:** Gain insights into brain function and emotional regulation, applying these principles to teaching yoga through breathwork, mindfulness, and grounding exercises.
7. **Practical Tools for Nervous System Regulation:** Explore practical exercises that promote nervous system regulation, helping you and your students achieve a sense of calm and connection during yoga practice.
8. **Transitioning from Stress to Calm:** Learn how to guide yourself and your students from a state of stress to calm using breathwork, gentle movements, and relaxation techniques.

## **YOGA PHILOSOPHY with Marcel van de Vis Heil**

This module provides an in-depth understanding of key Indian philosophical systems and sacred texts, equipping you with insights into the relationship between the body, mind, and spirit in yoga and life.

**1. Foundations of Yoga:**

- Understand the three stages of learning (Shravanam, Mananam, Nididhyasana) and their role in gaining knowledge.
- Learn about the 4 schools of yoga: Bhakti, Jnana, Vijnana, and Raja yoga.

2. **The Koshas and Bodies:**
  - Explore the 5 Koshas (sheaths) and their relationship to the 3 bodies (physical, subtle, and causal).
3. **Samkhya Philosophy:**
  - Understand Samkhya philosophy, including the concepts of **Purusha** (consciousness) and **Prakriti** (matter), and the role of the 3 Gunas (qualities of energy) in life.
4. **Advaita Vedanta:**
  - Learn about Advaita Vedanta's non-dualism, the concepts of Brahman (ultimate reality) and Atman (self), and ideas such as Maya (illusion) and Avidya (ignorance).
5. **Sacred Texts:**
  - Introduction to the **Vedas** and **Upanishads**, and their relationship to Advaita Vedanta.
6. **Yoga Sutras of Patanjali:**
  - Overview of the Yoga Sutras, focusing on **Samadhi Pada** (meditative absorption), **Sadhana Pada** (practice), and liberation in **Vibhuti and Kaivalya Pada**.
7. **Bhagavad Gita:**
  - Study of the **Mahabharata** and an overview of Bhagavad Gita chapters 1-18, exploring key philosophical and spiritual teachings.
8. **Tantra and Chakras:**
  - Introduction to **Tantra philosophy** and the **cycle of Samsara**.
  - Learn about the **chakras**, focusing on the first to the seventh.

## TEACHING METHODOLOGY with Gemma Vassallo

This module equips you with comprehensive tools to design, sequence, and deliver yoga classes that are engaging, effective, and aligned with key teaching principles.

1. **Sequencing Principles:**
  - Understand **Vinyasa Krama** principles for intelligent sequencing and the role of **Pratikriyasana** (counterposes) in creating balanced yoga sequences.
2. **Peak Pose Sequencing:**
  - Learn how to choose a **peak pose**, identify the primary muscles and joints involved, and create an effective warm-up sequence leading up to it.
3. **Theming Classes:**
  - Understand how to choose a **theme** and intelligently integrate it with your peak pose to create a cohesive and meaningful class experience.
4. **Advanced Sequencing Techniques:**
  - Apply sequencing methods, including using a **sequencing sheet** and incorporating **chakra theory** to design well-rounded yoga sequences with appropriate cues.
5. **Class Management:**
  - Master **time management** techniques, set up the yoga space effectively, and learn how to respect class time limits.

6. **Music in Vinyasa:**
  - Explore the pros and cons of using **music** in vinyasa classes, learn how to create suitable playlists, and understand the legalities of using music in public classes.
7. **Cueing Techniques:**
  - Develop effective **verbal, visual, and physical cueing** methods to enhance student understanding. Learn to give clear, concise instructions and integrate themes into your cues.
8. **Pacing the Class:**
  - Learn how to find and maintain a good **rhythm**, using breath and pose cues to keep the class flowing smoothly. Understand how different paces affect various parts of the class and student experience.
9. **Teaching Tips:**
  - Discover key points for creating an amazing class experience by connecting with students, sharing your personality, maintaining professionalism, and using your voice effectively.

## PHYSIOLOGY with Mirjam Wagner

This module provides a comprehensive understanding of organ systems and how yoga can support the body's physiology, emphasizing both Western and Eastern perspectives.

1. **Introduction to Organs (Western Approach):**
  - Understand the **location, physiology, and pathology** of the body's organs from a Western perspective.
  - Learn practical remedies to support organ health and connect with organs through a yoga practice.
2. **Introduction to Organs (Eastern Approach):**
  - Explore the **Yin and Yang** organ pairs, understanding their energetic, emotional, and mental qualities.
  - Learn about **Qi** and the meridians, gaining insight into how organs are viewed in traditional Eastern practices.
  - Understand how organs have more than just a physical function and how to address issues holistically.
3. **Respiratory System:**
  - Understand how breathing is made possible through **three key places of action** and the interaction of various processes involved in respiration.
  - Learn how **movement, breathwork, and Yin yoga** can support optimal respiratory function.
4. **Digestive System:**
  - Learn the **mechanical and chemical processes** of digestion, from food intake to evacuation.
  - Understand how **movement, breathwork, and Yin yoga** can support digestive health and enhance overall digestive function.

## HISTORY OF YOGA with Tashi Dawa

This module provides a comprehensive understanding of yoga's history, tracing its development from ancient traditions to modern interpretations.

1. **Introduction to Yoga's Evolution:**
  - Understand the dynamic evolution of yoga and its historical context, keeping an open mind to balance ancient traditions with modern practices.
2. **Indic Philosophy and Worldviews:**
  - Learn about incomplete textual records, oral traditions, and evolving asanas, and explore foundational terminology and worldviews in early yoga.
3. **Pre-Vedic to Upanishadic Yoga:**
  - Gain knowledge about the Indus Valley Civilization, Vedic rituals, and the Upanishads, focusing on the early evolution of yoga and philosophical inquiry.
4. **Yoga in the Epics:**
  - Explore the teachings of the Bhagavad Gita on karma yoga, jnana yoga, and bhakti yoga, with an emphasis on action without attachment and its integration with Sankhya philosophy.
5. **Sankhya and Yoga Philosophy:**
  - Delve into Patanjali's Yoga Sutras, its historical context, and the rise of Buddhism. Understand the metaphysical psychology of Sankhya, dualism, and the pursuit of liberation through yoga.
6. **Tantric Roots of Hatha Yoga:**
  - Explore how Hatha Yoga developed from ascetic and Tantric traditions, focusing on its physical and spiritual transformation.
7. **Modern Hatha Yoga Revival:**
  - Learn about the evolution of modern yoga, influenced by cultural and historical contexts, and how it shifted from traditional practices to contemporary physical culture.

## PROFESSIONAL ESSENTIALS with Gemma Vassallo

This module equips you with the knowledge to navigate the professional aspects of being a yoga teacher, from ethics and professionalism to business strategies and teaching online.

1. **Professional Organisations:**
  - Understand the role and significance of **Yoga Alliance** and other professional organisations in maintaining standards and certification.
2. **Continuing Education:**
  - Recognize the importance of **lifelong learning** after your 200-hour teacher training and explore possible educational pathways for growth.
3. **Ethics & Professional Standards:**

- Learn how to maintain the highest **ethical and professional standards** in relationships with students, employers, colleagues, and assistants while respecting yoga traditions.
- 4. **General Professionalism:**
  - Understand the importance of **timeliness, consistency, and cleanliness** in maintaining a professional teaching environment and respecting students.
- 5. **Self-Care for Teachers:**
  - Explore the importance of **self-care** to uphold professionalism and prevent burnout as a yoga teacher.
- 6. **The Business of Yoga:**
  - Gain insight into the **reality of being a yoga teacher**, including first steps after training, advertising, networking, pricing, insurance, and using online booking systems.
- 7. **Social Media (Instagram):**
  - Learn how to effectively **build an Instagram following** to grow your professional presence, including do's and don'ts, and how to monetize your social media efforts.
- 8. **Working with Private Clients:**
  - Understand how to **structure contracts, pricing, and packages** for private clients and develop effective teaching strategies for one-on-one sessions.
- 9. **Teaching Online:**
  - Learn the essentials of teaching online, including using **Zoom**, setting up your space, and the equipment needed for high-quality online classes.

## CHANTING, MANTRAS & MUDRAS with David Lurey

This module equips you with the knowledge to use **mantras** and **mudras** effectively in both personal practice and teaching, enhancing spiritual and meditative experiences.

1. **Understanding Mantras:**
  - Gain a theoretical understanding of **Mantras**, their impact on thoughts and life, and how to incorporate them into personal practice and teaching.
  - Learn the use of the **Japa Mala**, the significance of the number 108, and how to chant **OM**.
2. **Modern vs. Classical Mantra Chanting:**
  - Understand the differences between **Classical Mantra Studies** and **Modern Mantra Chanting** practices.
3. **Invocation Mantras:**
  - Learn the meaning, pronunciation, and chanting of common **invocation mantras** like **Sahana Vavatu, Ashtanga Yoga Invocation, and Mangala Mantra**.
4. **Specific Mantras:**
  - Gain an understanding of the translation, pronunciation, and chanting practices for significant mantras such as the **Guru Brahma, Asato Ma, Gayatri Mantra**, and others dedicated to **Hindu gods and goddesses** (Saraswati, Ganesha, Shiva, Vishnu, Durga).

## 5. **Mudra Techniques:**

- Learn an introduction to **Mudras**, including **hand mudras** used before meditation and specific **mudras for the elements, chakras, and freedom & union.**

## **ETHICS with David Lurey**

This module equips you with practical and ethical tools for teaching yoga mindfully and with integrity, ensuring your practice aligns with yogic principles.

### 1. **Intentions of Teaching Yoga:**

- Reflect on why you teach yoga and understand the difference between **teaching** and **leading**. Gain insight into the **Four Levels of Teaching.**

### 2. **Creating the Mood:**

- Learn how to create a sacred space for your yoga classes, considering factors that set the right tone. Explore real-life examples of structuring and organising effective classes.

### 3. **Class Design and Teaching Tips:**

- Discover practical tips and ideas for designing efficient and engaging yoga classes, integrating tools for continuous learning and teaching improvement.

### 4. **Teaching Voice:**

- Develop an authentic teaching voice while keeping your classes engaging and impactful. Learn how to use your voice as a powerful tool in teaching.

### 5. **Yama and Niyama Ethics:**

- Revisit the **five principles of Yama** and **Niyama** with deeper insights into how these ethical guidelines apply to both teaching and living a yogic life.

### 6. **Feuerstein's Ethical Guidelines:**

- Explore **17 ethical points** from a yoga scholar's perspective, focusing on living an ethical life and teaching yoga with integrity.

## **ADJUSTMENTS & ASSISTS with Tashi Dawa**

This module equips you with the skills to provide safe and effective adjustments and assists, enhancing student alignment, confidence, and relaxation during yoga practice.

### 1. **Manual Adjustments:**

- Learn **techniques** and best practices for providing effective manual adjustments, starting with foundational poses like **Downward Dog.**

### 2. **Supporting Standing Poses:**

- Develop methods to assist students with **stability and alignment** in standing postures, such as **Warrior I and II.**

### 3. **Supporting Twists:**

- Learn techniques for assisting students in twists, including seated binds like **Marichyasana C**, standing twists like **Parivrtta Parsvakonasana** and **Parivrtta**

**Trikonasana**, and advanced twists and arm balances like **Ardha Matsyendrasana** and **Bakasana**.

**4. Supporting Inversions:**

- Master techniques for safely assisting students in **inversions**, both with and without the wall, while building their confidence and balance.

**5. Supporting Relaxation:**

- Learn how to assist students in achieving deep **relaxation** and rest during restorative poses.

**6. Working in Pairs:**

- Explore partner-based adjustments and assists, including **spinal release**, **inversion support**, and **handstands**, fostering trust and connection between students.

## TEACHING RETREATS with Tashi Dawa

This module equips you with the knowledge to successfully transition into teaching retreats, emphasising community building, planning, and logistical considerations.

**1. Transitioning to Retreats:**

- Understand the transition from teaching in a studio to **running or teaching at yoga retreats**. Learn the complexities of retreat organisation and the key factors that influence a retreat's success, whether as an instructor or a retreat leader.

**2. Fostering Connection and Community:**

- Explore how retreats provide a unique opportunity to cultivate **connection and community** among participants. Learn how the retreat environment – where participants live, practice, and eat together – creates a supportive and inclusive atmosphere.

**3. Retreat Logistics and Business:**

- Gain essential knowledge of the **business side of retreats**, including venue selection, accommodation, meals, transportation, and activity coordination. Learn the importance of thorough planning and troubleshooting, and when to consider hiring a retreat manager for smooth operations.