

# BU Yoga Teacher Training Syllabus

PDP MB 401 and 402 Yoga Teacher Training

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Meets twice per week for two semesters, and one weekend per semester.

## **Course Description:**

This course is a Yoga Alliance registered yoga school (RYS) 200-hour teacher training class. Students who complete this class are eligible to register with Yoga Alliance as Registered Yoga Teachers (RYT®). The course includes techniques, training, and practice; teaching methodology; anatomy and physiology; yoga philosophy, ethics, and lifestyle; and practice both as an assistant and as a lead instructor. Integrating various stretching techniques, strength training, breath work, meditation, and mindfulness practices, the training will be led by Daniel Orlansky and Jennifer Yarro, who together have over 35 years' experience training yoga teachers.

## **Required Equipment:**

None, although a personal yoga mat, blocks, and yoga belt are recommended. These can be purchased through the instructors for 40% off retail cost.

## **Required Reading:**

Yoga of Energy Flow 200-Hour Teacher Training Manual

Teaching Yoga, by Mark Stephens

The Key Muscles of Yoga: Scientific Keys, Volume I, by Ray Long

Hatha Yoga Illustrated, by Martin Kirk

Patanjali Yoga Sutras, by Alistair Shearer

## **Course Goals:**

The core study in The Yoga of Energy Flow 200-Hour Teacher Training is vinyasa flow yoga in which breath, movement and asana are combined with physical and energetic alignments to create a transformational practice.

- Students will leave this training fully prepared to teach vinyasa, or hatha style yoga classes and will have a comprehensive understanding of yoga asana, pranayama, anatomy of yoga, hands-on assists, restorative yoga, ayurveda, yogic philosophy, mudras and meditation techniques.
- This 200-Hour Yoga Teacher Training is approved by the Yoga Alliance of America. Students who complete this training are qualified to register with Yoga Alliance as a Registered Yoga Teacher at the 200-hour level (RYT 200).

## **Grading Policy:**

This class will be graded Pass/Fail, based on attendance. Please visit the Registrar's website often to view relevant deadlines! Below is a list of possible grades you may receive in this class:  
P – Pass: Completed course requirements of 180 contact hours and ability to teach a one hour, well balanced, safely sequenced yoga class.

W – Withdraw: If you drop this class after the specified deadline, you will receive a "W" grade.

I – Incomplete: If you fail to meet the attendance requirements of this course, you will receive an "I" until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a "P" once you have made up all classes.

AU- Audit: If you intend to audit this class, please fill out and obtain your instructor's signature for the Class Adjustment/AU form and turn it in to the Registrar's Office by the specified deadline.

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F- Fail: It is very unlikely that you will receive a failing grade. Your instructor will be happy to work with you to make up any missed classes. A grade of "F" will only be given in extenuating circumstances, such as violating the BU Student Code of Conduct.

## **Attendance Policy:**

This is a Yoga Alliance approved yoga teacher certification requiring 180 contact hours, which must be completed by April 29, 2020. Thus it is important try to attend every session. If this is not possible, there are multiple ways to make up missing contact hours. See below.

## **Make-Up Policy:**

Classes, workshops, and other teacher trainings taught by the Yoga of Energy Flow teacher training staff can be used as contact hours. These options are not on the Boston University campus and will be listed on-line; please have an instructor sign off on your choices.

## **Blackboard, FitRec Website & Course Evaluation:**

A Blackboard course site may be available for this class online at <http://www.learn.bu.edu> and can be accessed by entering your BU username and password. All students enrolled in this class should have access to this site, even if your school does not use Blackboard. This site will give you access to the course syllabus, any additional content, and allow you to email other students in this class. Emergency cancelations as well as other announcements may also be posted here.

For a detailed explanation of PDP credit class policies, please visit the FitRec's website:

<http://www.bu.edu/fitrec/about/physical-education/>

Course evaluations will be sent via email at midterm and at the end of the semester. Please take the time to fill these out – your feedback is very important to us!

## **Student Conduct:**

Boston University's codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

## **Schedule**

Each session will include a yoga practice preceding the listed thematics. The weekend immersions will be a blend of experiential and theoretic modalities.

## **Week One**

Overview of the training, and requirements for certification. What does it mean to be a yoga teacher? Exploration of the the history of yoga, the eight limbs of yoga, body/mind connections, yoga in the modern world. Beginning practices in pranayama, asana, and meditation.

## **Week Two**

Techniques and Practice. Yoga's journey to the west and contemporary hatha yoga styles. Surya Namaskar, the sun salute, as a foundation for vinyasa yoga. Practice and comparison of sun salutation variations. The poses of the sun salute and their uses and alignments.

## **Weekend Immersion**

The Yoga of Energy Flow: Integrating strength training (physical body), energy cultivation (subtle body), and open awareness (causal body).

The principles of yoga practice including alignment, foundational work, action and reflection, breath work, stress reduction, and relaxation.

Yoga Anatomy: Anatomic planes and sections, terms of position and direction.

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Yoga Philosophy: The Five Koshas, or yogic bodies, and an introduction to subtle anatomy.

## **Week Three**

Techniques and Practice. Methodology of Standing Postures I.

Introduction To Pranayama: Kundalini Yoga and The Power Of The Breath.

Beginning breathing exercises (pranayama), and their impact on physical and emotional health, and on consciousness; basic breath awareness and stress reduction.

Yoga Anatomy: The Respiratory System

## **Week Four**

Techniques and Practice. Methodology of Standing Postures II.

Yoga Anatomy: The skeletal system; classification of joints and terms of movement.

## **Week Five**

Techniques and Practice. Methodology of Balancing Postures I.

Introduction to Vinyasa Yoga: Kali Ray TriYoga and the art and science of yoga flow. The integration of breath, movement, and asana into a transformative practice.

## **Week Six**

Techniques and Practice. Methodology of Balancing Postures II.

Yoga Anatomy: The muscular system.

Yoga Philosophy: Patanjali's Yoga Sutras I.

## **Week Seven**

Techniques and Practice. Methodology of Backward-Bending Postures I.

Introduction to the science of stretching I: Resistance stretching and Meridian Yoga. Yoga

Philosophy: Patanjali's Yoga Sutras II.

## **Week Eight**

Techniques and Practice. Methodology of Backward Bending Postures II.

Introduction to the science of stretching II: Resistance stretching and Meridian Yoga. Yoga

Anatomy: The Feet

## **Week Nine**

Techniques and Practice. Methodology of Twisting Postures I.

Introduction to the Art of Hands-On Assists for Yoga Asana I.

## **Week Ten**

Techniques and Practice. Methodology of Twisting Postures II.

Introduction to the Art of Hands-On Assists for Yoga Asana II.

## **Week Eleven**

Techniques and Practice. Methodology of Forward Bending Postures I.

Yoga Anatomy: The Knees

## **Week Twelve**

Techniques and Practice. Methodology of Forward Bending Postures II.

Introduction to Meditation I: Concentration and Focus

## **Week Thirteen**

Techniques and Practice. Methodology of Seated Postures.

Introduction to Meditation II: Cultivating a Quiet Mind. Six guided meditation techniques; meditating amid the flow of body and breath.

## **Week Fourteen**

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Techniques and Practice. Methodology of Reclining and Relaxation Postures I.

Yoga Anatomy: The Abdominal Core

## **Week Fifteen**

Techniques and Practice. Reclining and Relaxation Postures II. Yoga Nidra and the art of guided meditation.

Yoga Philosophy: Patanjali's path of meditation.

## **Week Sixteen**

Techniques and Practice. Deepening the pranayama practice: Kundalini Yoga II.

The modern science of respiration; teaching basic breath awareness; refining the flow of breath; ujjayi pranayama.

## **Week Seventeen**

Techniques and Practice. Introduction to Restorative Yoga I: The Art and Science of Relaxation.

Yoga Anatomy: The Pelvis

## **Week Eighteen**

Techniques and Practice. Introduction to Restorative Yoga II: The Art and Science of Relaxation.

Yoga Anatomy: The Shoulders, Arms, and Hands

## **Week Nineteen**

Techniques and Practice. The Path Of The Teacher: The basic arc structure of classes. How to teach pranayama and meditation.

## **Week Twenty**

Techniques and Practice. Beginning of student teaching.

Popular hatha yoga sequences, sequencing within and across asana families and planning specific classes.

Yoga Anatomy: the six movement of the spine.

## **Week Twenty One**

Techniques and Practice. The Art of Sequencing: Creating your classes. Planning specific classes.

Student teaching, 5 minute sections.

## **Week Twenty Two**

Techniques and Practice. Continuation Of Student Teaching: How to work with injuries. Yoga

Anatomy: The shoulders, arms, and hands.

## **Week Twenty Three**

Techniques and Practice. Student teaching: How to work with depression.

## **Week Twenty Four**

Techniques and Practice. Student teaching: How to work with pregnancy.

## **Weekend Immersion**

The Art of Teaching Yoga Classes: Creating space for self-transformation.

The physical setting; classroom setup and orientation; class levels and prerequisites; class etiquette; waking up the spiritual environment; creating a happy space for healing and awakening; holding integrated space.

Yoga Philosophy: Patanjali's Yoga Sutras in the modern world.

## **Week Twenty Five**

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Techniques and Practice. Student practicum. What is a "yogic lifestyle", and how to integrate it into daily life.

## **Week Twenty Six**

Techniques and Practice. Student practicum. The Ethics of Yoga.

## **Week Twenty Seven**

Techniques and Practice. Student practicum. The Business of Yoga.

## **Week Twenty Eight**

Techniques and Practice. Student practicum. Regulation of the profession of yoga teaching.

## **Week Twenty Nine**

Techniques and Practice. Student practicum. The Path Of The Teacher: An honor and a responsibility.

## **Week Thirty**

Wrapping it all up. Graduation.