



## 200 HOURS YOGA TEACHER TRAINING COURSE CURRICULUM

### **Yoga Theory**

- Introduction to Yoga
- History of Yoga
- Yoga Philosophy
- Sankhya Philosophy
- Anatomy & Physiology
- Chakras and Kundalini
- Benefits of Yoga

### **Yoga Practice**

- Asana Practice
- Pranayama / Breathing Techniques
- Visualisation Techniques
- Meditation Practice
- Class Sequencing
- Teaching Methodology
- Practical Assessment

### **Additional Bonus Module with this Training**

Vipasana Meditation Guidelines, Ayurveda Introduction, Pregnancy Yoga Introduction