

Yoga Teacher Training - 200 H

1 YEAR FORMAT - 100% ONLINE

Intro Session



Bringing authentic yoga education to the world . . .

- ★ Time friendly design
- ★ Ability to integrate your training gradually into your daily life
- ★ Develop a regular and strong yoga practice along the way
- ★ You will gain knowledge about the practical applications of Yoga in day-to-day life
- ★ Learn how to teach yoga postures (asanas) and breathing techniques (pranayama)

We are seeking to expand the world's understanding of Yoga

Through education and training that are steeped in the vedic tradition, original roots of yoga and along lineage of masters while making yoga accessible and applicable for modern-day use for people of all ages, abilities, cultures, and religions

About the Program

Learn everything you need to know about Asanas (Postures) with their preparatory poses, variations, establishing foundation, contra-indications, benefits, misalignments and corrections along with the use of props.

- ★ 1 year duration 200 Hours
- ★ 10 main master classes
- ★ A full day master class, once a month (Sundays)
- ★ Live weekly yoga classes throughout the year (compulsory 2 per week)
- ★ Homework and assignments with pre recorded videos and learning materials (monthly)
- ★ 2 follow-up sessions with mentors (every month)
- ★ Deepening Courses – The Art Of Living are integral part of the training

Training Syllabus – Areas of Study

1 Postures & Techniques



- ★ Asanas
- ★ Pranayamas
- ★ Mudras
- ★ Meditation
- ★ Shat kriyas

2 Yoga Philosophy



- ★ Introduction of Yoga
- ★ Patanjali Yoga Sutras
- ★ The Paths of Yoga
- ★ Bhagavad Gita
- ★ Hatha Yoga Pradipika

3 Anatomy and Physiology



- ★ Anatomy & Physiology
- ★ General health and nutrition
- ★ Ayurveda

4 Teaching Methodology



- ★ Basic concepts of organising and conduct a yoga class
- ★ Communication skills and building own sequence of yoga practice

5 Yoga Practice



- ★ Sri Sri Yoga Flow
- ★ Intensive and holistic Yoga practice that includes asana and pranayama
- ★ Yoga Nidra and meditation

Program Offering



- ★ Unlimited Online Yoga classes (multiple yoga classes per week at different times)
- ★ Full-day monthly seminar with different yoga teachers (once every month)
- ★ Personalised follow up session with Mentors
- ★ Access to online portal & SSSY App, with learning material and pre-recorded videos

Understanding the Timeline



Master Class
Last Sunday of the month



Live Weekly Yoga Classes

- ★ Unlimited
- ★ Compulsory
- ★ Two classes per week



Homework & Assignments

- ★ Monthly pre-recorded videos
- ★ Multiple choice questions on SSSY App



Examination

- ★ Written exam
- ★ Practical exam
- ★ (Two chances!)

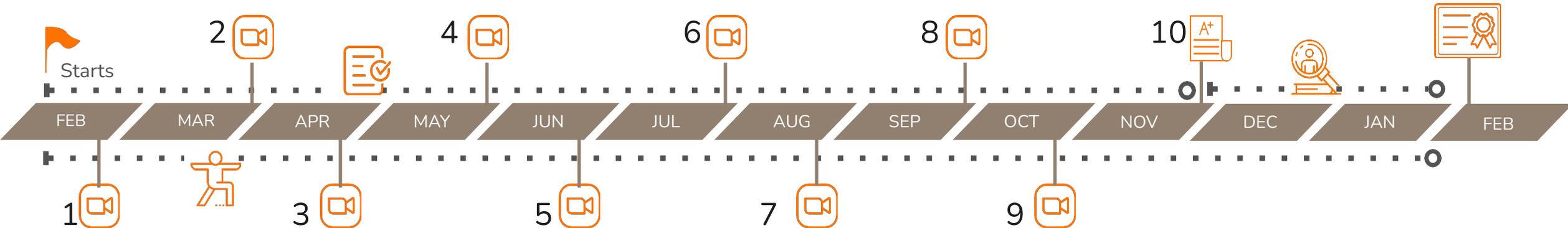


Internship

- ★ Organize and conduct yoga class during last two months



The Art of Sri Sri Yoga
Course + Graduation Ceremony!



Schedule of the Training

Starting day: 25 February 2024

Breath and Meditation workshop: 1-3 March 2024

Deep Dive: 14-17 March / 12-15 September 2024

Masterclass - Sunday 06:30 - 18:15 CET:

24 March, 28 April, 26 May, 30 June, 28 July, 25 August, 29, September, 27 October, 24 November

Silence course: latest by the middle of October

Exam: 22 December, 26 January 2025

The Art of Sri Sri Yoga: 20-23 February 2025

Certification Ceremony: 23 February 2025

About Certification

200 Hours Yoga Teacher Certificate

Dual certification from Sri Sri School of Yoga and IYA (India Yoga Association) and also become eligible to register with Yoga Alliance, USA

Sri Sri School of Yoga is approved by the Ministry of AYUSH, Govt. of India & Ministry of Health & Family Welfare. It is also a member institution of Indian Yoga Association.



Sri Sri School of Yoga is a Registered Yoga School (RYS®) with Yoga Alliance, in USA. The students who complete their Teachers Training Course with us are eligible to register with Yoga Alliance as Registered Yoga Teachers (RYT®)



Contacts



srisrischoolofyoga.org/eu/



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See you on the Training!