



yogasynergy

YOGA SYNERGY LEVEL 2 (200 HOUR) ONLINE TEACHER TRAINING QUALIFICATION INCLUDES:

1. 152 HOURS: lectures (102 hours recorded) & live zoom tutorials (50 hours contact time):

- **Techniques of Yoga - 95 hours** : Asana, Pranayama, Meditation, Sequencing, Satsang
- **Teaching Methodology – 30 hours** : Yoga Synergy method of teaching, adjustments for standing poses, floor poses, inversions, backbends. Modifications for injuries and special conditions. Learning how to cue movement, pace class, use of props. Teaching beginners with effective communication.
- **Anatomy and Physiology – 35 hours** : Basics of skeletal, muscular, respiratory, cardiovascular anatomy, injury and recovery, esoteric anatomy including chakras, nadis, prana, and bandha, anatomy of adjustments. **Assignment completed**
- **Philosophy, Ethics, & Lifestyle - 30 hours** : Basic yoga philosophy, Yoga Sutra of Patanjali, Bhagavad Gita, Hatha Yoga Pradipika, Advaita Vedanta, Tantra and Ethics of being a yoga teacher. **Assignment completed**
- **Group Practicum and Presentation Skills – 10 hours** : Student observing, teaching, assisting in classes and presentation of assignments to group.

2. 150 HOURS: 3 x Yoga Synergy Online courses + Assignments + Assessment:

- **Essentials of Teacher Training: Yoga Fundamentals (48 hours minimum + 2 exams passed)**
- **Applied Anatomy & Physiology of Yoga (48 hours minimum + 2 exams passed + assignment passed)**
- **ASANA: Biomechanics of 84 postures (48 hours minimum)**
- **History & Philosophy Assignment (passed) + Teaching Assessment Video (passed)**

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