

Inner Fire Teacher Training Syllabus

Name of Course: Therapeutic Yoga Teacher Training

Total Number of Hours on Course: 300 hours

Name(s) of Main Teacher: Deyna Devi (Hirst)

Content of each module	Contact Hours with SYT for core teaching	Contact hours with other teachers	Non-Contact Hours	Total Hours
Module 1: Foundations of Yoga Teaching <ul style="list-style-type: none"> ○ What is Yoga? ○ Our elemental, vibrating world: The 3 Gunas inside and out ○ Who are we and why are we? An introduction to 5 bodies (Koshas) ○ History, pioneers and Gurus ○ The 8-limbed path: Patanjali's way to Yoga ○ Basic principles: Yama and Niyama ○ Five Aspects of Holistic Yoga teaching ○ What makes a good Yoga Teacher? ○ Learning and Teaching styles ○ Is Yoga the same as physical exercise? 	20		5	25

Content of each module	Contact Hours with SYT for core teaching	Contact hours with other teachers	Non-Contact Hours	Total Hours
Module 2: Asana and the Physical Body (Annamaya Kosha) <ul style="list-style-type: none"> ○ The miracle of our Physical body and Being ○ Fascia: how it connects and integrates our being ○ The Muscular System and how muscles move in Yoga Asana ○ Our Skeleton, Spine, pelvic and shoulder girdle: how joints support our movement Integrating Practice <ul style="list-style-type: none"> ○ Activations and warm-ups of mind and body ○ Deep Yoga breath ○ Journey into, during and out of a Posture ○ Deconstructing Asana: Roots, Alignments, Core stability, Spine and Gravity ○ Tadasana + variations + simple standing stretches ○ Foundation / root postures for Fascia, Muscular and Skeletal Health ○ Therapeutic postures and practices for common muscular, skeletal and fascicle dis-harmony 	30		5	35
Module 3: Pranayama and the Breath Body (Pranamaya Kosha) <ul style="list-style-type: none"> ○ The Respiratory System, Life force and the Prana Body ○ Integration of Cardio-vascular system for circulation of Prana ○ Principles and practice of Pranayama for health ○ Promoting our circulation through breath and Asana ○ Prana Vayus: Movement of breath through the physical cells ○ The Digestive System: Circulation of Prana with food and drink ○ Eating for individual benefit: Input from Ayurveda and the Doshas Integrating Practice <ul style="list-style-type: none"> ○ Pawanamuktasana series (Joint-freeing sequence) ○ Making adjustments: safe practice and principles 	30		5	35

Content of each module	Contact Hours with SYT for core teaching	Contact hours with other teachers	Non-Contact Hours	Total Hours
<ul style="list-style-type: none"> o Salute to the Sun: Flowing with the breath for Prana health o Slow Flow variations for maintaining our life force o Pranayama practices: Deep Yoga Breath revisited; Nadi Shodhana; Kapalabhati; Brahmari o Therapeutic postures and practices for common respiratory and cardio-vascular dis-harmony <p>Business Practices</p> <ul style="list-style-type: none"> o What do we need to include in a medical and lifestyle form? o How do we word a disclaimer? 				
<p>Module 4: Pratyahara and the Mental Body (Manomaya Kosha)</p> <ul style="list-style-type: none"> o Interdependence of Physical and Mental / Emotional well-being o Role of fascia in trauma o Nature of Mind, Brain and Consciousness o Ideas from Patanjali: Modifications, Obstacles and Affliction o Our Immune and Lymphatic System: Healing and Homeostasis o Brain and Mind health: Amygdala well-being and calming the Thinking Mind o Turning the Gaze inwards: Listening to Mental Body, Relaxation and Mindfulness o Relaxing with the Pranas and Koshas: Deep Yoga Nidra o Proprioception and balance in Body and Mind <p>Integrating Practice</p> <ul style="list-style-type: none"> o Making simple, safe adjustments o Therapeutic postures and practices for common immune or lymphatic system dis-harmony o Therapeutic postures and practices for common mental / emotional dis-harmony <p>Structuring a Class</p> <ul style="list-style-type: none"> o Conducting a class: environment, safety, protocol 	45		10	55

Content of each module	Contact Hours with SYT for core teaching	Contact hours with other teachers	Non-Contact Hours	Total Hours
<ul style="list-style-type: none"> ○ Planning a Class: Templates, timings and Stick figures ○ Deciding when to demonstrate ○ Arc model (Focusing a class around one or two de-constructed postures) ○ Root postures and Foundations (Using basic postures to build alignment and awareness) ○ Threading Koshas into Asanas (Using a fixed sequence to explore deep into all Koshas) ○ Theme based class (Focusing on a particular area of the Physical Body) <p>After Module 4, students have sufficient knowledge to begin teaching Yoga classes</p>				
<p>Module 5: Samyasa (Dharana, Dhyana and Samadhi) and the Wisdom Body (Vijnamaya Kosha)</p> <ul style="list-style-type: none"> ○ Conditioned 'wisdom' and Instinctive wisdom ○ Our Nervous System: electrical communication and wisdom ○ Chakras and Nadis: ancient energy systems understood ○ Chakra seed sounds and Mantra: distracting from thought ○ Our Endocrine System: chemical communication and wisdom ○ Unifying Yogic knowledge and contemporary science ○ Teaching Meditation techniques: Refining the inward gaze ○ Tratak, Mandalas and Mudras: helping to focus <p>Integrating Practice</p> <ul style="list-style-type: none"> ○ Restorative lying and sitting postures with and without props ○ AUM chanting and other Mantra practices ○ Chakra Relaxation ○ Therapeutic postures and practices for common nervous and endocrine dis-harmony <p>Teaching a Class</p>	30		5	35

Content of each module	Contact Hours with SYT for core teaching	Contact hours with other teachers	Non-Contact Hours	Total Hours
<ul style="list-style-type: none"> ○ What can we teach and what is self-study? ○ How far do our responsibilities go? ○ How do we stay authentic? Business Practices <ul style="list-style-type: none"> ○ Yoga teaching as a business: Who? When? Where? How? ○ Marketing and Social Media ○ Waivers and Insurance ○ First Aid Certificates 				
Module 6: Gross Body, Subtle Body; Universal Body <ul style="list-style-type: none"> ○ Connecting up, growing up: Integumentary and Reproduction ○ Cleansing techniques: Neti and the Shatkarmas ○ Moving energy: Bandhas and Kundalini ○ Vedas and Upanishads: what do they teach us ○ Bhagavad Gita: Ancient wisdom, modern application ○ Acknowledging different Paths to Yoga: Bhakti, Karma, Raj, Gyana (Jnana) ○ How many consciousnesses are we? ○ Yoga: magical mystery tour or Science of Detection and Discovery or both? Integrating Practice <ul style="list-style-type: none"> ○ Further Props and Partner support ○ Chair Yoga and other modifications ○ Multiple Arcs to build Asana practice ○ Poems and ideas Appendices <ul style="list-style-type: none"> ○ Glossary of Yoga terms ○ Table of fundamental postures + Transitions 	30		5	35

Content of each module	Contact Hours with SYT for core teaching	Contact hours with other teachers	Non-Contact Hours	Total Hours
<p>From weekend 3 you will have mini practical teaching sessions so that feedback can be given on your progress, and a full final practical teaching observation to evaluate your readiness to teach</p> <p>You will need to complete 3 case studies (ideally recorded) and feedback will be given</p>	20		10	30
<p>A further module will be threaded throughout our time together: Ayurveda and Health. We will be undertaking a personal Pancha Karma cleansing + Ayurvedic massage and herbal medicine so that you experience how we can care for ourselves and others according to our constitution and Ayurveda practices. Dr. Innocent Bose (fully qualified and experienced Ayurvedic doctor) will give you a personal consultation and oversee treatment.</p> <p>This course will not qualify you to be an Ayurvedic practitioner but will give you a general introduction so that if appropriate you can suggested lifestyle and diet changes for one-to-one clients.</p>	30			40
Total hours:	235	20	45	300