



# Guelph Yoga Teacher Training



## Course Curriculum

### Course Outline

- Practical Yoga history and philosophy
- Asana techniques, teaching methods & modifications
- Practical Yoga Anatomy
- Teaching Pranayama
- Planning and sequencing
- Subtle energy and Meditation
- Demonstrating and Queuing
- Class Observation
- Hands on Adjustments
- Pre and Postnatal Yoga (BASIC)
- Restorative Yoga (BASIC)
- Yoga Nidra
- Lifestyle and ethics
- Ayurveda
- The profession and business of Yoga

### Program Hours

Contact Hours (in-class) 80 hrs

Class observation 10 hrs

Non-Contact Hours 60 hrs

Personal practice 45 hrs

Practice teaching hours 25 hrs

**[For 2019 Course Dates and Schedules Click Here](#)**

**[For Tuition Information Click Here](#)**