

300-Hour Yoga Teacher Training Streams



PURE YOGA STREAM

10 Required Modules:

Breath (1), Anatomy for Asana (1), Rāja (1), Bhakti Yoga (1) or Year of Mantra (2), Patanjali Yoga (1), Karma Yoga (1), Engaged Teaching (1), Chakras 1&2 (2).

8 Teaching Methodology Modules:

Rāja 2 (1), Yin Yoga 1&2 (2), Yin yoga 1&2 (2), Dosha Yoga 1&2 (2), Guna Yoga 1&2 (2), Restorative Yoga 1&2 (2), Yoga Nidra 1&2 (2), Chair yoga for Seniors (1), Trauma Responsive (1).

2+ Elective Modules:

Enhancements & Assisting (1), Āyurveda 1 (1), Āyurveda 2 (1), Vedic Astrology 1 (1), Vedic Astrology 2 (1).



ĀYURVEDIC YOGA STREAM

Pre-requisite: 200-hour Foundations of Āyurveda Program (12 modules).

2 Required Modules:

Breath (1), Rāja 1 (1).

5 Teaching Modules:

Rāja 2 (1), Dosha Yoga 1&2 (2), Guna Yoga 1&2 (2).

1 Elective Module:

Bhakti Yoga (1) or Year of Mantra (2), Patanjali Yoga (1), Karma Yoga (1), Engaged Teaching (1), Chakras 1&2 (2), Yin Yoga 1&2 (2), Yin yoga 1&2 (2), Restorative Yoga 1&2 (2), Yoga Nidra 1&2 (2), Chair yoga for Seniors (1), Trauma Responsive (1), Vedic Astrology 1&2 (2), Enhancements & Assisting (1).



LEARNING STREAM (NOT YTT)

Eligible Modules:

Breath, Anatomy for Asana, Rāja, Bhakti Yoga, Year of Mantra, Patanjali Yoga, Karma Yoga, Chakras 1&2, Āyurveda 1&2, Vedic Astrology 1&2.

Methodology Modules:

Yin Yoga 1, Yin yoga 1, Dosha Yoga 1, Guna Yoga 1, Restorative Yoga 1, Yoga Nidra 1, Chair yoga for Seniors, Trauma Responsive.

