

The Wandering Ashram Yoga & Meditation School



200-Hour Teacher Training Syllabus

Lead Trainer: Kathy A. Glaser, E-RYT 500, YACAP
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Teacher Training will be held at Wild B.O.A.R. Outdoor
Adventure & Recreation, RC 600 Tank Road,
Tower Barracks, Germany

www.wanderingashram.com
www.grafenwoehr.armymwr.com

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Yoga Alliance Requirements for 200-Hour Teacher Training Program:

Total Hours:

200

Wandering Ashram Center for Yoga & Meditation 200-Hour Yoga Teacher Training Syllabus

Trainers:

Kathy Glaser, E-RYT 200, E-RYT 500, YACAP

Philosophy of Teaching Program:

The Wandering Ashram strives to make the practices of yoga and meditation accessible to all populations of people through an inclusive, non-judgmental and compassionate model of teaching.

The primary focus of the program is to provide an open environment where students (soon to be teachers) are free to explore and draw inspiration from all limbs of yoga, ultimately deepening their knowledge and providing them with a solid foundation from which to practice, to teach and serve others.

Requirements for Admittance in Teacher Training Program:

To be accepted into the Wandering Ashram Yoga & Meditation School you will need a deep willingness and desire to learn more about yourself and yoga. We will explore the art and the science of the practices of yoga and meditation and your absolute presence is required both physically and mentally.

Requirements for 200-Hour Hatha & Vinyasa Yoga Teacher Training:

Techniques, Training & Practice 100 Hours

The foundation of the program will be asana, pranayama and meditation

- Practice and teach basic hatha yoga, vinyasa yoga, and mediation classes
- Journal daily, prompts provided
- Students will learn yoga poses with benefits and contraindications
- Students will learn the use of props to modify poses
- Class design and proper alignment cues will be demonstrated
- Exploration and implementation of Pranayama and Kriya techniques
- Meditation & mindfulness exercise training

Teaching Methodology 30 Hours

Topics included but not limited to group classes, structure, communication, assists, and Sanskrit.

- Group dynamics and class safety
- Communication skills, cueing and time management
- Private yoga sessions and yoga to special populations
- Explore, study & practice various teaching styles to include restorative & yin
- Yoga sequencing basics
- Centering Techniques
- Introduction of Sanskrit
- Develop themes to inspire classes
- Hands on assists

Anatomy & Physiology 25 Hours

Topics are designed to deepen the students understanding of anatomy and physiology of the physical and the subtle bodies.

- Anatomy and systems of the body
- Physiological functions
- How the practice of yoga affects the bodies systems, anatomical parts, and physiological functions
- Energy anatomy- subtle body, chakras, bandhas, prana, nadis, koshas
- Alignment/sequencing of poses and why it matters in designing yoga classes
- Discussion on how yoga can benefit most common modern diseases

Yoga Philosophy, Lifestyle and Ethics 30 Hours

Topics will include history and classical yoga texts and application of these in a modern time. Also included marketing and business concepts.

- Read, study & discuss Patanjali's Yoga Sutras
- Introduction to Bhagavad Gita
- Special attention to Yamas and Niyamas with emphasis on how to weave these principles into yoga classes and daily life
- Yoga theory including history of yoga and meditation
- Exploration of the modern holistic yogic diet with Ayurvedic introduction
- Discussion of types and styles of modern yoga
- Service and community support through the practice of yoga
- Legal issues, ethics, emergency situations, and insurance
- The business of yoga and marketing

Practicum 15 Hours

- Yoga Teaching in pairs and small groups throughout trainings
- Design and teach a 30-minute Vinyasa or Power Yoga class
- Design and teach a 30-minute Hatha or Gentle Yoga class
- Design and teach a 60-minute Hatha or Vinyasa Yoga class
- Teach 12-minute guided meditation

Prerequisites

- Dedicated yoga practice (class & home practice)
- Strong desire to learn more about yourself
- Commitment to attend **all** teacher training sessions (no exceptions)
- Commitment to daily practice during teacher training
- Commitment to do homework

Requirements for Certification

- Satisfy **all** teacher training assignments
- Attend **all** teacher training dates
- Pass teacher training written exam
- Pass teaching practical exams (teaching exams)
- Lead guided meditation 12 minutes
- Teach 5 (60 minute) class sessions outside of training (class is 2 or more)
- Community service 10 Hours
- Design & teach a yoga workshop (topic options provided in manual)
- CPR & First Aid training

Investment:

Tuition for the Wandering Ashram 200-Hour Teacher Training Program, a Certified Yoga Alliance School: **\$2450.00**. Price does not include required texts from list below.

There is a **\$200.00 early bird discount** for those who pay in full by **22 December 2018**. **Early bird payment for YTT is \$2250.00.**

Applications must be received by **4 January 2019**. Email applications to wanderingashram@gmail.com or they may also be dropped off at Wild B.O.A.R. during regular business hours and must be in a sealed envelope. If coming from out of town for training, call Wild B.O.A.R. +49 (0) 9641-83-8529 to make payment. If paying session by session, the first session's training fee must be paid by 4 January 2019.

List of Required Readings: These books must be purchased separately for prior to start training

- The Yoga Sutras of Patanjali, by Sri Swami Satchindananda
- Teaching Yoga, Essential Foundations and Techniques, by Mark Stephens
- The Anatomy Coloring Book by Wynn Kapit and Lawrence M. Elson
- Yoga Anatomy, by Leslie Kaminoff
- Wherever You Go, There You Are, by Jon Kabat-Zinn
- The Yamas & Niyamas, Exploring Yoga's Ethical Practice, by Deborah Adele
- Yoga Beyond Belief, by Ganga White – to be read before first session

List of Recommended Readings:

(Not required but recommended)

- Guiding Yoga's Light, by Nancy Gerstein
- The Yoga Body, Judith Lasater
- The Key Muscles of Yoga, by Dr. Ray Long & Chris Macivor
- Real Happiness, The Power of Meditation, by Sharon Salzberg
- Light on Yoga, BKS Iyengar
- The Bhagavad Gita translated by Eknath Easwaran
- Meditations from The Mat, by Rolf Gates

List of Reading for Additional Information & Learning:

(Not required)

- Anatomy of Movement, by Bladine Calais-Germain
- How to Meditate, A Practical Guide to Making Friend with Your Mind, by Pema Chodron
- Myths of the Asanas, by Alanna Kaivalya & Arjuna Van der Kooij
- The Heart of Yoga, TKV Desikachar
- Living Your Yoga, Judith Lasater

Items to bring with you to teacher training:

- Mat
- Water bottle & snacks
- Socks & sweatshirt (dress in layers)
- Journal & pen
- Required reading texts

Training Dates for Spring 2019 Teacher Training:

January 12-13

January 26-27

February 2-3

February 23-24

March 2-3

March 16-17

April 6-7

April 27-28

Graduation Ceremony, April 28 2:00 PM

All trainings are Saturday – Sunday

Saturdays & Sundays 8:00-5:30

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Training open to DOD ID Card holders

Lodging available at Tower Barracks:

Cabins at Wild B.O.A.R. +49 (0) 9641-83-8529

Army Lodging +49 (0) 9641-93-640