



Ditchling Yoga

# 11 Units for Teacher Training

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## Course Content

The teacher training is a 200hr course. This qualification consists of 11 units:

180 hours of contact time. Sophie Mills (yoga alliance teacher trainer) is the lead teacher. Emil and Anouk will be teaching on the retreat element of the course. This course will include:

### Unit 1

Development of your own yoga practice and growing an understanding of the effects of the practice on your own body and mind in context of sharing yoga with others.

### Unit 2

Analysis of key asana ; postural problems, core alignment points, practical understanding and application of anatomy and physiology in key poses,

### Unit 3

Key dristis, bandhas, mudras and use of these in asana classes

### Unit 4

Modifications for key poses and how to prevent injuries; making useful and safe adjustments.

### Unit 5

Teaching asana. Observation, adjustment and protection of vulnerable areas of the body.

### Unit 6

Pranayamana methods and techniques for teaching, breath awareness,



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## **Unit 7**

Yoga nidra, relaxation and restorative yoga

## **Unit 8**

Different approaches to teaching meditation

## **Unit 9**

History and philosophy of yoga and understanding of the main schools of yoga, study of key texts,

## **Unit 10**

Basic understanding of yogic terminology

## **Unit 11**

Teaching one to one and groups, ethical practice, course structuring, practicalities of running classes