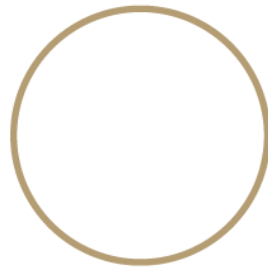


OMSHANTI YOGA LIVING WITH LISA MCCABE

200HR YOGA TEACHER  
TRAINING SYLLABUS

Share, Learn, Inspire



OMSHANTI YOGA LIVING  
BREATHE, FEEL, FUNCTION

"WHEN YOU ARE INSPIRED BY SOME GREAT PURPOSE, SOME EXTRAORDINARY PROJECT, ALL YOUR THOUGHTS BREAK THEIR BONDS; YOUR MIND TRANSCENDS LIMITATIONS; YOUR CONSCIOUS EXPANDS IN EVERY DIRECTION; AND YOU FIND YOURSELF IN A GREAT, NEW AND WONDERFUL WORLD"

PANTANJALI



## 200hr Teaching Syllabus

### **Overview**

This teacher training is aimed at people who want to learn the fundamentals of teaching Functional Yoga with an emphasis on Anatomy and Physiology.

This course has been developed from my knowledge and experience of my yoga teaching career which has spanned almost 15 years.

My objective is to create a course that 'over trains' student to feel confident to teach Yoga in a professional and safe way,



## 200hr Teaching Syllabus

### **About Lisa**

I am a registered Yoga Alliance Senior Yoga Teacher and a Yoga Medicine Therapeutic Specialist who has been studying Yoga for the last 23 years.

My passion has always been about the body and I have spent many years understanding why and how Yoga can be so beneficial to not only the physical body but the mental and emotional too.

I am using my training and experience to create a teacher training program where students can learn how to teach yoga effectively and safely. My aim is to provide students with the knowledge to move beyond just the asana and give them effective tools they can share with their future students.

This course is limited to 14 students



## 200hr Teaching Syllabus

### **Contents**

Anatomy & Physiology (60 hours)

Yogic Philosophy (40hrs)

Codes of Ethics as a Teacher (15hrs)

Asana (40hrs)

Pranayama (15hrs)

Meditation (10hrs)

Introduction to Eastern Practises (10hrs)

Yoga as a Business (5hrs)

Introduction to Nutrition (5hrs)



## **Pre-Requisites**

Min 2 years practise  
Interview and application

## **Additional Learning and Requirements**

Exam after each A & P section

Teaching and Observation  
Final Practical Exam

Students will be required to write a book report on a book from the  
Book report options

Class Observation throughout the course (min 15hours)  
Students will be asked to write a summary of what they have  
observed and what they have taken away from the experience

Students will be required to self-practice min 3 classes per week plus  
2 home practises

Develop a consistent Meditation Practise and journal their  
experience

Devise a 6 Week course based on a theme of their choice



# 200hr Teaching Syllabus

## Course Outline

### Yogic Philosophy

- What is Yoga – Understanding its history and purpose
- The Paths of Yoga
- Yoga's relevance in the modern-day
- Pantanjali's Eight Limbs of Yoga and their relevance today
- Introduction to the Bhagavad Gita and the Yoga Sutras of Patanjali
- Why an understanding of Yoga philosophy is important for teaching Yoga



# 200hr Teaching Syllabus

## Course Outline

### **Codes of Ethics as a Teacher**

- Understanding your Role as a Yoga Teacher
- What makes a great teacher?
- Finding your voice as a Yoga Teacher
- Concepts of Teaching
- Managing yourself as a Teacher
- The importance of continuing development



# 200hr Teaching Syllabus

## Course Outline

### Pranayama

- Understanding the Respiration system and the importance of the Diaphragm
- Mouth breathing versus nostril breathing - Learning how to accommodate all students
- What is Prana?
- The fundamentals of Pranayama
- Introduction to Pranayama techniques
- 3-part
- Yogic Breath
- Ujjayi Breath
- Diaphragmatic Breathing





# 200hr Teaching Syllabus

## Course Outline

### Pranayama Continued

- Alternate Nostril Breathing
- Nadi Shodhanam
- Ratio breathing
- Understanding the Relaxation response through Exhalation
- Kumbhaka (retention) Puraka (inhalation), Rechaka (exhalation)
- Kapalabhati
- Viloma
- Chandra Bedha Pranayama
- Surya Bedha Pranayama
- Sitali Breath (Cooling Breath)
- Anuloma Pranayama
- Pratiloma Pranayama



# 200hr Teaching Syllabus

## Course Outline

### Asana

- Understanding Asana and the principles of Alignment
- Sukham and Sthira
- Loops of Basic Alignment
- Aesthetic Alignment vs Functional Alignment
- Categories of Asanas and their Contraindications
- General Use of poses
  - Poses for Warm-Ups
  - Sun Salutations
  - Standing Poses
  - Core Work
  - Hip openers
  - Seated Poses
  - Backbends
  - Inversions
  - Supine Poses



# 200hr Teaching Syllabus

## Course Outline

### Asana Continued

- Why and How to use props effectively
- The Art of Sequencing
- Creating the Class
- The Art of Adjustments
- Content of your Class / Selecting a theme or Focal Point
- Understanding and introduction to other styles of Yoga, introduction to Yin, Restorative,
- Pre-Natal



# 200hr Teaching Syllabus

## Course Outline

### **Meditation**

- Introduction to the science of Meditation to understand its physiological effects
- Meditation and its benefits
- Meditation Techniques
  - 10 Count Meditation
  - 2/1 Meditation
  - Mindfulness Meditation
  - Mantra/Japa
  - Visualisation
  - Vipassana
  - Walking Meditation



# 200hr Teaching Syllabus

## Course Outline

### **Anatomy & Physiology**

- Defining Anatomical terms
- A & P of the internal systems and common dysfunctions – Blood Pressure, Breath Dysfunctions
- A & P of the Lower Leg and Foot – Common Dysfunctions and principles of 4 pointed weight
- A & P of the Upper Leg and Pelvis – Common Dysfunctions - Principles of pelvic tilt
- A & P of the Spine - Common Dysfunctions - Principles of neutral spine
- A & P of The Hip - Common Dysfunctions - Understanding Compression and Tension and Normal ROM
- A & P of the Shoulder – Common Dysfunctions - Understanding ROM



# 200hr Teaching Syllabus

## Course Outline

### **Anatomy & Physiology continued**

- A & P Introduction to Fascia – Understanding Facial Layers and the effect tension has on this system
- A & P of the respiration system and the importance of the diaphragm
- Introduction to the Nervous System



# 200hr Teaching Syllabus

## Course Outline

### **Introduction to Eastern Practises**

- Bandhas
- Mudras
- Dristhi
- Kriyas
- Mantras
- Introduction to Chinese Medicine



# 200hr Teaching Syllabus

## Course Outline

### **Yoga as a Business**

- The Business Set up
- Insurance
- Branding/Marketing
- Social Media
- Online vs Studio
- Payment

### **Introduction to Nutrition**

- Dispelling the Myths of Nutrition
- Yoga and Nutrition





