yoga alliance PROFESSIONALS

# Course Syllabus

| Total Hours | In-Person Hours | Live Streaming Hours | Hours Taught By SYT | Non-Contact Hours |
|---|---|---|---|---|
| 200 | 180 | | | |

| Content | Description |
|---|---|
| actice: asana, pranayama & | emphasise specific parts of the practice eg forward bending or |
| aching practice and metho | vered will be sequencing, pacing, verbal cueing and environme |
| Focus of the course | ers feel confident teaching a wide range of practitioners. The Kr |
| Overall aim | se is to make students confident in delivering classes and cour |
| duate will be able to do aft | ughtfully designed vinyasa yoga classes and training courses. T |
| w the course will be assess | lso provided throughout the course and if any requirements of |

## COURSE BREAKDOWN

| Module | In-Person Hours | Live Streamed Hours | SYT Contact Hours | Non-Contact Hours |
|---|---|---|---|---|
| nodify as well as us | 30 | 10 | 20 | 60 |
| d modify. Teaching | 30 | 10 | 15 | 55 |
| d modify. Teaching | 30 | 10 | 15 | 55 |
| nd modify. Teachin | 30 | 10 | 15 | 55 |
| and modify. Teach | 30 | 10 | 15 | 55 |
| modify. Teaching a | 30 | 10 | 15 | 55 |