



YOGA TEACHERS TRAINING



Want to become a yoga instructor?

Our authentic, creative and rigorous Yoga Teacher Training is a curriculum that will train you for an outstanding yoga teaching career with the abilities that transcend your inventive limits. Not only will you gain knowledge, but you will also be able to experience the true potential of yoga in a personal way.

We're going to take you on a journey of both spiritual and scientific approaches to yoga where you can understand the new impetuous passion of your life. Our 200-hour Yoga Teacher Education is a rigorous program that will include both practical and theoretical exercises in order to create a better understanding of all facets of yoga. It is very easy to move forward even for the starters. You can nutritize your mind and stretch your body and senses and in the same way, you can teach other learners the same.

Our 200-Hour Yoga Teacher Training Nepal **goals** are to:

? Offer inspiring, educational, and authentic yoga teachings to you regardless of your level of practice.

?Encourage you to deepen your love for yoga, and offer you the skills to get confident at teaching yoga safely with your students.

? Build a positive learning environment in which you and all other like-minded yogis will thrive, and create long-lasting friendships.

Eligibility to join the 200-hour Yoga Teacher Training Nepal Course

These 200 hours of Yoga Teacher Training Course are designed for everyone no matter their background, nationality, or religion. Be ready as this course will lighten your paths and open a gate of hope for a better life. The age of the student shouldn't be less than 18 or more than 60.

Certification of 200-hour Yoga Teacher Training Nepal Course

For New Aspiring Yoga Teachers, a 200-hour certification can be a

platform to learn ancient knowledge of health, harmony, and well-being on a worldwide level. This is one of the most serviceable minimum ethics set by an organization to instruct Yoga in recent times. Credit goes to Yoga Alliance for all the efforts made to bring an idea of regulation over literacy and tutoring Yoga by setting up the designations for Yoga Seminaries and Yoga professionals the world over. After successful completion of a 200 hrs, course from an RYS 200 Yoga School (Registered Yoga Academy at 200 hrs. level) with 200 hrs. For yoga Certification, participants are eligible to get registered with Yoga Alliance, USA for a designation of RYT 200 (Registered Yoga Schoolteacher at 200 hrs. position).

After successful completion of the 200-hour yoga teacher training in Nepal course, students will receive the 200-hour yoga teacher training certificate enabling them to register with Yoga Alliance or any other Yoga Federation in your country. This course will provide you with new insights into all areas of yogic practice and also present you with an opportunity to become a Registered Yoga Teacher (RYT 200)

Outline Itinerary (22 Days)

Day 1 : Daily Schedule

DAILY SCHEDULES

06:00 – 6:30 am: Wake up and Ushapan (Early Drinking water)

06:30 – 8:30 am: Jala Neti (Nasal Cleansing) and Herbal Tea

07:15 - 08:45 am: Hatha Yoga

08:30 - 10:30 am: Breakfast & Herbal Tea Break

10:00- 11:30 am: Yoga Philosophy

11:00-01:00 pm: Vegetarian Lunch and Herbal Tea

01:00-02:00 pm: Library / Self-study

03:30-05:30 pm: Yoga Asana Practical

05:30 - 06:00 pm: Herbal Tea

06:00 - 07:00 pm: Bhakti Yoga (Prayer/Chants), Spinal Asana/
Suryanamaskar; Yoga-Nidra, Mudra, Dhyana Yoga (Meditation)

07:00 - 07:30 pm: Dinner and Herbal Tea

07:30 - 08:30 pm: Bhakti Yoga (Prayer/Chants), Group Talks and
Discussion (2 Times a Week)

08:30 pm: Evening walk, Vajrasana, Self-study & Practice

10:00 pm: Bed Time (Lights out)

Course Syllabus:

1. Techniques, Training and Practice: Total 100 Hours

- Minimum Contact Hours: 75 hours
- Minimum Contact Hours w/ Lead Trainer(s): 50 hours

- Prayer: Om chant, Mantra prayer and Chanting
- Jogging; Subtle exercise, Dynamic (warm up) exercise, Spinal exercise and Suryanamaskar (Traditional and integrated form both)
- Satkarma: Dhauti, Basti, Neti, Nauli, Tratak and Kapalbhathi
- Asana (postures): Meditative postures, Relaxing Postures, Balancing Postures, Fitness maintaining postures, Inverted postures.
- Body Alignment in Yoga
- Yoga safety guidelines
- Mudra, Bandha and Pranayama (Breathing Ethics)
- Yoga nidra (Yogic Sleep) and Dhyana (Meditation)
- Guided Teaching Practice

2. Teaching Methodology: Total 25 Hours

- Minimum Contact Hours: 15 hours
- Minimum Contact Hours w/ Lead Trainer(s): 10 hours
- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries
- How to address the specific needs of individuals and special populations, to the degree possible in a group setting
- Principles of demonstration, observation, assisting and correcting
- Teaching styles and Qualities of a teacher
- The student learning process
- Business aspects of teaching yoga (including marketing and legal)

3. Anatomy and Physiology: Total 20 Hours

- Minimum Contact Hours: 10 hours
- Minimum Contact Hours w/ Lead Trainer(s): 0 hours

- Constituents of Human Body: Cells, Tissues, Organs, Terminologies;
- System of Protection and Movement of bones, joints, muscles, Flexibility, Efficiency, Body Alignment
- System of Intake of raw materials and the elimination e.g Digestive, Respiratory, Excretory
- Communication and Immune system-Cardiovascular, Nervous, Endocrine, Lymphatic:
- Spiritual anatomy and physiology: Pancha kosa, Chakras, Physical and spiritual Nadis, Kundalini power etc.

4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: Total 30 hours

- Minimum Contact Hours: 20 hours
- Minimum Contact Hours w/ Lead Trainer(s): 0 hours
- The brief study of yoga philosophies and traditional texts: Meaning, Definition and History of Yoga, Biography of some yogic Rishis such as Lord Shiva, Patanjali;
- Brief introduction of the Yoga Sutras, Hatha Pradipika and Gherand Samhita;
- Forms of yoga: Karma yoga, Bhakti yoga, Gyana yoga, Dhyana yoga, Mantra yoga, Hatha yoga, Kundalini Yoga, Ashtanga Yoga
- Yogic Lifestyle: Day Regimen, Night Regimen and Seasonal Regimen, Aahara – Vihaara – Vichaara – Vishraama;
- Ethics: Yama (social ethics): eg. Ahimsa (non-violence), Satya (truthfulness); Asteya (non-stealing), Aparigraha (non-possessiveness), Bhrahmacharya (True nature)
- Niyama (individual ethics): eg. Shouch (purification); Santosha (contentment), Tapa (tenacity), Swadhyaya (self-study), Ishwor pranidhan (self-surrender to god)
- Concepts of Dharma and Karma, Bondage and Moksha
- Yogic Aahara / Sattvic Food, Rules of healthy food habits

- Ethics for yoga teachers, such as those involving teacher – student relationships and community
- Understanding the value of teaching yoga as a service and being of service to others (seva)

5. Practicum: Total 10 Hours

- Minimum Contact Hours: 5 hours
- Minimum Contact Hours w/ Lead Trainer(s): 5 hours
- Practice teaching as the lead instructor
- Receiving and giving feedback
- Observing others teaching
- Assisting students while someone else is teaching

6. Remaining Contact Hours and Elective Hours

The remaining Contact Hours (55 hours) and elective hours (15 hours, either contact or non-contact) are to be distributed among the five educational categories, but the hours may be allocated at the discretion of each RYS based on their program's focus.

Include / Exclude

- Hotel Pick up and Drop
- Accommodation; Attached Bathroom with Hot & Cold shower.
- Towel and slippers
- 3 vegetarian or Vegan meals daily (Cultural Food on Festivals & Rituals)
- Daily herbal tea as mentioned above, Drinking water.
- Training Fees
- Library of yoga Literature
- Yoga Book-1, Notebook-1, Pen-1, Jalaneti pot-1, Lady Dress for Female and Yoga dress for Gents
- One Day Hiking Yoga; One Day World Heritage Yoga Tours
- Some Therapies as complements like Massage -1
- Volunteer teaching a few hours a week in School as your interest
- Personal Expenses
- Extra meals (available at an extra charge)
- Extra Therapies (available at an extra charge)



Himalayan Social Journey

Himalayan Social Journey has come up with exclusive packages based on travelers' budgets in Nepal, India, Tibet, and Bhutan with the slogan, "Ecstasy is within you, safety the first."

Our Contact

House No 244, Buddha Tole Marg, Kumari Club, Shorakhutte

reservation@hsj.com.np

+977-01-4952211, +977-9865452271 (Whats app)