

TEACHER TRAINING

200 HOURS - COURSE OUTLINE

MODULE 1 - 50 HOURS

PHILOSOPHY: PATANJALI'S 8 LIMBS OF YOGA + THE HISTORY OF THE SUTRAS
SEQUENCING: UNDERSTANDING THE STRUCTURE OF A YOGA CLASS
AN OVERVIEW OF THE CHAKRAS + THE ROOT CHAKRA + MEDITATION
THE ENERGY BODY: AN OVERVIEW OF THE ENERGY BODY
ANTOMY: PHYSIOLOGY: AN INTRODUCTION TO THE BODY, ANATOMICAL LANGUAGE/JARGON
ANATOMY: FEET AND LEGS
PRANAYAMA
YOGA AND TEACHING PRACTICE: MOREYOGA EARTH FLOW (DAILY PRACTICE)
ASANA: STUDY OF THE ASANAS IN THE EARTH FLOW

MODULE 2 - 50 HOURS

PHILOSOPHY: THE SUTRAS OF PATANJALI
SEQUENCING: THE PRINCIPLES OF A SOUND CLASS STRUCTURE (WARMUP AND SUN SALUTATIONS)
SECOND CHAKRA AND THIRD CHAKRA + MEDITATION
THE ENERGY BODY: THE NADIS
ANATOMY: PHYSIOLOGY - AN OVERVIEW OF THE SKELETAL AND MUSCULAR BODIES
ANATOMY: HIPS AND PELVIS - AN INTRODUCTION TO THE SPINE
YOGA AND TEACHING PRACTICE: MOREYOGA WATER FLOW (DAILY PRACTICE)
ASANA: STUDY OF THE ASANAS IN THE WATER FLOW

MODULE 3 - 50 HOURS

PHILOSOPHY: THE SUTRAS OF PATANJALI
SEQUENCING: THE PRINCIPLES OF A SOUND CLASS STRUCTURE (STANDING POSTURES)
FOURTH AND FIFTH CHAKRA + MEDITATION
THE ENERGY BODY: THE KOSHAS, THE SHEATHS OF OUR BEING
ANATOMY: PHYSIOLOGY - NEUROLOGICAL, NERVOUS, CARDIOVASCULAR
ANATOMY: THE SPINE, RIB CAGE AND ABDOMINAL MUSCLES
VERBAL CUING AND PHYSICAL ADJUSTMENTS
PRANAYAMA
YOGA AND TEACHING PRACTICE: MOREYOGA FIRE FLOW (DAILY PRACTICE)
ASANA: STUDY OF THE ASANAS IN THE FIRE FLOW

MODULE 4 - 50 HOURS

PHILOSOPHY: THE SUTRAS OF PATANJALI
SEQUENCING: THE PRINCIPLES OF A SOUND CLASS STRUCTURE (COOL DOWN, COUNTER-POSTURES,
INVERSIONS AND SAVASANA)
SIXTH AND SEVENTH CHAKRA
THE ENERGY BODY: THE VAYUS AND THEIR RELATIONSHIP TO THE BREATH
ANATOMY: PHYSIOLOGY: THE RESPIRATORY SYSTEM
ANATOMY: CHEST, SHOULDERS AND NECK
PRANAYAMA
YOGA AND TEACHING PRACTICE: MOREYOGA AIR AND ETHER FLOW (DAILY PRACTICE)
ASANA: STUDY OF THE ASANAS IN THE AIR FLOW
BUSINESS SKILLS FOR THE STARTING YOGA TEACHER
