



## Elements of Yoga – Joan Hyman

### 200 Hour Teacher Training

Part 1 : July 1th - 13th

Part 2: October 19th – 27th

This is a foundational teacher training is Yoga Alliance Certified and ideal for serious students of yoga and aspiring teachers. In this program, we will cover the different elements of yoga that will help you develop a self-practice and inspire you to teach!

This program will provide you with the tools and the knowledge to start teaching and finding your voice as a teacher. You will begin by learning to teach the basics as we explore styles from the Ashtanga and Iyengar Methods. Joan also holds a background in meditation, Ayurveda, and different therapeutic studies which she applies to all of her trainings. This training aligns with the authentic traditions as instructed by Krishnamacharya and his students Sri K. Patthabi Jois and B.K.S. Iyengar. We will explore



the details of alignments blended in with the dynamic breath based movements learning to create a vinyasa flow class that is accessible to everyone!

You will also deepen your understanding of philosophy, anatomy, subtle body, and chanting.

### Topics Covered:

- The study of asana. (Yoga Postures).
- Anatomy applied to asana.
- Learn the benefits and contraindications of asana and how to make postures accessible for everyone.
- How to work with props.
- The art of reading bodies and performing hands on adjustments.
- How to teach beginners.
- The art of sequencing a vinyasa flow class.
- How to teach a yoga private.
- The history of yoga.
- Yogic philosophy from the perspective of The Yoga Sutras.
- The subtle body including, the chakras, vayus, bandhas, and pranayama.
- Restorative yoga.
- Prenatal yoga.
- How to be an effective teacher.
- How to find your authentic voice as a teacher.
- Practice teaching in a group.

### Dates:

) **Part 1**  
July 1<sup>st</sup> - 13<sup>th</sup>  
Mon-Fri 8h30 – 17h30 with 12h30-13h30 lunch break  
Sat/Sun 9h-11h & 13h30-17h30

) **Part 2**  
October 19<sup>th</sup> – 27<sup>th</sup>



### Daily Schedule:

- Morning practice. Includes two – three hour practices including meditation and pranayama and focusing on the asana theme of the day.
- Short Break.
- Review Sequence and postures taught.
- Lunch Break
- Philosophy discussion and study/ or Subtle Body.
- Short Break
- Hands on Adjustments, practice teaching, or a wind down practice for the day.

### BOOK LIST – Required Reading:

- )] Yoga Mind, Body & Spirit: A Return to Wholeness by Donna Farhi
- )] The Heart of Yoga: Developing a Personal Practice by T. K. V. Desikachar
- )] Light on Yoga: Yoga Dipika by B. K. S. Iyengar
- )] The Yoga Sutras of Patanjali by Swami Satchidananda
- )] The Key Muscles of Yoga: Scientific Keys, Volume 1 by Ray Long

### Cost/Tuition:

200 Hour Teacher Training tuition includes:

- )] Elements of Yoga Teacher Training 210 page Manual by Joan Hyman
- )] 200-hour diploma and letter of completion signed by Joan Hyman upon successful completion of the program.

Total cost: CHF 4'000

A down payment of CHF 2'000 is due latest by May 31, 2019.

Full payment is due before the start of the teacher training and is non-refundable.

Cancellation Policy:

- )] Cancellation more than 90 days prior to the training start date, a full refund less CHF 200.00 administration fees will be made.



- ) Cancellation between 90-30 days prior to the training start date, a 50% refund will be made.
- ) Cancellation 30 days or less before the training start date, no refund will be made.

**Other:**

There is the possibility to complete one of the two parts of the teacher training and then attend the other part at a later date. Please let me know if you are interested.

Please email: [info@solunayoga.ch](mailto:info@solunayoga.ch) for more information.

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