



Yoga Dimensions

200-Hour Yoga Teacher Training Syllabus

Thy wide doors are open, welcoming God's true sons through all ages.

Overview and Faculty

Launching November 2017 by Founder Felicia, who commits to promote yoga as the panacea of human mind.

Felicia discarded the chains of her 8-years former corporate life and made the shift to follow her calling as a Yoga Teacher. She loves to inspire her disciplines that all the pain and hardships are just the invitation to the God's eternity love.

In Yoga Dimensions's TT, trainees will be walking a live journey to find truth through inner communion.

Syllabus

A. Yoga Philosophy

Yoga Philosophy is a core session in the training program. Without philosophy, yoga is similar to a body without consciousness; and finally becomes a "workout" instead of "workin". If yoga is not a sport, if yoga is not a religion, if yoga is not a tool for relaxation, then what is Yoga? Like Bible, Yoga's ancient wisdom continues to serve today. Through extensive reading, discussions, and sharing, trainees in Yoga Dimensions will go deep into the heart of Yoga, and go further into their personal spiritual growth.

- History and origin of Yoga
- The Yoga Sutra of Pantajali - Ashtanga Marga
- Introduction of Ayurveda System
- Chakras System - Physical and Non-Physical

B. Anatomy

Morden understanding of human body will definitely elevated the profound ancient wisdom of Yoga. Trainees will be learning the fundamentals of physical human body system and how Yoga can be applied to improve ones physical and mental wellness.

- human anatomy and body terminology
- Yoga and Human Body System
- Body movements and general limitations in asana practice
- Practical implementation of Anatomy and Physiology in Yoga Practices

C. Techniques, Practice & Training

A core portion of the program includes Asanas, Pranayama, Meditation, Mantras, etc.. Traditionally, the physical practice of yoga (asana) was intended as meditation preparation. While Pranayama plays an important role in leading to a meditative state. Trainees will be participating in the session actively through lecture, practice, demonstration and discussions.

I. Meditation

“Meditation is listening. It is going back to your own center.” by Paramhansa Yogananda. Meditation is widely used as a tool for stress management, it is foremost a spiritual art. Trainees will participate an extensive range of practices which includes:

- Different types of meditation
- Discover the relationship with the Divine
- Learning skills to guide a complete meditation

II. Asanas

Yoga asana is commonly presented as a practice of yoga. Although it should not be practiced alone without the subordination to other practices like pranayama and meditation, it is also impactful in a holistic yoga journey.

- Hatha Yoga with poses from beginner level to intermediate level
- Yoga-for-all (non- posture orientated)
- Alignment, adjustments and modifications

III. Pranayama

Prana is the energy of pure existence permeating the universal at all levels. Regular practice creates profound effects on one's physical, intellectual and spiritual level. For a yoga practitioner, pranayama is wisely used to create a healthy state of chitta.

- Breathing techniques to improve body systems and eventually lead the self and access self-realization
- Benefits and contradictions of breathing techniques
- Applying pranayama in asanas and meditation

D. Teaching Methods

This is how a yoga practitioner becomes a qualified teacher - how to teach! Practicing is a huge different of teaching. In the training program, trainees will grow not only with techniques and knowledge, as well as mentally ready to become a teacher serving the community. Being a teacher is not limited to commitment for self-disciplines, it also means become a representative of yoga.

- 1-1 consultation with lead trainer - how do you start your yoga career? what hinders you to make a step?
- ethical guidelines for a Yoga Teacher
- session planning and structuring
- intention of teaching

E. Teaching Practice

Trainees will build up a solid foundation of teaching through assigned class and voluntary community class.

- assist in teaching
- lead teaching
- voluntary teaching

Requirements

- Students who are interested should understand this program requires strong commitment and high disciplines.
- Students must have minimum 6-months solid foundation of practice. Non-YD members will be interviewed by the lead trainer.
- Students should carry an open-mind attitude to learn.
- Students who meet the above requirements and ready to make effort to be a better self.

Timeline

- 16 November 2019 to 29 February 2020 (15 weeks)
- 9am to 5pm in all weekends

Tuition English and Cantonese

Tuition

Early-bird price:

\$25,000 Now until 1 October

Other options

A: \$28,000 from 2 October onwards

B: Instalments

First instalment \$20,000 by 1 November

Remaining balance \$10,000 by 1 January 2020