



**200 Hour Yoga Teacher Certification (9 months)**

*33 Thursday evenings: 6:00 pm to 9:00 pm*

*5 Weekends In Classroom: 9:00 am to 4:30 pm*

*3 Saturday Only In Classroom: 9:00 am to 4:30 pm*

**Week 1 Thursday November 3 Orientation 6-9 pm ET**

yogaspirit® Orientation (2-3 hours)

Meet and Greet, Intention Setting, Books and Materials, Administrative Review

**Week 2 Thursday November 10 Biomechanics 6-9 pm ET**

yogaspirit® Biomechanics

Compensation vs Homeostasis

Appendicular Skeleton

Foundation: Feet, Legs, Pelvis, Hands, Arms, Shoulders

Axial Skeleton

Core: Sacrum, Spine, Ribs, Skull

**Weekend 1 Saturday & Sunday November 12-13 Anatomy & Physiology 9-4:30pm**

**Week 3 Thursday November 17 Biomechanics 6-9 pm ET 3-6 pm**

yogaspirit® Biomechanics

Understanding the spine and nervous system

Dermatomes and Keystone concepts

**Week 4 Thursday December 1 Biomechanics 6-9 pm ET 3-6 pm**

yogaspirit® Methodology

Understanding the beginner body

Characteristics of the Beginner Body

Symmetric and Asymmetric/Tadasana

**Week 5 Thursday December 8 Methodology 6-9 pm ET 3-6 pm**

yogaspirit® Methodology: Correction-Principles of Touch

Tadasana cont'd, Virabhadrasana I

**Saturday December 10 Sacred Life I**

*Weekends In Classroom: 9:00 am to 4:30 pm*

**yogaspirit®** Inner Practices: Opening Puja, Intention Setting & Healing Circle

**yogaspirit®** as an Astanga Raja Path

Margas & Limbs

**yogaspirit®** as a Tantra Path

Consciousness & Realization, Surat Shabda Yoga-Light and Sound Paths

**yogaspirit®** Ethics

Qualities of a Teacher

**Week 6 Thursday December 15 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Technique Uttanasana, Utkatasana

**Week 7 Thursday December 29 Beginner Basics Asana 6-9 pm yogaspirit®** Technique

Virabhadrasana III, Parsvottanasana

**Week 8 Thursday December January 5 Beginner Basics Asana 6-9 pm yogaspirit®**

Technique Parivritta Trikonasana

**Week 9 Thursday January 11 Beginner Basics Asana 6-9 pm Yogaspirit®** Technique

Virabhadrasana II, Utthita Trikonasana

**Weekend 2 Saturday & Sunday January 21 Sacred Life I**

*Weekends In Classroom: 9:00 am to 4:30 pm*

**yogaspirit®** Philosophy

History: Styles and Traditions today

**yogaspirit®** Philosophy: Introduction to Bhagavad Gita

**yogaspirit®** Philosophy: Bhiranga Sadhana

Yamas (Ahimsa, Satya, Asteya)

**Weekend 2 Sunday January 22 Sacred Life II**

*Weekends In Classroom: 9:00 am to 4:30 pm*

**yogaspirit®** Technique

Antaranga Sadhana (Pranayama Part I, Mudras)

**yogaspirit®** Philosophy

Bahiranga Sadhana: Yamas (Brahmacharya, Appariagraha)

**yogaspirit®** Philosophy

Bahiranga Sadhana: Niyamas (Saucha)

**yogaspirit®** Ayurveda Concepts

**Week 10 Thursday January 19 Sacred Life I 6-9 pm**

**Beginner Basics Asana 6-9 pm**

yogaspirit® Technique Utthita Parsvakonasana, Vrksasana

**Week 11 Thursday January 26 Beginner Basics Asana 6-9 pm**

yogaspirit® Technique Prasarita Padottanasana, Adho Mukha Svanasana

**Week 12 Thursday February 2 Beginner Basics Asana 6-9 pm**

yogaspirit® Technique Sukhasana, Parvantasana in Sukhasana, Marichiasana III

**Saturday February 5 Sacred Life II**

*Weekends In Classroom: 9:00 am to 4:30 p*

yogaspirit® Philosophy

Bahiranga Sadhana: Niyamas (Tapas, Santosa)

Asana

Biography Exercise

yogaspirit® Technique

Antaranga Sadhana: Pranayama – Part 2, Bandhas

**Week 13 Thursday February 9 Beginner Basics Asana 6-9 pm**

yogaspirit® Technique Dandasana, Paschimottanasana, Janu Sirsasana

**Week 14 Thursday February 16 Beginner Basics Asana 6-9 pm**

yogaspirit® Technique Baddha Konasana, Upavishta Konasana

**Week 15 Thursday March 2 Beginner Basics Asana 6-9 pm**

yogaspirit® Technique Supta Padangusthasana A B C

**Week 16 Thursday March 9 Beginner Basics Asana 6-9 pm**

yogaspirit® Technique Backbend Intensive: Eka Pada Rajakapotasana, Bhujangasana, Garbasana

**Weekend 3 Saturday March 11 Sacred Life III**

*Weekends In Classroom: 9:00 am to 4:30 p*

yogaspirit® Philosophy

yogaspirit® Philosophy

Antaranga Sadhana: (Pratyahara, Svadhyaya)

Antaratma Sadhana: (Dharana, Samadhi)

Stages of Samadhi – Isvara Panidhana  
Introduction to Sutras: (Samadhi Sutras 1.1-1.3)

**Weekend 3 Sunday March 12 Sacred Life III**

*Weekends In Classroom: 9:00 am to 4:30 pm*

**yogaspirit®** Anatomy – Eastern Multidimensional Anatomy: (Nadis, Shyunia, Koshas, Chakras)

**yogaspirit®** Philosophy: (Samadhi Sutras 1.4-1.6)

**yogaspirit®** Technique:Kundalini Concepts (Kriyas, Mantras)

**Week 17 Thursday March 16 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Technique Backbend Intensive Continued: Ustrasana, Setu Bandasana, Parvana Muktasana

**Week 18 Thursday March 23 Beginner Basics Asana 6-9 pm**

**Yogaspirit®** Methodology Principles of Teaching: Language & Voice

**Yogaspirit®** Methodology Principles of Teaching:Observation

**Week 19 Thursday April Beginner Basics Asana 6-9 pm**

**yogaspirit®** Technique Inversion Intensive: Salamba Sarvangasana, Viparita Karani

**Week 21 Thursday April 27 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Technique Inversion Intensive Continued: Sirsasana, Savasana

**Week 22 Thursday May 4 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Technique Adjustments and Modifications Review

**Week 23 Thursday May 11 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Methodology Principles of Teaching: Demonstration, Instruction

**Week 24 Thursday May 18 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Business of Yoga Part 1

**Weekend 4 Saturday May 20 Sacred Life IV**

*Weekends In Classroom: 9:00 am to 4:30 pm*

**yogaspirit®** Philosophy: Samadhi Sutras1.17-1.51

**yogaspirit®** Philosophy: Padas 3 & 4

**yogaspirit®** Anatomy Physiological Effects, Brain Waves, Mind/Body Concepts

**Weekend 4 Sunday May 21 Sacred Life IV**

*Weekends In Classroom: 9:00 am to 4:30 pm*

**Yogaspirit®** Philosophy: Antaratma Sadhana (Dharana, Dhyana, Surat Shabda Yoga)

**Yogaspirit®** Technique: (Guided Imagery, Vipassana, Mindfulness)

**yogaspirit®** Yoga for Women Menopause, Restorative Yoga

**Week 25 Thursday May 25 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Sequencing and Formatting: FORM Classes

**Week 26 Thursday June 1 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Sequencing and Formatting: FLOW Classes

**Week 27 Thursday June 8 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Sequencing and Formatting: Kripalu Style, Bikrum/Hot Yoga

**Week 28 Thursday June 15 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Sequencing and Formatting: Power Classes: Ashtanga Styles (Vinyasa), Primary Series Homework, Modify Primary Series Beginner Basics, Chaturanga, Surya Namaskar (Salutations to the Sun), Urdva Mukha Svanasana

**Weekend 5 Saturday June 17**

*Weekends In Classroom: 9:00 am to 4:30 pm*

**yogaspirit®** Sequencing and Formatting: Children's Yoga, Partner Yoga Practice

**yogaspirit®** Yoga for Women: Menstruation, Natal Year

**Weekend 5 Sunday June 18**

*Weekends In Classroom: 9:00 am to 4:30 pm*

**yogaspirit®** Teaching Practice Week 1

**yogaspirit®** Business of Yoga Part 2

**Week 29 Thursday June 29 Beginner Basics Asana 6-9pm**

Formatting: Home Practice, Sample Class Video Assignment

**Week 30 Thursday July 6 Beginner Basics Asana 6-9 pm yogaspirit® Sequencing and**

**yogaspirit®** Teaching Practice Week 2

**Week 31 Thursday July 13 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Technique Week 3

**Week 32 Thursday July 20 Beginner Basics Asana 6-9 pm**

**yogaspirit®** Teaching Practice Week 4

**Week 33 Thursday July 27 Beginner Basics Asana 6-9 pm**  
yogaspirit® Teaching Practice Week 5 & 6

**Saturday July 29 Finals & Graduation**

*Weekends In Classroom: 9:00 am to 4:30 pm*