

Black Mountain Yoga: Yoga Therapy Teacher Training Syllabus

WE 1

Introduction to Training
Yoga Style: Anusara
Overview of Curriculum
Eight Limbs of Yoga
Being in our Bodies: Movement
Elements of a Yoga Class I
Elements of a Yoga Class II
Pranayama I: Ujjayi
Gross Anatomy/Physiology Intro A
Asanas: Sun/Moon Salutations
Meditation: Uses & styles
Gross Anatomy/Physiology Intro B

WE 2

Style: Gentle Yoga
Touch: Physical & energetic
History of Yoga
Style: Ashtanga Primary Series
Anatomy-Physiology II- Muscular & Kinesiology
Pranayama II: Alternate Notsril, Kapalabati, Bastrika
Chakras System & Nadis
Asanas: Forward folds & Backbends
Bhandas & Mudras
Asanas: Core postures introduced/assigned

WE 3

Sanskrit and Yoga Terminology
Anatomy-Physiology III- Neurological & Digestion
Style: Gentle Restorative I
Style: Yin/Yang Yoga
Style: Gentle Restorative II
Intro to Ayurveda
Intro to Sacred Texts and Tantra
Natural Health and Awareness/Yoga Self-Massage
Sanskrit and Yoga Terminology- Asanas

WE 4

Anatomy-Physiology IV- Cardiovascular & Lymphatic
Savasana & Yoga Nidra

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Anatomy-Physiology: Hips/Pelvis
Using Yoga: Conditions of Hips/Pelvis
Asanas: Hip/Pelvic Openers & Strengtheners
Asanas: Hip/Pelvic Openers & Strengtheners
Contraindications: Hips/Pelvis
Adjusting: Hips/Pelvis Normal and with injury
Yoga Style: Iyengar
Partner & Class Teaching: Hips and Pelvis
Pranayama III: Agni Sara, Villoma, Nauli

WE 5

Kundalini/Sushumna/ Central Nadis
Anatomy-Physiology V- Endocrine
Anatomy-Physiology: Legs/Knees/Feet
Using Yoga: Conditions of Legs/Knees/Feet
Iyengar Yoga
Asanas: Legs/Knees/Feet Openers & Strengtheners

Contraindications: Legs/Knees/Feet
Adjusting: Legs/Knees/Feet Normal and with injury

Partner & Class Teaching: Legs/Knees/Feet
Style: Prenatal Yoga
Yoga Therapy
Style: Yoga for Seniors

WE 6

Style: Hatha Flow Yoga
Use of Props
Chanting
Anatomy-Physiology: Middle/Low Back
Using Yoga: Conditions of Middle/Low Back
Asanas: Middle/Low Back Openers & Strengtheners

Contraindications: Middle/Low Back
Adjusting: Middle/Low Back Normal and with injury

Partner & Class Teaching: Middle/Low Back
Anatomy-Physiology: Core/Abdomen
Using Yoga: Conditions of Core/Abdomen
Asanas: Core/Abdomen Releasers & Toners
Contraindications: Core/Abdomen- Pregnancy

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Adjusting: Core/Abdomen Normal and with injury

Partner & Class Teaching: Core/Abdomen

WE 7

Mantra Use & Benefits

Emotional-Somatic Body: Effects & Ethics

Anatomy-Physiology: Shoulder/Neck/Chest

Using Yoga: Conditions of Shoulder/Neck/Chest

Asanas: Shoulder/Neck/Chest Heart Openers &
Strengtheners

Contraindications: Shoulder/Neck/Chest

Adjusting: Shoulder/Neck/Chest Normal and with
injury

Partner & Class Teaching: Shoulder/Neck/Chest

Asanas: Balance- Standing & Arm

Asanas: Inversions

One-on-One Yoga Therapy

WE 8

Active Teaching Core Postures previously assigned

Anatomy-Physiology: Arm/Elbow/Wrist/Hand

Using Yoga: Conditions of Arm/Elbow/Wrist/Hand

Asanas: Arm/Elbow/Wrist/Hand Openers &
Strengtheners

Contraindications: Arm/Elbow/Wrist/Hand

Adjusting: Arm/Elbow/Wrist/Hand Normal and with
injury

Partner & Class Teaching: Arm/Elbow/Wrist/Hand

Anatomy-Physiology: Cranium/Facial/TMJ

Using Yoga: Conditions of Cranium/Facial/TMJ

Asanas: Cranium/Facial/TMJ Releasers & Toners

Contraindications: Cranium/Facial/TMJ

Adjusting: Cranium/Facial/TMJ Normal and with injury

Partner & Class Teaching: Cranium/Facial/TMJ

WE 9

Practice Space: Ambiance & Situational Awareness

Class Choreography

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Ethics: Hygiene & Safety

Active Teaching: Core Postures previously assigned

Personal Space & Boundries

Ethics: Challenging Situations & Communication

Active Teaching: Class Practicum

WE 10

Business: Class Management/Opening Studio

Q&A

Active Teaching: Class Practicum

Feedback on Active Teaching

Assignment Submission & Review/Share

Final Exam

Final Yoga Practice