

# FEET FACE FORWARD

## 200 Hour YOGA TEACHER TRAINING CURRICULUM

Description of Education	Educational Category	Contact Hours	Total Hours
Anatomy Weekend	Anatomy & Physiology (AP)	12	12
Anatomy Subtle	Anatomy & Physiology (AP)	4	4
Subtle Anatomy Sequencing	Teaching Methodology (TM)	4	4
Kinds of Yoga	Teaching Methodology (TM)	4	4
Kinds of Yoga Part II	Teaching Methodology (TM)	8	8
The Business of Yoga - how to earn	Teaching Methodology (TM)	4	4
The Business of Yoga II	Teaching Methodology (TM)	0	4
Adjustments and Ethics	Teaching Methodology (TM)	2	2
Adjustments and Ethics II	Teaching Methodology (TM)	4	4
What makes a Good Teacher?	Teaching Methodology (TM)	2	2
Integrity & Congruence	Yoga Philosophy/LifeStyle Ethics (YPLE)	2.5	2.5
Ethics	Yoga Philosophy/LifeStyle Ethics (YPLE)	8	8
Niyamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	2	6
Yamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	5	10
Sutras	Yoga Philosophy/LifeStyle Ethics (YPLE)	2	5
Metaphysics	Yoga Philosophy/LifeStyle Ethics (YPLE)	2	5
Selfless versus Selfish	Yoga Philosophy/LifeStyle Ethics (YPLE)	1	1
Karma	Yoga Philosophy/LifeStyle Ethics (YPLE)	2	2
Gathering and Gleaning	Yoga Philosophy/LifeStyle Ethics (YPLE)	4.5	4.5
Teaching Practice	Practicum	5	5
Home Teaching Practice	Practicum	0	4
Home / Studio Teaching Practice	Practicum	8	24
Asana	Techniques, Training and Practice (TTP)	74	82
Pranayama	Techniques, Training and Practice (TTP)	4	4
Meditation	Techniques, Training and Practice (TTP)	12	12
Mantra	Techniques, Training and Practice (TTP)	4	4
Sequencing	Techniques, Training and Practice (TTP)	8	8
Injuries and Yoga	Anatomy & Physiology (AP)	4	4
		<b>192</b>	<b>239</b>