




## **How to Prepare for the SOYA RYT200 Hour Intensive Teacher Training Program**

The 200 Hour Teacher Training Program is not accomplished only during the 2 week Intensive Retreat. That would be impossible as you would have no time to sleep! The idea is that you begin NOW and complete many of the written assignments in the Manual *before* you arrive for the 2 week Teacher Training Intensive Retreat. The Retreat will then pull together all of the studies and focus on reviewing these lessons. We will be applying the concepts from your written lessons into your yoga path and focusing on the practical work of teaching asanas, pranayama, meditation, and more.

The retreat is very intensive, like an immersion course in intense sadhana (yoga practice), so there is little time for extra homework during the two weeks. You should start working through the lessons in the Manual several months in advance of the Intensive Retreat. For example, there are a total of 14 written lessons, each taking approximately 4 hours to complete, so if you can only afford the time to do one lesson a week, you need to allow 14 weeks or 4 months time before the start of the 200 Hour Intensive Retreat.

If you have Basic Anatomy and Physiology, GREAT! You are one step ahead! If you have not taken a basic course in Anatomy and Physiology, then you need to take a 20 hour course in this. We can recommend a very thorough and inexpensive on-line course for approximately \$150. You can find this at [www.ed2go.com](http://www.ed2go.com) and do a *search* for Anatomy. This course includes 12 lessons over 6 weeks.

While you are working on your lessons prior to the Intensive Retreat, you will need to acquire *30 hours* of asana instruction with one of our  Independent SOYA Faculty Teachers. We recommend you explore various styles of Hatha Yoga during this time, such as Ashtanga, Iyengar, Sivananda, etc. You can find a list of these Instructors on our website in the Teacher Directory. Each Independent Faculty member is marked with a lotus leaf  at <http://yogaessentials.com/yogateacherdirectory.html> This list is not complete, so for a full list please contact Marion (Mugs) McConnell at [info@soyayoga.com](mailto:info@soyayoga.com). Also, if you have a favourite yoga teacher who is not on our list but is Registered with Yoga Alliance, we can add them to our Independent SOYA Faculty with their permission.

 Independent SOYA Faculty have an important role to play in your training. They are required to give you feedback, answer your questions as you observe their methods of teaching, use you for demonstrations, and share their wisdom with you. For more information on these expectations please go to <http://yogaessentials.com/tindependentfaculty.html>.

Take a moment to look through the SOYA 200 Hour Yoga Teacher Training Manual and get a sense of the overall content. You should have three text books along with your Manual; How to Know God (The Yoga Sutras of Patanjali), the Bhagavad Gita, and the Brief Dictionary of Hinduism.

Prior to your arrival, you should complete the following lessons:

- Lessons 1-4 in Patanjali's Yoga Sutras
- Lessons 1-5 in the Bhagavad Gita
- Lesson on Kriyas
- Lesson on Chakras
- Lesson on Meditation
- Lesson on Basic Pranayama
- Lesson on Professionalism

During the Intensive Retreat we will review these lessons and complete the remaining lessons in the Manual. We will also give you the Final Written and Practical Exams during the Retreat. In the event that you cannot complete all of the assignments, you can complete them *after* the retreat and write your Written Exams at a later time. You will not receive your 200 Hour Certificate until you have completed all of the work. *See next page for Overview of the 200 Hour Intensive Retreat!*

<b>RYT 200 hr</b>	<b>Philosophy Lesson</b>	<b>Asana Feature</b>	<b>Other</b>	<b>Hours</b>
Prerequisite	Anatomy and Physiology	(online course)	non-contact	20
Prerequisite	Philosophy Homework		non-contact	30-56
Prerequisite		Asanas with Independent Faculty		30
Arrival Day 1	Orientation/Review of Course	Feature Twisting Poses		3
2	Patanjali Yoga Sutras Lesson 1	Feature Forward Bends		12
3	Patanjali Yoga Sutras Lesson 2	Feature Back Bends		12
4	Patanjali Yoga Sutras Lesson 3	Feature Side Bends		12
5	Patanjali Yoga Sutras Lesson 4	Feature Balance Poses		12
6	Kriyas Lesson & Practice	Feature Inversions	Sanskrit Terms	12
7	Professionalism/Meditation	Shoulderstand Preparation	Designing Lesson Plans	12
8	Chakra Worksheet	Headstand Preparation		12
9	Bhagavad Gita Lesson 1	Handstand Preparation		12
10	Bhagavad Gita Lesson 2	Anatomy and Asana	Teaching a Balanced Yoga Class	12
11	Bhagavad Gita Lesson 3	Students Teach the Teachers		12
12	Bhagavad Gita Lesson 4	Vinyasa Yoga	Practical/Written Exam Review	12
13	Bhagavad Gita Lesson 5	Sun Salutations	Practical Exams	12
Departure Day 14	Graduation/Closing			3
<b>TOTAL</b>				<b>230</b>

<b>Daily Agenda 200 Hour Intensive Programs</b>		
<b>Arrival Day 1</b>	<b>Hours</b>	<b>Arrival Day 1</b>
Orientation		6pm
Asana		7pm
Bedtime	3	9pm
<b>(200 hour) Day 2-13</b>		
pranayama/kriyas		7:00am
meditation/chant		7:30am
Feature Asana		8am
Philosophy		9:30am
lunch		12 noon
Lesson Planning		1pm
Asana Class		2pm
Teaching each other		3:30pm
Anatomy & Asana		5:00pm
Dinner		6:00pm
General Yoga Discussion	12x12=144	7pm
meditation/chant		8:00pm
Bedtime		9:00pm
<b>Departure Day 14</b>		
pranayama/kriyas		7am
meditation/chant		7:30am
Closing comments		8am
Arati		9:30am
Departure	3	10am
	<b>150 Total</b>	