



# 500hour HM Yoga Teacher Training Overview

June 2024

## **Admission Requirements**

Minimum 19 years of age.

A minimum of one year of dedicated yoga practice prior to the training.

Commitment to our 12-month training program that will be demanding of time and effort (and we promise so rewarding).

## **2024/2025 Dates**

June 15, 16 2024	July 13, 14 2024
August 17, 18 2024	September 14, 15 2024
October 12, 13 2024	November 16, 17 2024
December 14, 15 2024	January 18, 19 2025
February 15, 16 2025	March 15, 16 2025
April 12, 13 2025	May 24, 25 2025
June 2025 (exam weekend – TBD)	

## **Hours**

Saturdays/Sunday's 8:30am – 4:30pm

(Dates/times may be subject to minor changes), (Classes may be a combination of in person and via zoom)

## **Included in tuition,**

- HM Yoga workbook and handouts
- Self-exploration through ancient yogic principles
- Maharani Jay Bhakti Goswamini – diving deeper into Yoga Philosophy
- Concepts in biotensegrity and how they apply to yoga.
- Overview and introduction to Ayurveda principles.
- Overview in biomechanics and anatomy.
- One-year unlimited Yoga Membership at Healing Movements Yoga Centre



## **Topics Covered**

### **Techniques / Training / Practice**

- Practice and review of Asana and traditional Hatha postures (review of safety, benefits, and contraindications)
- Techniques, application, and practice of Pranayama, Kriyas, Chanting, Mantras, Meditations and Mudras
- Modification of asana for injury and special populations
- Restorative Yoga – various forms - practice, application, and techniques
- Proper alignment of what to look for in teaching and practicing.

### **Teaching Methodology**

- How to address specific needs (multi-level classes, etc)
- Teaching to Special populations (pre-natal, children, etc)
- Structuring and building of a class, including written lesson plans.
- Setting intention and visualizations
- Verbal cues, demonstrations of poses, and adjusting.
- Time management of class

### **Anatomy and Physiology**

- Applied anatomy as it relates to asana modification and sequencing.
- Bones, muscles, joints, and energy systems (chakras, nadis, and bandhas)
- Bio-tensegrity Paradigm
- Anatomy and physiology principles of yoga



## **Yoga Philosophy, Lifestyle, and Ethics**

- Study of traditional Yoga texts (The Bhagavad Gita, Patanjali's Yoga Sutras, and more)
- Lifestyles and principals of Yoga based on Yamas and Niyamas, etc.
- Ethics, privacy, and the role of the yoga teacher (ethics, waivers, social media)
- Serving in a yogic role (Seva teaching and giving back)

## **Practical**

- Group practice in class teaching both as lead teacher and assisting classes
- Assisting public classes (at Healing Movements Yoga Centre)
- Discussion on feedback and observations
- Teaching full length final class (60 minutes)

## **HOURS OF COMMITMENT**

Classroom hours – 210hrs

Mentorship and contact hours – 190hrs (approximate in studio classes/mentorship)

Homework, self-exploration and special project hours – 100hrs

Total hours with homework and assignments: 500hrs

**Please Note: Any student is welcome to take the 500-Hour level course to further their own practice or personal development. You do not need to decide about whether or not you want to teach before you begin the training. ALL ARE WELCOME.**

## **COST:**

**\$500 non-refundable deposit due upon registration (to be added to tuition)**

**\$7950 plus \$397.50 GST total cost of tuition (\$8,347.50) - MONTHLY  
PAYMENT PLAN OPTIONS AVAILABLE**

**Please speak to Jody or Pat for participation requirements or payment plan options.**