



# COURSE OVERVIEW

## ORIENTATION | 4PM

Meet your YMTT200 crew and teachers! Settle in by sorting your meal choices, grabbing your course goods, and getting the lowdown on upcoming modules and exams.

## WEEKEND 1

### USING YOUR VOICE + OWNING THE ROOM

A teacher's presence can make or break the class experience. Begin your teacher training with voice and body language exercises that challenge you to break out of your comfort zone, and to develop the confidence needed to engage a room full of students.

### INTRO TO YOGA... THE YM WAY + YOGA PHILOSOPHY

Learn about the eight traditional pillars of yoga, how Yoga Movement delivers its uniquely accessible style of yoga, and identify which elements will apply to your personal teaching style.

## WEEKEND 2

### YOGA ANATOMY 1

Get into the technical parts of yoga, by studying the body's anatomy and physiology. You will learn about the anatomical planes of movement, structure and function of joints and muscles, and how to use this knowledge when teaching yoga.

### YOGA ANATOMY 2

Delve deeper into particular joint complexes and explore their relationship to movement in yoga postures. Discover specific spinal movements, and the physiology of stretching.

## WEEKEND 3

### YOGA POSTURES 1

Start exploring the principles of foundation and alignment of the body, and how to apply them to various key yoga postures. Pick up extra tips and tricks that will help students work into their deepest expressions of poses safely and effectively.

## YOGA POSTURES 2

Put the previous day's learning into practice by identifying alignment do's and don'ts in more complex yoga poses, to ensure you can guide your students safely through any level of practice.

## WEEKEND 4

### INTRO TO SEQUENCING

Tie together all earlier modules to design your first yoga class! You will learn general sequencing principles, and discover how to adapt sequences for different class styles, themes and peak poses.

### CUES & DEMOS + HANDS-ON ADJUSTMENTS

Even when your sequence is clear, students may still need extra help understanding how to move. Explore when it is most appropriate to use verbal cues, to demonstrate postures yourself, and to make hands-on adjustments without losing momentum.

## WEEKEND 5

### SEQUENCING YM CLASSES (BASICS & CORE)

Apply learnings from Intro to Sequencing to begin designing multi-level sequences for YM class types, starting with Basics and Core classes.

### SEQUENCING YM CLASSES (POWER & POWER FLOW)

Learn the difference between Power and Power Flow classes, and start adding more complex postures into your sequences to make these practices challenging for Newbies and regular practitioners alike.

## WEEKEND 6

### BREATHING TECHNIQUES & MINDFULNESS + TEACHING ZEN

After learning to effectively practice basic breathing techniques, you'll learn to teach each style, articulate their benefits and contraindications, and use them to guide students through different mindfulness practices. Take these considerations a step further to understand the different approach needed to lead a Zen class.

## TEACHING HOT YOGA

Explore the contraindications and benefits of adding heat to a yoga practice, how to manage a hot room safely, and understand the logic behind the Monster Hot sequence.

## WEEKEND 7

### ENERGY CENTRES + SANSKRIT

Study the "energy centres" of the body, and the traditional language of yoga: Sanskrit. You will learn how and when YM would apply these practices and terms, and how to incorporate these into your own teaching style.

### INJURIES & MODIFICATIONS

Learn about the causes and symptoms of common injuries/medical conditions in yoga. Discover how to identify and address these issues, as well as ways to modify poses for specific students while maintaining overall class flow.

## WEEKEND 8

### QUALITIES OF GREAT YOGA TEACHERS + ETHICS OF TEACHING YOGA

Understand the power dynamic between student and teacher in a yoga class setting, and establish your boundaries as a yoga teacher. You will workshop your unique qualities to stand out among your competition, and ensure your future as not just a good, but a great teacher.

### THE BUSINESS OF YOGA + YM SERVICE STANDARDS + WRITTEN EXAM

YM's top leadership will share what it takes to build a yoga brand, challenges and opportunities of running boutique studios, and the value of building YM Life. Understand how the service standards reflected by each teacher impacts their personal brand, as well as the YM brand. Then, show what you've learned in your YMTT200 written exam!

## WEEKEND 9

### PRACTICAL EXAM | 12PM

### GRADUATION | 4PM

# YMTT200

The 200HR Yoga Movement Teacher Training, or YMTT200 as we call it, is a 9-week, semi-intensive program that trains students to be great Yoga teachers. Graduates of YMTT200 will step out of the program ready to teach classes by Yoga Movement standards.

We have buddied up with the International Standard for Yoga Teacher Training, Yoga Alliance (Y.A.), to ensure our graduates can apply the Academy's learnings wherever their teaching takes them.

YMTT200 covers all traditional Teacher Training topics, and has additional modules and activities that help students develop the soft skills and practical experience needed to teach safe, multi-level Yoga classes, across several class styles.

On weekends, students study curated course materials, take lectures, and jump into exercises to understand the full scope of being a great teacher. Students will also attend a minimum of 2 Yoga Movement classes over the weekdays to supplement weekend learnings, at their convenience.

## PERKS OF THE PROGRAM

This program is hard work, but the radder parts of YM Life are alive and well all along the way. Unlimited Yoga classes, exclusive YM course materials, brunches, coffees, and pro Yoga shots are all part of the process!

## DAILY SCHEDULE

<b>8 - 9 AM</b>	MORNING PRACTICE
<b>9 - 10:30 AM</b>	DEBRIEF + BREAKFAST
<b>10:30 - 1 PM</b>	MORNING MODULE
<b>1 - 2 PM</b>	LUNCH
<b>2 - 4:30 PM</b>	AFTERNOON MODULE
<b>4:30 - 6 PM</b>	DISCUSSIONS / PRACTICE LABS
<b>6 - 7 PM</b>	EVENING PRACTICE



### EMAIL

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### REGISTER

[yogamovement.com/academy](http://yogamovement.com/academy)

### YOGA MOVEMENT ROBERTSON QUAY

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Singapore 239058  
(Entrance on Arnasalam Chetty Road)

MRT: Clarke Quay, Somerset  
Bus: 51, 64, 123, 186  
Taxi: 22 Martin Road

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## PROGRAM SCHEDULE

YMTT200  
200HR YOGA MOVEMENT  
TEACHER TRAINING

