

# YMTT200

The 200HR Yoga Movement Teacher Training, or YMTT200 as we call it, is a 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.

Students study curated course materials, gain theoretical knowledge, and jump into practical exercises. They will also clock in YM classes in their own time to supplement their trainings.

## PERKS OF THE PROGRAM

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

## DAILY SCHEDULE

FULL TIME

- 8 - 9 AM** MORNING PRACTICE
- 9 - 9.30 AM** WASH UP + BREAKFAST
- 9.30 - 12.30 PM** DEBRIEF + MORNING MODULE
- 12.30 - 1.30 PM** LUNCH
- 1.30 - 4 PM** AFTERNOON MODULE
- 4 - 5 PM** DISCUSSIONS / PRACTICE LABS
- 5 - 6 PM** EVENING PRACTICE



### EMAIL

[academy@yogamovement.com](mailto:academy@yogamovement.com)



[/YogaMovementSingapore](#)



[@yogamovement](#)



[yogamovement.com/YMTT200](http://yogamovement.com/YMTT200)

© YMTT200 2019



## PROGRAM SCHEDULE

YMTT200  
200HR YOGA MOVEMENT  
TEACHER TRAINING





# COURSE OVERVIEW

## DAY 1: AUGUST 19

### QUALITIES OF GREAT YOGA TEACHERS

Begin your teacher training by learning what makes a great yoga teacher. Identify qualities that will help you stand out amongst your competition.

### 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 develop the confidence needed to engage a room full of students.

## DAY 2: AUGUST 20

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

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.

## DAY 3: AUGUST 21

### 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.

## DAY 4: AUGUST 22

### 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.

## DAY 5 - 6: AUGUST 23 & 26

### YOGA POSTURES 1 + CUES & DEMOS

Start exploring the principles of foundation and alignment of the body, and how to apply them to various key yoga postures. Then learn how to use clear and concise verbal cues and physical demos.

## DAY 7: AUGUST 27

### 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.

## DAY 8: AUGUST 28

### 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 make hands-on adjustments confidently.

## DAY 9: AUGUST 29

### 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.

## DAY 10: AUGUST 30

### 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.

## DAY 11 -12: SEPTEMBER 2 - 3

### PRACTICE LABS + HANDS-ON ADJUSTMENT PRACTICE

Full Day Practical (Hands-on adjustments + Cues & demos) Spend the day gathering what you've learnt, and applying them to teach mock classes in groups. The sessions' focus will be on hands on adjustments, as well as cues and demos.

## DAY 13: SEPTEMBER 4

### 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.

## DAY 14: SEPTEMBER 5

### 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.

## DAY 15: SEPTEMBER 6

### ENERGY CENTRES + SANSKRIT + ETHICS

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. Understand the power dynamic between student and teacher in a yoga class setting, and establish your boundaries as a yoga teacher.

## DAY 16: SEPTEMBER 9

### 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.

## DAY 17: SEPTEMBER 10

### FULL DAY PRACTICAL

Now that you've got a good grasp of theoretical and practical knowledge, apply your learnings to teach longer durations of mock classes in groups to prepare you for the real deal.

## DAY 18: SEPTEMBER 11

### 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!

## DAY 19: SEPTEMBER 12

### PRACTICAL EXAM | FROM 9 AM

## DAY 20: SEPTEMBER 13

### GRADUATION | 1 PM