

YOGA 200-HOUR TEACHER TRAINING

HATHA VINYASA



A Registered
Yoga Alliance Course

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Welcome!

Congratulations on taking this wonderful - and courageous - step towards investing in your passion for yoga. Embarking on a teacher training journey is an exciting opportunity to deepen your practice, hold space as a leader, and nourish your own personal development.

The skills and knowledge imparted through this training are designed to provide you with a strong foundation in the craft of practicing and teaching yoga. The intention of this training is to provide you with a robust and sensible map of the teaching terrain; but it is not the only roadmap, and it cannot describe the whole of the territory. Your personal practice and continuing exploration will expand upon and ripen the skills and knowledge described here. The practice of yoga is continually evolving; as teachers, our work is to continue to explore the practice with open hearts and minds.

To support you in your journey, this training is loaded with information. Be patient; it does not all need to “land” at once.

Tips For The Journey

- Practice self-care. Good rest, good food, good company, good nourishment.
- Create boundaries. Protect your time and energy.
- Imitate - integrate - innovate.
- Be patient.
- Be open. To others, to vulnerability, to failure, to imperfection, to new information.
- Be present. Your presence is the most valuable gift that you can bring to this process.

About This Training

A robust and comprehensive Yoga Alliance registered teacher training that will guide you to safely and confidently create and teach hatha and vinyasa style yoga classes.

Open your body and balance your energy with our unique take on incorporating The 7 Chakras of yoga with 37 poses, allowing you to dive deep into the physical and energetic aspects of yoga. This program is designed with an in-depth look at seven peak-pose sequences that each align with a specific chakra, or energy center. The sequences will then be broken down into individual postures for a better understanding of alignment, transitions, and cueing.

This practice will ultimately culminate into the signature foundational class that graduating students will be able to walk away and teach. You'll tap into neglected areas of your body through powerful breath-work, balances, hip openers, core exercises, and backbends that stretch and strengthen your entire body, from root to crown.

On-demand learning introduces subject matter in digestible increments to streamline learning outcomes. The benefit to that is you can, and should review the content more than once, especially all the class sequences and pose breakdowns. At first, the segmented class may seem repetitive however, the intention is consistent practice. Understanding all the poses and how they interact with each chakra energy system is paramount to mastering the signature class.

Our philosophy is rooted in breath, energy, and intention — with consistent practice, you'll find a deeper connection with yourself inside and out, setting a strong foundation for a professional yoga career.

Course Expectations

To pass this program, you will be evaluated on:

- Your 100 question final exam
- Your attendance throughout the course
- Your studentship throughout the course
- The completion of all modules throughout the 10-week course

Final Exam

Only the final exam is graded and requires a score of 80% or above to pass. The quizzes can be retaken as many times as needed to help you study for the final exam.

- The final exam will be administered in the last module of the program and will serve to evaluate your knowledge of key ideas and principles.
- Only the final exam is graded and requires a score of 80% or above to pass. The quizzes can be retaken as many times as needed to help you study for the final exam.
- We offer two retakes for the final exam. If you do not get an 80% or higher on the final, email us at support@issaonline.com, and we can assist you further.
- There is no time limit for the final exam and the final exam is online and in the last module of this program.

Studentship

Studentship includes (but is not limited to) the following:

- Completion of quizzes
- Commitment to presence and mindfulness
- Engagement with material and process
- Openness to learning
- Integrity in interactions and communication
- Respect for yourself and others
- Accountability and professionalism

School Policies

Attendance Policy

Graduation from our program requires the trainee's to complete all modules and training exercises. Certificates will not be granted until all training modules are accounted for.

Self-paced program:

- This program was designed to be completed in 200 hours. It is self-paced so you can take as long as you need to complete the program. It all depends on how much time you are able to dedicate to the curriculum
- There will be zoom calls provided at various times that we call "Weekly Roundup's." They are meant to be a review for students to ask questions about the week they just completed. Many of these calls will be recorded in the future in case a topic of interest is missed as well.

Downloading Course Materials

In our program we've included several study references including our student manual and asana guidebook that can be downloaded and printed. All reference materials are available as a printable PDF version.

How To Get Your Certificate

To receive your 200 Hour ISSA Yoga Teacher Training Certificate, all assignments and quizzes must be completed. The final exam must be passed with an 80% or higher. Once you've completed these steps, you will be sent an ISSA Certificate of Completion. If you plan to register with Yoga Alliance, you must complete the application process on their site. Once you submit your ISSA 200 Hour Certificate, we will be contacted to confirm that you completed the course. Once ISSA confirms your completion, you will be notified via email by Yoga Alliance to complete your registration.

Integrity

Trainers shall uphold the highest of moral standards. Trainers shall strive to ensure that their intentions, actions, and speech are based on honesty, compassion, selflessness, trustworthiness, and transparency.

Trainers recognize that the process of learning is never complete, and they shall avoid portraying themselves as “enlightened” or “spiritually advanced.” Trainers recognize that they are walking on the spiritual path along with their fellow trainers and trainees. Trainers shall cultivate an attitude of humanity in their teaching and dedicate their work to something greater than themselves.

Scope of Practice

Trainers shall represent their qualifications honestly and provide only the services they are qualified and certified to perform. Trainers shall not give medical advice. Trainers shall not recommend treatment, diagnose a condition, or suggest that a trainee disregard medical advice. Trainers shall refer their trainees to medical doctors or complimentary licensed professionals when appropriate.

Disclaimer

Before beginning any exercise or physical related practice or training program, be sure to always check with your doctor or a healthcare professional. The instructions given in this program are not meant to replace medical advice and should only be used as a supplement if you are under the care of a health care professional. If at any time you feel unsure of your practice or feel unwell, always seek medical advice from a medical professional. Please read the injuries and modifications section for each pose before you attempt them. These modifications and options are available to make each pose more accessible and safe for you. Always practice mindfully with intention. In yoga, it is important to always honor your body and listen to it for guidance as you practice with intention.