

## **HOT YOGA SWANSEA BAY - HOT YOGA 360**

### **HOT YOGA 360 (TEACHER TRAINING 2018)**

Total Number of Hours on Course: 200h

Main Teachers: Madeleine Lewis. (Certified Teacher 2 tba).

The hot yoga teacher training program gives you the knowledge and skills necessary to become a certified hot yoga teacher. In 200 hours, you'll learn to teach the Classic Hot Yoga Primary Series – based on Hot Ashtanga Vinyasa Flow and Hot Hatha Yoga.

You will also learn to develop your own sequences for heated and non-heated environments. You will learn the essentials of yoga philosophy, and the anatomy and physiology. You will also have guidance with dialogue.

#### **COMPREHENSIVE TRAINING**

- 200 hours of in-depth instruction on yoga philosophies, postures and alignment, anatomy and physiology, class scripts, and meditation.
- Training with up to two Hot Yoga Classes a day.
- Instruction on how to teach Modified Hot Hatha Yoga and Hot Ashtanga Vinyasa Flow Yoga (90/60min).

#### **GUIDED MENTORSHIP**

- Hands-on instruction in small, intimate groups.
- Practice and preparation through teaching actual classes.
- Support for developing own class plan.

#### **PROFESSIONAL GROWTH OPPORTUNITIES**

- 100 percent practical and career focused. You will be qualified, competent, and employable from the day you leave our school.
- Access to our studio facilities, where you will be able to set up and organise your own classes from the 3rd month after you start your course through our "community and mentoring" program.
- After completing the course successfully, you will be able to teach donation based classes at Hot Yoga Swansea Bay to get Teaching Experience. There is no guarantee of work with Hot Yoga Swansea Bay but we will do our utmost to stay in contact and possibly offer you cover classes when the time is right for the Trainee Instructor.

#### **Modules:**

##### **Asanas:** Yoga Postures

Hot Hatha Yoga : Standing Series. Floor Series. Back Bends and Inversion Postures. Ashtanga Yoga : Modified Primary Beginners Series.

##### **Pranayama:** Breathing exercises and techniques. Mantras.

Students will have the opportunity to experiment and learn several breathing techniques. Kriyas, Bandhas and Mudras. Students will learn classical yogic purification techniques for the nose, lungs, abdomen and tongue. What are the bandhas and how/why to use them: Jalandhara, Uddayana and Mula Bandha.

## **Module 1 – Weeks 1 and 2**

We will familiarise ourselves with the postures, 2 classes per day.

Effective warm-ups and how to incorporate them into the class - Sun salutation and its variations – Postural alignment. Guided deep relaxation. How to self-correct as well as adjust students.

Yoga Philosophy : Literature, Religion, Classical Text Studies, Yoga Sutra, Bhagavad Gita and Hatha Yoga Pradpika, Pantanjali and the 8 Limbs of Yoga.

General Knowledge of anatomy (visiting) Doctor, (visiting) Midwife. Anatomy Test. Pregnancy Yoga (alternative postures or variations of postures). Learn how to adapt to avoid injuries.

## **Module 2 – Weeks 3 and 4**

You will learn how to create a yoga class and teach a yoga class in week 3. You will also learn how to follow a dialogue led class and how to incorporate a dialogue led class into your own class. Completion of week 4 - each student would have to teach either 'standing series' or 'floor series' to the group. If students wish to teach a full class it can be requested and taught on the final Saturday (full day of mock classes).

Sample daily class schedule: Starts 7<sup>th</sup> June 2018 – July 7<sup>th</sup>  
(Full day 7hr 45mins day) x 23 (Half day 4hrs 30mins) x 4  
Mon-Friday including Saturday's half day,

Saturday 7<sup>th</sup> Full day (examination day)  
(8am- 6pm) 10hrs (inc breaks lunch break and two 15 min break)

Start at 8:30 - Registration. Guided Meditation or Breathing Technique (30mins)  
9:00 – 10am - Class begins (60 Hot Yoga Class) (1hr)  
10.00 – 10.15 (shower, change and tea break)  
10.15 -1.15pm – Lecture / Posture Clinic (3hrs)  
1:15-2pm - Lunch  
2pm -3.45pm – Lecture (1.45)  
3.45pm-4pm Tea Break, Change// ready for final class.  
4-5.30pm Hot Yoga 60/90 Minutes (8.5hrs p/d) (1hr 30)  
*Occasionally we can do a 60minute class and finish early.*

*It is essential students do not miss a day. There is lenience of up to two days absence as this can be made up towards the last week of training. If Students miss more than three days of training they will not qualify for the rest of the course, unless they pay for makeup class sessions (additional class / one to ones with Instructor and Tuition prices at £100 p/session).*