



Interdisciplinary Hatha Yoga Teacher Training
200 Hour Yoga Alliance RYT Certification
Get centered. Get certified.

Offered through:
the OM place

Erin Smith, ERYT with over 15 years & 3,500 hours of teaching experience
Additional assistance offered by David Smith, M.S.P.T. for Professional Rehabilitation Associates

the OM place is committed to presenting yoga not simply as a physical science, but as a holistic device in which we come to better understand ourselves and our world. The 200-hour Teacher Training program at **the OM place** is an integrative, non-dogmatic approach to vinyasa-based Hatha yoga. Erin's understanding of yoga is informed by her study of many traditions. Anyone who is sincerely interested in becoming a teacher or deepening their personal practice is encouraged to enroll.

Tuition includes:

- **Teacher Training Manual:** Established and evolving curriculum as one of the most unique, integrated teacher training programs in Kentucky. Non-dogmatic, well-established, unique, and FUN! All bodies welcome and No Attitude.
- **Unlimited Yoga Classes at the OM place** for the entire length of your training.

Other Benefits:

- Upon completion all graduates may apply for National Registry with the Yoga Alliance at the 200 hour level

Curriculum:

Students will be expected to complete all of the following requirements for certification:

- Assigned readings (from yoga texts and teaching manual) with written journal responses
- Over 100 classroom hours of training in asana, vinyasa, pranayama, mantra, mudras, bandhas, chakras, koshas, meditation, and shavasana .
- 50 classroom hours covering yoga theory, history, philosophy, and ethics.
- 30 classroom hours of anatomy & physiology as it relates to asana and specific injuries or illness.
- 5 classroom hours covering the business of yoga.
- 12 hours minimum of yoga classes in other disciplines (Ashtanga, Bikram, Iyengar, Restorative, Anusara, etc.) with written journal responses. A list of experienced teachers in the area will be provided.
- Written and oral quizzes given throughout over basic material.
- Practicum (during Intensive week) Students will assist in studio classes, lead various parts of class such as meditation or pranayama, give adjustments, and solo teach a 90 minute class under the direct supervision of the E-RYT.

Required Texts and Media:

- **YogaBody** by Judith Lasater, Ph.D., P.T.
- **Relax and Renew: Restful Yoga for Stressful Times** by Judith Lasater, Ph.D., P.T.
- **Teaching Yoga: Essential Foundations and Techniques** by Mark Stephens
- **Meditation for Beginners** (book and CD) by Jack Kornfield

Highly Recommended Texts and Media:

- Yoga Teacher's Toolbox: Yoga Posture Cards for Integrating Mind, Body, & Spirit by Joseph and Lillian Le Page
- The Secret Power of Yoga: A Women's Guide to the Heart and Spirit of the Yoga Sutras by Nischala Joy Devi
- The Little Book of Hindu Deities by Sanjay Patel
- The Key Muscles of Hatha Yoga: Scientific Keys Volume I by Ray Long
- The Illustrated World's Religions: A Guide to Our Wisdom Traditions by Huston Smith
- A Path with Heart by Jack Kornfield

The yogic tradition is thousands of years old. While it is an art form that is changing rapidly in the West, it is the responsibility of the yoga teacher to understand the history behind yoga. Students will be asked to respond, in a journal, to questions that arise from lectures and readings. Students are responsible for understanding the following topics. Written, oral, and performance quizzes will be given periodically to assess student understanding.

- 8 limbs of Patanjali's Yoga Sutras (list and describe)
- History of yoga: Classical & Modern; evolution over time
- Asanas: benefits and contraindications (see asana list)
- 10 Elements of a Yoga Class (and how to sequence them)
- Adjusting & Assisting Asana
- Biomechanical presspoints
- Sanskrit pronunciation of asanas
- 5 koshas
- Prana and the Energy Body
 - Nadis (energy currents)
 - Mudras (hand seals)
 - Chakras (energy vortexes)
 - Bandhas (energy valves)
- Importance of pranayama
- Importance of seated meditation
- Importance of restorative yoga poses
- Various yoga lineages and how they evolved over time
- Teaching Methodology
- Building a Yoga Career

Certification will require basic knowledge of the pranayama techniques, mudras, bandhas, and asanas listed. Graduates will be expected to know both the Sanskrit and Western names, and the benefits and contraindications of each. Anatomy and Physiology will be discussed for each. Graduates will be expected to give succinct directions for bringing students into and out of each asana, and know how to sequence asanas within the framework of a 60-90 minute class. Graduates will be expected to incorporate pranayama, mudras, and bandhas when appropriate.

Pranayama

- The Complete Breath/AD Breath
- TAD Breath/Uddiyana Bandha
- Ujjayi-The Victorious Breath
- Nadi Sodhana-Alternate Nostril
- Viloma I
- Viloma II
- Samavritta -The Equal Ratio Breath

Mudras

Chakras

Bandhas (energy locks or energy valves)

- Maha Bandha:
 - Mula Bandha
 - Uddiyana Bandha
 - Jalandara Bandha

Koshas

- Annamayakosha
- Pranamayakosha
- Manomayakosha
- Vijnanamayakosha
- Anandamayakosha

Asana List (this is by no means an exhaustive list)

*Graduates will be expected to know these postures, but will not teach them until they've had at least 100 hours of teaching experience, as they require additional training for technical spotting and adjusting.

Adho Mukha Svanasana-Downward Facing Dog
Adho Mukha Vrksasana-Handstand
Agni Stambhasana-Log Stack Pose
Akara Dhanurasana-Archer's Pose
Anjaneyasana-Crescent Lunge
Apanasana-Energy-Freeing Pose
Ardha Chandrasana-Half Moon Pose
Ardha Matsyendrasana-Seated Spinal Twist
Ashta Chandrasana-Eight Crescent Moon Pose (High Lunge)
Astavakrasana-Crooked Pose*
Baddha Konasana-Cobbler's Pose
Balasana-Child's Pose
Bhekasana-Frog Pose
Bhujangasana-Cobra Pose
Bhujapidasana-Arm Pressing Pose (prep for Tittibasana)*
Bidalasana-Cat Pose
Chakrasana-Wheel Pose*
Chataranga Dandasana-Four-Limbed Staff Pose
Dhanurasana-Bow Pose
Dolphin Pose
Dwi Pada Viparita Dandasana-One-Leg Elbow Backbend*
Eka Pada Rajakapotasana-One-Legged Pigeon Pose
Garudasana-Eagle Pose
Gomukhasana-Cow Face Pose
Halasana-Plow Pose
Half Frog Pose-Ardha Bhekasana

Hanumanasana-Splits
Inversion Kriya
Janu Sirsasana-Head to Knee Forward Fold
Jathara Parivartanasana-Twisted Belly Pose
Kapotasana-Pigeon backbend*
Karnapidasana-Ear Pressure Pose (from halasana)
Krounchasana-Heron's Pose
Laghu Vajrasana-Little Thunderbolt Pose*
Malasana-Squat Pose
Marjaryasana-Cow Pose
Matsyasana-Fish Pose
Natarajasana-Lord of the Dance Pose
Navasana-Boat Pose & variants
Padma Mayurasana-Lotus Balance*
Parsvakonasana-Extended Angle Pose
Parsvattonasana-Intense Standing Side Stretch
Parvritta Janu Sirsasana-Head to Knee Forward Fold with Twist
Parvritta Parsvakonasana-Revolved Extended Angle Pose
Parvritta Prasrita Ekapadasana-Standing Split Pose
Parvritta Sukhasana-Easy Cross-Leg Twist
Parvritta Trikonasana-Revolved Triangle
Paschimottanasana-Seated Forward Fold
Pincha Mayurasana-Peacock Feather Pose (forearm balance in spinal neutral)*
Plank Pose-Phalakasana
Prasarita Padottanasana-Straddle Pose
Purvottanasana-Intense Frontal Stretch
Rising Mountain (sometimes called Eka Pada Adho Muhka Svanasana)-Down Dog with one leg up
Samasthiti-Equal Standing (Tadasana with big toes touching & hands in anjali mudra)

Sarvangasana-Shoulderstand
Setu Bandasana-Bridge Pose
Shavasana-Corpse Pose
Sirsasana & Variants-Headstand & Variants*
Sphinx Pose-Naraviralasana
Suhkasana-Easy Cross-Leg Pose
Supta Virasana-Reclining Hero
Surya Namaskara A-Sun Salute A
Surya Namaskara B-Sun Salute B
Swarga Dwijasana-Bird of Paradise
Table Pose-spinal neutral
Tadasana-Mountain Pose
Tarasana-Star Pose (sometimes called Diamond; like Cobbler's, but with the feet further out)
Tip Toe Fish/Tip Toe Bridge*
Tittibasana-Firefly Pose*
Tolasana-Scales Balance
Trikonasana-Triangle
Urdhva Dhanurasana-Upward-Facing Bow Pose*
Urdhva Mukha Paschimottanasana-Upward facing Forward Bend (balancing on pelvis; holding feet)*
Urdhva Mukha Svanasana-Upward Facing Dog
Ustrasana-Camel Pose
Utkatasana-Chair Pose/Fierce Pose
Utpluti Dandasana-Floating Stick Pose
Uttana Shishosana-Downward Puppy
Uttanasana-Standing Forward Fold
Vasisthasana-Side Plank Pose/Side Arm Balance
Viparita Karani-Legs Up the Wall Pose
Virabadhrasana III-Warrior III

Virabadhrasana II-Warrior II

Virabadhrasana I-Warrior I

Virasana-Hero Pose

Visvamisrasana-Pose Dedicated to Sage Vismatra*

Vrksasana-Tree Pose

Vrschikasana-Scorpion Pose (forearm balance with backbend or bent legs)*