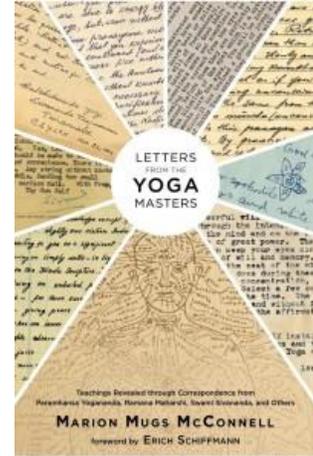


200 Hour SOYA Yoga Teacher Training Course Overview and Curriculum

More than 40 years ago, SOYA co-founder Marion (Mugs) McConnell studied with a great yoga master, Dr. Hari Dickman. He passed on to her an immense amount of teachings that were passed down to him from masters in several lineages. Mugs has shared these teachings in her book, [“Letters from the Yoga Masters”](#), so students can continue to carry forward these classical techniques. The depth and breadth of the SOYA Teacher Training embraces unity in all yogis, regardless of their paths and styles of yoga. SOYA holds dear to its heart the words of Swami Sivananda, “The paths are many but the Truth is One.”



SOYA’s Teacher Training is very thorough, teaching verbal cues and demonstration skills so you can adjust students without touch. SOYA teaches you all the limbs of yoga, taking you beyond asana and into the deeper teachings of yoga. Our program is designed with flexibility, accessibility and transformation at its heart. You will be exposed to many styles of hatha yoga, including classical yoga systems as well as current styles such as Ashtanga, Yin, Restorative, and Vinyasa, all while incorporating thorough study of yoga philosophy in raja, jnana, bhakti and karma yoga.

You will learn teachings from the Yoga Masters of the past infused with current wisdom from today. The SOYA training is known for its in-depth study of philosophy, meditation, mantra, mudra, pranayama, anatomy, asana, teaching skills and lesson plan creation as part of the comprehensive curriculum. You will practice teaching throughout the entire program, developing confidence and expertise in your ability to lead a class, observe students, and modify asanas for most people’s needs.

We are a registered school with Yoga Alliance. Our curriculum meets International training standards with the International Yoga Teachers’ Association (IYTA), so SOYA RYT500® graduates are eligible to register with Yoga Alliance and as Full Teaching Members of the International Yoga Teachers’ Association (IYTA).

Curriculum

- Studies in the Bhagavad Gita
- Studies in the Yoga Sutras of Patanjali
- Understanding Chakras
- Meditation
- Kriyas and their practice
- Basic Pranayama
- Asanas with Benefits, Cautions & Modifications
- Anatomy of Movement
- Professionalism
- Sanskrit Pronunciation
- Creating Six Lesson Plans with Sequencing
- Teaching Practicum – daily practice in developing teaching skills culminating in teaching a personally designed one-hour class
- Ongoing support after graduation as you advance your skills as a teacher

The purpose of the Immersion format is for you to experience living your yoga, as done in ashram life. Each day is filled with yogic practices and teachings, where you will begin to take the lead. By the end of the training you will have greater confidence in leading a class and have created the lesson plans to do so. As well, you will have deepened your personal practice, knowledge of yoga, and the skills to continue in daily sadhana. Upon completion of the training you will be fully certified and ready to teach, as well as eligible to register with Yoga Alliance as a Registered Yoga Teacher.

This immersion in Puerto Rico will be held on the sunny island of Vieques, in an exquisite beachside estate with bedroom rooms, kitchen facilities, space for asana and space for private or group discussions.

Here is a sample day during the immersion:

- 6am morning kriyas, meditation, pranayama.
- 7am Asana class
- 8:30am Breakfast
- 9am Teaching Skills Asanas Lab/ working on lesson planning creation
- 12:00pm lunch and questions and answers
- 1:15pm Philosophy Studies
- 5pm Asana class
- 6:30pm meditation, mantra and pranayama
- 7:30pm close for dinner

Day 6 and day 11 will be days of rest.

Homework (To be completed at home *prior* to the start of the program)

1) 15 written assignments in philosophy, including the Yoga Sutras, Bhagavad Gita, Kriyas, Chakras, Meditation, Pranayama, Professionalism, and Anatomy of Movement. These studies will reveal many yogic truths that will enhance your understanding of yoga and give you depth as a teacher! Register as early as possible prior to the immersion to give yourself time to complete these. All will be reviewed during the immersion.

2) Online Anatomy with Martin Kirk. This course is perfect for understanding Anatomy in relationship to Yoga and asana. This is an online pre-recorded 15 hour webinar, with a short summary and quiz for each in your Teacher Training Manual. Work at your own pace and refer back to the program as often as you like! Please complete the course before arriving at the immersion retreat:

3) Keep practicing regularly in your local yoga classes or workshops!

Fees include Tuition, textbooks, manual, online anatomy course, your room, and daily lunches. **Register before July 1st and receive \$200 off.**

- \$3500 single room (\$3700 after July 1)
- \$3000 shared room (\$3200 after July 1)
- \$2525 staying off site (\$2725 after July 1)

Flights to San Juan Puerto Rico and to the island are not included. Transportation from San Juan to the island can be done by ferry (\$2 one way) or plane (\$90 return). Plan to arrive the evening of Sept 6th for an early start Sept 7th.