



PranaShanti
Yoga Centre



220+ Hour Hatha Yoga Teacher Training Program Content

Techniques Training/Practice

80 contact hours +
15 hours independent study

- Breathing exercises (pranayama), basic and advanced
- Yoga Postures (asanas), kriyas, warm up postures and exercises
- Kirtan, chanting, mantras and their meanings and purpose
- Mudras (hand postures), bhandas (body locks), drishti (points of focus)
- Meditation techniques

Teaching Methodology

30 contact hours +
5 hours independent study

- Demonstration and observation of asanas including modifications for injury and developing balance, strength and flexibility
- Yoga props, tools & accessories
- Class design and posture sequencing
- Correcting, assisting and adjustments for safety and alignment
- Womens Yoga and Pre and Post Natal considerations
- Yoga for special populations
- Teaching styles
- Qualities of a Yoga Teacher
- The business of teaching yoga, administration

Anatomy & Physiology

25 contact hours +
5 hours independent study

- Western anatomy of the physical body (major body systems, organs etc.)
- Benefits and contraindications of yoga postures (asanas)
- Energy Anatomy and physiology (Chakras, Nadis)
- The inter-related nature of the mental, emotional and physical body systems
- Transformational/healing aspects of Hatha yoga
- Ayurvedic principles including the doshas and elements

Yogic Philosophy/Lifestyle and Ethics for Yoga Teachers

30 contact hours +
5 hours independent study

- History of yoga



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- Patanjali's 8 limbs of yoga - Yamas and Niyamas
- Yoga Sutras/Aphorisms of Patanjali
- Sanskrit language, alphabet, pronunciation and writing
- Styles of Hatha Yoga (Classical, Bikram, Iyengar, Power, Kripalu, Anahata, Restorative, Ashtanga etc.)
- Ethics of being a Yoga Teacher
- Conscious Communication and Listening

Practicum

30 contact hours

- Several practice teachings in small groups
- 1 hour practice teaching in larger group
- 5-10 minute presentation to group

Take Home Exam after Module 1

Project to be completed during Module 2

Additional Program Details:

Our Hatha Yoga Teacher Training program offers the possibility to really dive into the teachings, physically, mentally and spiritually. The PranaShanti Teacher Training program is a total of 220+ hours including 194 contact hours and 30 personal hours held over 2 modules.

This format provides future teachers exposure to as much knowledge and hands on practice teaching time as possible. In order to graduate from the program and obtain the required hours for Yoga Alliance certification, students need to complete both modules.

PranaShanti Yoga Centre offers internationally recognized Yoga Teacher Training programs in Hatha Yoga and Kundalini Yoga. We are an approved 200-hour Registered Yoga School (RYS) through Yoga Alliance. Our Teacher Training Programs are approved by Yoga Alliance.

PranaShanti Yoga Centre is an approved Certified Private Educational Institution by Human Resources and Skills Development Canada (HRSDC) and the Canada Revenue Agency (CRA). Our Yoga Teacher Training programs were reviewed by HRSDC and determined to be part-time educational programs.

Students taking PranaShanti Yoga Teacher Training programs are eligible to receive an official tuition fee receipt (CRA Tuition, Education, and Textbook Amounts Certificate (T2202A)) which allows students to qualify for Tuition and Education Tax Credits on their personal income tax for the tuition paid for these programs.

