NOMAD YOGA

YOGA TEACHER TRAINING

200 hr Syllabus Overview

OVERVIEW

Nomad Yoga's 200 hr Hatha Teacher Training is a unique blend of classic yoga & traditional Indian philosophy combined with the mindfulness teachings of Vietnamese Zen Master Thich Nhat Hanh.

The ancient study of yoga using traditional text is delivered in a contemporary way so that students can apply yoga principles into their daily lives.

Students will strengthen their practice and gain a deep understanding of what yoga means to them. They will learn the foundations of being a yoga teacher so they practice safely, teach safely, understand the connection of breath, movement and mind and how to connect with others. Successful completion of this course leads to a professional 200 hr Teaching Certificate.

BENEFITS

You will get to experience 2 cultures in one amazing destination and get to call Vietnam home for a month. Our training is a unique blend of classic Yoga and traditional Indian Philosophy combined with the Mindfulness teachings of Vietnamese Zen Master Thich Nhat Hanh.

Our 2 Indian lead teachers make our training an authentic experience.

Although this is a Hatha based training course, you will also practice, Ashtanga, Restorative and Yin Yoga bringing balance to your practice.

Small class sizes (max 12) We are not a yoga teacher factory at Nomad. Our small class size allows for optimal one-on-one time with teachers and personalised care for each student so they can get what they want and need from the training which is different for each student.

1 month Post Graduate Program* - we offer graduates the opportunity to work alongside and assist our senior teachers and studio staff by developing their invaluable teaching, adjusting and classroom management skills. Participants will also get a behind the scenes look at the business of yoga with an introduction of how a professional yoga studio runs and develop their customer relationship skills in a supportive environment.

*Subject to availability. T&C's apply.

Our studio is located in the heart of old town Hoi An , where you can experience the funky urban cafe scene, the beautiful lanterns at night, historical sites, street food and it's all in walking distance from the studio.

YOGA ASANAS

You will learn and understand the benefits of postures, how to accurately see bodies & identify misalignments. Students will learn how to safely & effectively practice surya namaskara A & B , standing poses, seated & supine poses, Inversions, arm balances and backbends.
From physical experience, students will understand the anatomy of the pose, the variations, modifications and how to safely get in and out of the pose.

ADJUSTMENT & ALIGNMENT

You will experience alignment of mind, body and breath. You will be introduced to the art and practice of providing yoga assists for basic poses to students and you will gain knowledge of the sensibilities of touch in teaching yoga.

TEACHING & SEQUENCING

This workshop is designed to give you the knowledge and practical elements needed to plan a yoga session and a series of yoga sessions that ensure a balanced, holistic approach. You will learn how to design a class plan that has purpose and is safe and effective.
You will also be able to identify and use appropriate communication skills in different teaching scenarios. You will start to develop your own language of yoga including cues and phrases to use when teaching.

ANATOMY & PHYSIOLOGY

You will learn to recognize the fundamental terms of anatomy & physiology and how they relate to yoga. You will understand what it means to work within your scope of training and when to refer participants to help and protect both yourself and participants.

TOPICS COVERED include, but are not limited to:

- Mechanics of breathing & the Nervous System
- Simple terminology & direction of Movement
- The Skeletal System
- The Muscular System - Bones & Joints
- Physical links to the Subtle Body

MEDITATION

We practice the mindfulness teachings of Vietnamese Zen Master Thich Nhat Hanh. Throughout the course you will be introduced to different types of meditation techniques, simple Mudras that are used for meditation, how & when meditation can be used in classes.

Topics covered in class include but are not limited to:

- Science behind Meditation
- Garden of the Mind
- Mindful Communication
- Yoga Nidra/Deep Relaxation
- Pranayama techniques suitable for guided Meditation
- 4 Nutriments
- The 5 Poisons
- The 4 Noble Truths
- The Noble Eightfold Path
- The 5 Mindfulness Trainings

CHANTING

You will learn the philosophy of chanting and the significance of OM. You will practice and learn the correct pronunciation of some simple mantras from classical texts such as Upanishads and Bhagavad Gita including (but not limited to); Guru mantra, Shanti mantra, Gayatri mantra, Opening and closing Ashtanga prayer. You will understand the purpose of chanting and how it can be used in a class environment plus the benefits of a self practice.

PRACTICE TEACHING

Each day throughout the course you will have the opportunity to lead a small part of the asana classes to gain confidence and skills in teaching classes.

Practice Teaching classes are specific sessions to practice on your fellow students what you have learnt during theory sessions in a class environment under the observation of your teacher.

Each student will design a 60 minute sequence that shows your understanding and knowledge of teaching skills by being able to physically demonstrate the poses, verbally cue the poses, use hands on assists and start to use your own yoga language you have developed.

You will participate in giving and receiving feedback that you and your fellow students can then use to improve your teaching skills.

YOGA CLASSES

You are required to participate in a minimum of 10 yoga classes at the studio so you can gain knowledge of different teaching styles and techniques that will help you develop your personal style and language of teaching. You will have access to our drop in class schedule during the course and can experience a variety of teachers outside of your training.

MATERIALS

You will recieve learning materials at the start of the training and there is no pre - reading required but here are some books we recommend for your information and enjoyment :)

- The Bhagavad Gita
- Light on Yoga - b.k.s. Iyengar
- The Complete Book of Vinyasa Yoga - Srivatsa Ramaswami
- The Language of Yoga - Nicole Bachman
- The Key Poses of Yoga - Ray Long
- The Key Muscles of Yoga - Ray Long
- The 4 Noble Truths
- Yoga Sequencing - Mark Stephens
- The Art of Communicating - Thich Nhat Hanh

NOMAD YOGA
HOI AN ★ VIETNAM

Thank you for considering **Nomad Yoga** to start your journey as a Yoga Teacher and to deepen your personal practice.

We look forward to welcoming you to our space.

Namaste

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