

# YOGA2HEAR



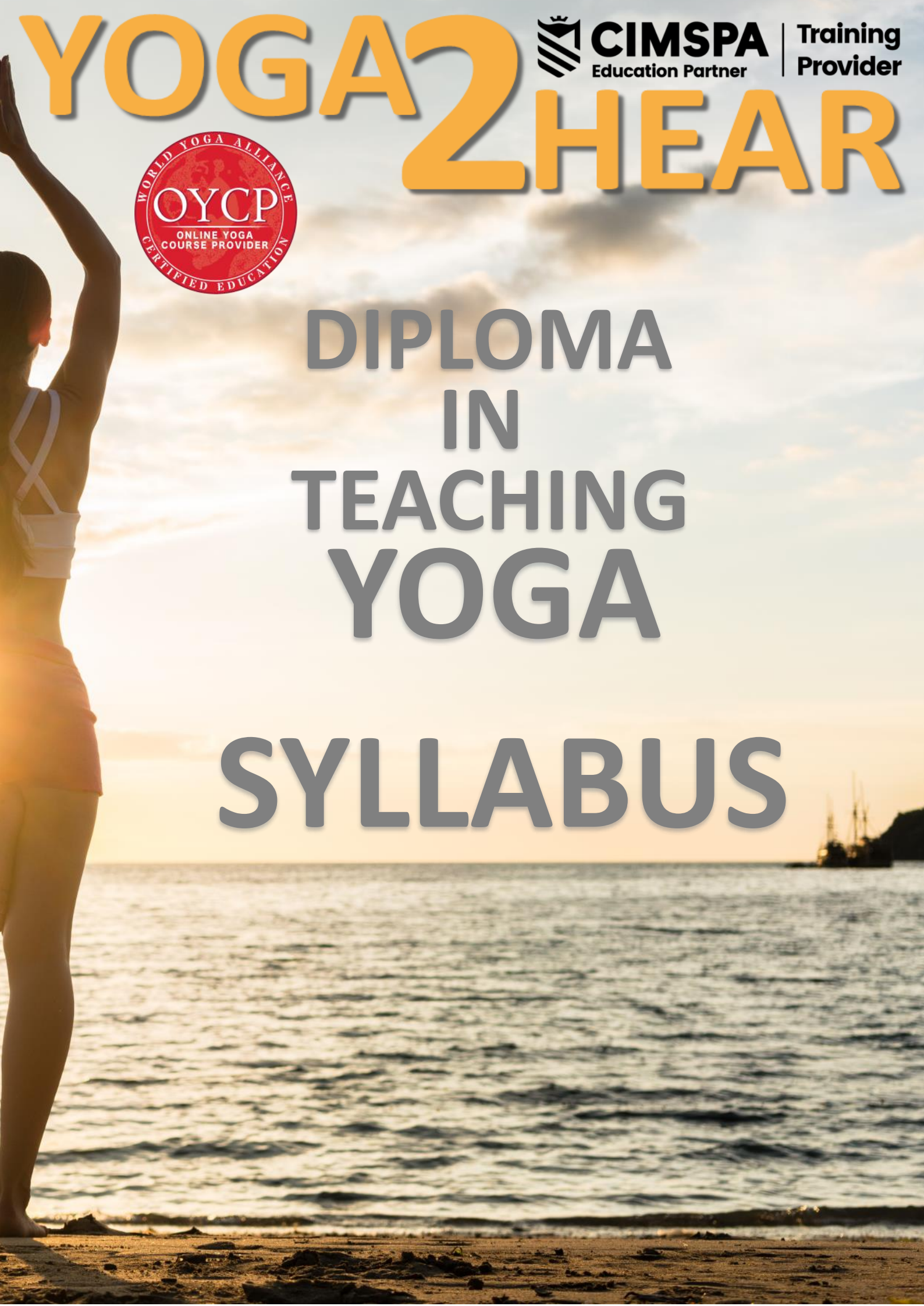
**CIMSPA**  
Education Partner

**Training  
Provider**



## DIPLOMA IN TEACHING YOGA

# SYLLABUS



Yoga 2 Hear have created a comprehensive online yoga teacher training course devised for you to complete in your own time. The course has been created to provide personalised, in-depth, easy to follow tuition that progresses naturally through ten modules.

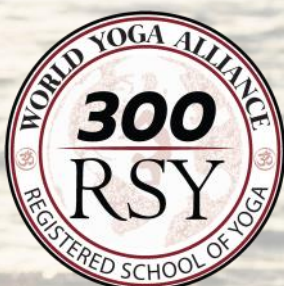
The course will provide you with the necessary yoga knowledge and skills to teach and format safe and effective yoga, meditation and relaxation classes. It will encourage you to become a confident and knowledgeable teacher of yoga in a modern world whilst being aware of the depth of the subject and its evolution over time.

The course will help you explore ancient techniques and integrate them into a modern practice so that they are as relevant and beneficial today as they were thousands of years ago.

On completion you will have earned an internationally recognised qualification that allows you to lead classes wherever you choose.

Yoga 2 Hear are approved by CIMSPA (Chartered Institute for the Management of Sport and Physical Activity) as a Training Provider and an Education Partner. Giving all Yoga 2 Hear courses a powerful internationally recognised 'stamp of approval'.

This course excelled in the International Education Standards of the globally recognised World Yoga Alliance and is certified as a 300 Hour Online Yoga Teacher Training Course.



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## **Course Content.**

- What is yoga?
- Different styles of yoga.
- Benefits of yoga.
- Yoga Pioneers.
- History and philosophy of Yoga.
- Sequencing and teaching a yoga class.
- Creating yoga courses.
- Special considerations.
- Yoga for common non-clinical ailments.
- Anatomy and physiology.
- The autonomic nervous system.
- Asana breakdowns of over 40 postures including adaptations and how to instruct each posture clearly and safely.
- Over 20 guided audio yoga sessions to provide inspiration and ideas for your teaching.
- Mudras, Bandhas and the Gunas.
- Prana including, Pranayamas, Chakras, and Vayus.
- An understanding of basic Sanskrit terms.
- The benefits of Meditation and how to lead a session.
- The benefits of Relaxation and how to lead a session.
- Psychology of teaching and developing a yoga practice.
- Teaching in different situations and locations.

You will receive full support from start to finish. At various points during the course you will be required to participate in live online 1 to 1 sessions and tutorial's with Sue Fuller.

Sue has travelled the world teaching yoga since 1995, during this time she has continued to study and research yoga and yoga related topics. Sue is passionate about sharing yoga and keeping the true essence of yoga alive. Sue's has drawn upon her vast knowledge and experience to create this course and will guide and support you throughout your training with Yoga 2 Hear.

A silhouette of a person in a yoga pose, with one arm raised, against a background of a sunset over the ocean. The person is on the left side of the frame, and the background shows the ocean and a distant landmass under a warm, orange sky.

## **How the learning takes place**

The course is taught over ten modules. Each module contains.

- A PDF textbook covering all content for the module.
- A minimum of one practical audio yoga class (MP3) with accompanying PDF notes.
- Four posture studies in MP3 and PDF formats.
- An assessment.

All assessments, and any additional submissions are to be submitted to Yoga 2 Hear for review and approval before the next module is released.

All course content is yours to keep so that you can refer to it as required.

Over the duration of the course you are required to journal all your yoga experience including self-practise and teaching.

We estimate each module will take 3 – 4 weeks to complete on a part time study basis. If you have more or less time you can work through the modules at a pace that works best for you.

### **Assessments.**

The first 9 modules are accompanied by a minor assessment. There is one final assessment that is to be submitted after module 10, this includes questions, an essay, coursework, case studies and a presentation.

### **Tutorials.**

During the course you will be required to participate in 5 online 1 to 1 sessions with Sue Fuller. These will provide a time for you to ask any questions and for Sue to give personalised tuition and assistance as required.

### **Enrolment.**

You will be required to complete and submit an online application. Successful applications will receive an offer of a place and will be required to sign a contract of learning and submit it along with the course fees.

Each application is viewed and assessed individually on its own merits.

## **Our Commitment to the Learner.**

Yoga 2 Hear are committed to helping all our learners become confident, knowledgeable and versatile yoga teachers. We value our reputation and yours, together we can help maintain the true essence of yoga whilst it continues to evolve, as it always has.

Our course has been developed and created by Sue Fuller using her many years of research, learning and teaching experience. Sue is available to provide whatever support you need during your studies with Yoga 2 Hear.

It is impossible to teach everything there is to know about Yoga in any one course. Our course aims to provide a solid foundation in yoga techniques, practices, history, philosophy and how yoga can enhance and promote improved health and well-being. From this platform you can step forward with confidence and explore different areas and avenues for yourself whilst embracing a new career as a yoga teacher.



**YOGA2HEAR**