

# FREEDOM YOGA 200HR TEACHER TRAINING COURSE

FYYTT200 is the bedrock of quality teaching that is designed to bring out the best in YOU. Our Yoga Alliance Accredited training will provide you with the tools & fundamental skills required to teach a powerful & effective yoga class.

On top of the required teacher training topics, our training also has personal development modules that enable you to show up 100% and teaching from a place of authenticity. You can expect an all-round transformation from the inside out!

## PROGRAM PERKS:

- Yoga Alliance accreditation that enables you to teach internationally.
- An additional 10 complimentary classes to use before your training starts (only valid for early birds!).
- Specially curated course material.
- Unlimited access to in-studio classes during the duration of your training.
- Liforme travel mat.
- Free morning practice sessions in subsequent trainings after graduation (great alumni perk!).

## The training will focus on:

- Deepening your personal practice
- A broad but in-depth introduction to various poses
- Functional anatomy
- Sequencing strategies in a Hatha & Vinyasa practice
- Asana clinic sessions

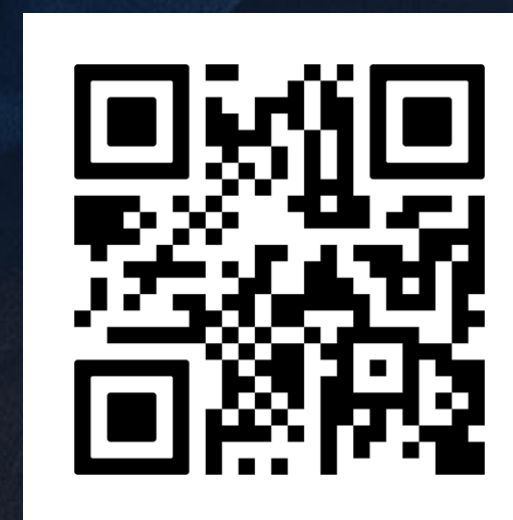
## COURSE FEE

Our FYYTT200 course fee is \$3499. Payment can either be made in full or with a deposit of \$1500 and the balance amount in 3 monthly instalments.

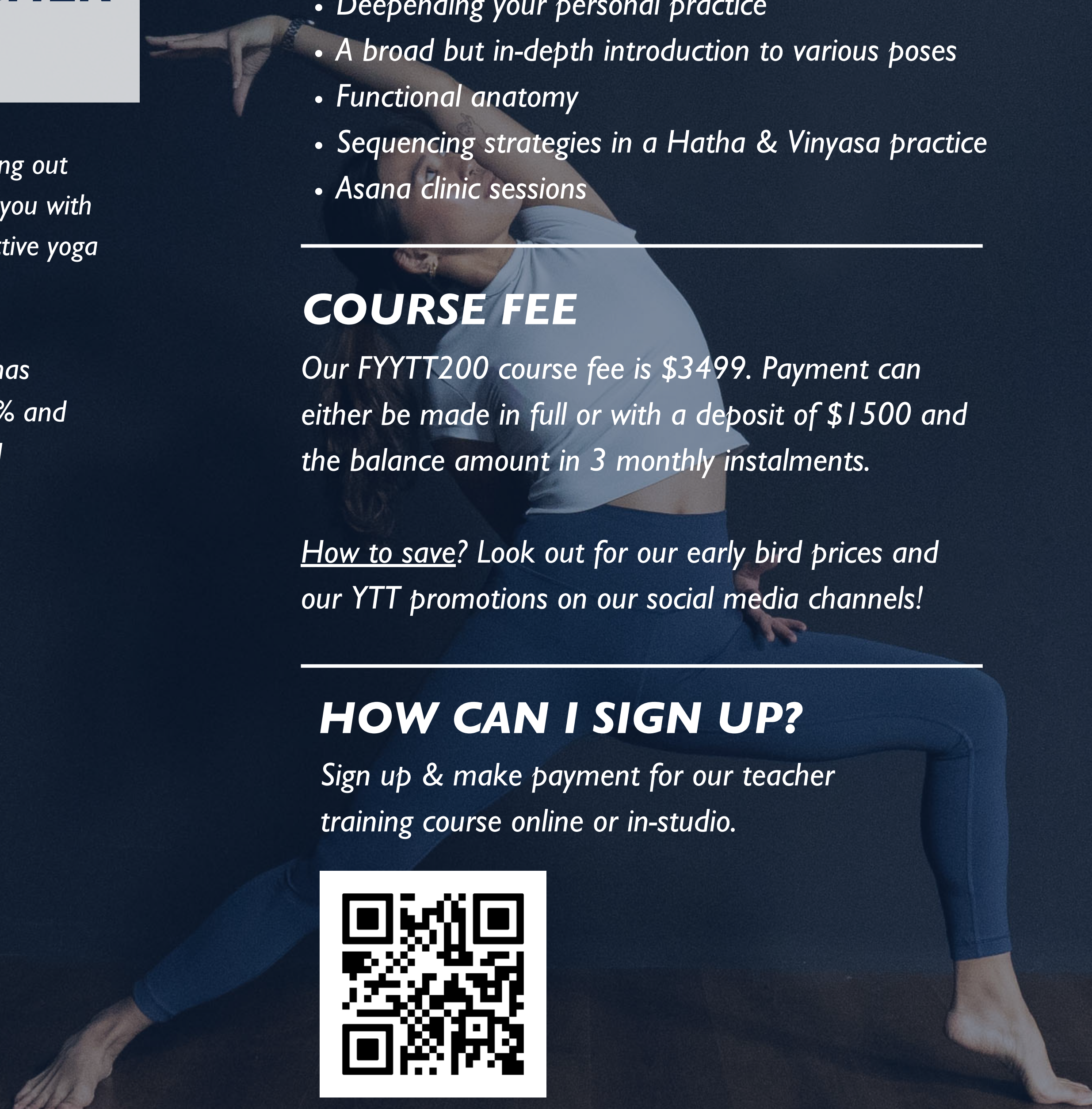
How to save? Look out for our early bird prices and our YTT promotions on our social media channels!

## HOW CAN I SIGN UP?

Sign up & make payment for our teacher training course online or in-studio.



**FIND OUT MORE**





# COURSE OVERVIEW

## Weekend 1 / 24, 26 May

Start your training with an invigorating full spectrum practice before diving head first into teaching skills, qualities that make great teachers & transformative classes, Sun Salutation A pose knowledge, gain a deeper understanding of asana categories and pranayama. Expect to start peer teaching this weekend!

Anatomy:

- Introduction to anatomy
- Respiration system
- Skeletal system & joints

## Weekend 2 / 1, 2 June

Practice sessions and asana clinic sessions will focus on standing poses. Explore an introduction into yoga philosophy with emphasis on the first 2 Yamas and how they can be incorporated into modern day living.

Anatomy:

- Muscular system
- Lower limb anatomy
- Asana clinic for standing poses

## Weekend 3 / 8, 9 June

Practice and asana clinic sessions will focus on forward folded/hip & hamstring poses. Continue your journey into yoga philosophy as we explore how to integrate the remaining Yamas into daily life.

## Weekend 4 / 15, 16 June

Practice and asana clinic sessions will focus on arm balancing poses. Get an introduction into our alignment & action system to be able to add pose refinement cues into your teaching.

## Weekend 5 / 22, 23 June

Practice and asana clinic sessions will focus on twists. Be introduced into the world of sequencing and experience sequencing a basics yoga class. Journey into part 2 of yoga philosophy where we'll explore the first 2 Niyamas and what they mean to you.

## Weekend 6 / 29, 30 June

Practice and asana clinic sessions will focus on backbends. Deep dive into peak pose & vinyasa sequencing techniques and experience put these techniques into practice!

## Weekend 7 / 6, 7 July

Practice and asana clinic sessions will focus on inversions. Flex your teaching skills during your video classes this video class and refine your teaching skills in a group review session. Learn the art of manual adjustments and how to provide modifications to poses. In our final philosophy module, go through the remaining Niyamas and how they can be incorporated into daily life.

## Weekend 8 / 13, 14 July

Home stretch! Go through the nervous system and understand how it relates to yoga as well as common injuries and how to work around them while teaching a public class. Other than helping you prepare for your exams, this weekend is about deep diving into what makes you, YOU in our personal development sessions.

## Weekend 9 / 20, 21 July

Examination weekend

- Pose knowledge quiz
- Teaching exam
- Written exam

## Weekend 10 / 27, 28 July

community class weekend! Invite your friends and family to experience a class that is uniquely yours. Practice as a cohort for the final time before our graduation ceremony!





# SCHEDULE

## Saturdays

0930 - 1230: Morning practice (Hatha)

1230 - 1330: Lunch

1330 - 1730: Theory

1730 - 1900: Peer teaching

## Sundays

0930 - 1045: Morning practice (Vinyasa)

1045 - 1200: Theory

1200 - 1330: Lunch

1330 - 1700: Theory

1700 - 1800: Peer teaching

1800 - 1900: Personal development

\*Schedule is subject to change.

# THINGS TO NOTE

- Weekly anatomy & asana clinic sessions correspond with asana categories that are being taught in morning practices.
- Teaching practicums are included on most days of the training.

