

200HR COURSE HIGHLIGHTS

Whether you're a seasoned practitioner or a newcomer to Yoga, our Teacher Training Courses offer a transformative experience, fostering an understanding of the physical, mental, emotional, and spiritual aspects of Yoga.

- **Yoga History and Philosophy:** Dive deep into the world of Yogic philosophy and ancient scriptures.
- **Asanas, Yoga Anatomy & Physiology:** Build strength, flexibility, and gain insights into correct asana practice.
- **Pranayama, Mudra, Bandha, Kriya, and Meditation:** Purify your mind and grow your sensitivity.
- **Teaching Sequencing & Methodology:** Develop the skills to teach yoga with confidence.

DAILY SCHEDULE

9:30 - 10:30 Morning Practice

10:30 - 10:45 Break

10:45 - 13:00 Morning Module

13:00 - 14:00 Lunch Break

14:00 - 16:15 Afternoon Module

16:30 - 17:30 Closing Practice

COURSE FEE

Super Early-bird 25% OFF Discount

FIRST 4 STUDENTS ONLY

HK\$27,750

Early-bird 15% OFF Discount

(ends 31st August)

HK\$31,450

Regular Price

HK\$37,000


*3-Part Payment Plan Available

JOIN US!

Scan the QR code below for more information and to apply now.

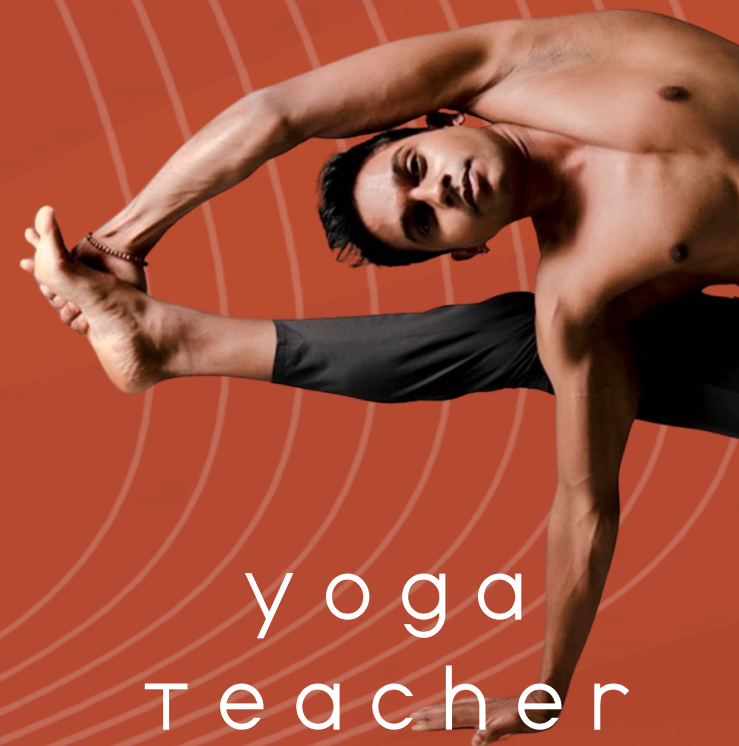


IKIGAI

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yoga
Teacher
Training
course

WITH RANJIT NEKHAR

May 18th - July 28th, 2024
(10 Weekends)



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Course Overview:

Week 1 - May 18 & 19

Qualities that Define a Successful Yoga Teacher

Explore the multifaceted role of a yoga teacher by uncovering the qualities, skills, and techniques necessary to create a transformative and empowering experience for students.

Introduction to Anatomy, Physiology & Biomechanics

Embark on a comprehensive exploration of the human anatomy and physiology. You will gain a deeper understanding of how the human body works and its relationship to the practice of yoga.

Week 2 - May 25 & 26

Asana Workshop

Dive into the study and practice of foundational asanas, including standing, seated, forward bends, backbends, twists, inversions, and balancing poses.

The Eight Limbs of Yoga

Understand the Eight Limbs of Yoga and effectively incorporate them into your teaching. Blend theoretical study, experiential learning, and practical teaching exercises to explore the philosophy and practical application of each limb.

Week 3 - Jun 1 & 2

Anatomy, Physiology & Biomechanics 2

Through a combination of theoretical knowledge and practical application, participants will develop a solid foundation in anatomy and physiology, enabling them to enhance their practice and guide others safely.

Asana Workshop - Alignment Principles and Modifications

Deep dive into asana postures and learn proper alignment principles for safe and effective practice.

Week 4 - June 8, 9 & 10

Asana Workshop - Common Misalignments and Corrections

Keep exploring the world of yoga asanas, with both theoretical study and real-world application.

Understand common misalignments and how to correct them.

Yoga Origin, History and Philosophy

Explore the captivating ancient roots and rich history of Yoga. Study the timeless wisdom encapsulated in the Patanjali Sutras and the Bhagavad Gita. Dive into philosophical principles and practical teachings that illuminate the path to self-realization and spiritual growth.

Week 5 - June 15 & 16

Hands-on Adjustment - Theory, Practicum and Feedback

Discover how the right adjustments and guidance can deepen your practice and enrich your teaching. Engage in hands-on practicum sessions, practicing and receiving feedback on adjustments. Develop observational skills and refine your ability to assess and address the unique needs of each student.

----- BREAK -----

Week 6 - June 29, 30 & July 1

Sound Energy and Mantra - Science of Mantra, Mantra and Sanskrit

Explore the relevance of sound energy in yoga teaching. Understand the principles of sound, including frequency, vibration, and resonance. Study mantras, their significance, and their effects on consciousness and energy centers.

Yogic Lifestyle, Diet, and Digestive System, Ayurveda - Tridoshas and Trigunas

Get an introduction to Ayurveda, exploring its origins and fundamental principles. Cover doshas, trigunas, and their impact on physical and mental well-being. Explore Ayurvedic lifestyle practices, and discuss the relationship between yoga philosophy and Ayurveda.

Kriyas and Bandhas

Be introduced to Shat Kriyas and understand the importance of cleansing the body and mind in yoga. Focus on Bandhas, energy locks in the body, specifically Mula Bandha, Uddiyana Bandha, and Jalandhara Bandha.

Week 7 - July 6 & 7

Nadis, Chakras, and Mudras

Learn the intricate network of nadis, the subtle energy channels permeating the body. Gain insights into the seven major chakras, their locations, qualities, and connections to physical, emotional, and spiritual aspects. Discover the power of mudras, hand gestures facilitating the flow of prana.

Intro to Sequencing, Cues, and Demos

Gain a deep understanding of fundamental principles of yoga sequencing, alignment, and balance between effort and relaxation. Explore different types of yoga sequences, such as vinyasa, hatha, and restorative. Learn to create sequences catering to specific intentions and levels of practice.

Week 8 - July 13 & 14

Sequencing, Cues, and Demos - Mastering Verbal Cues

Master the art of providing clear, concise, and effective verbal cues to guide students through each pose. Learn how to use language, tone, and rhythm to create a supportive and motivating environment for your students.

Class Management - Class Settings, Handling Critical Situations + Practicum

Learn how to set up a conducive environment for yoga classes, including lighting, temperature, and ambiance, to create a peaceful and calming atmosphere.

Develop the skills to effectively manage and respond to critical situations that may arise during yoga classes, such as injuries, fainting, or emotional distress.

Week 9 - July 20 & 21

Modifications of Poses and Use of Props

Gain insights into the importance of modifications in yoga practice to accommodate individual differences, injuries, and limitations. Learn how modifications can allow practitioners to experience the benefits of each pose while respecting their body's unique needs. Learn how to use props, such as blocks, and straps, to facilitate modifications and enhance alignment.

Written Exam + Practical Revision

- * Apply your learning through hands-on teaching experience in a supportive and supervised environment.
- * Receive constructive feedback and guidance from experienced mentors and fellow trainees to refine your teaching skills.
- * Deepen your understanding of teaching principles and methodologies as you gain practical experience in leading yoga classes.
- * Complete assignments and assessments to track your progress throughout the program.

Week 10 - July 27 & 28

Yoga Value and Education & Business of Yoga

Cover key aspects of building a successful yoga business. Define your vision, goals, target audience, and unique selling proposition.

Practical Exam + Graduation

Conclude your training with a practical exam, where you'll demonstrate the skills and knowledge acquired throughout the program. Celebrate your achievements with a graduation ceremony, marking the culmination of your transformative yoga teacher training journey.