

PART-TIME TTC 2017 – COURSE OUTLINE

**TEACHER TRAINING COURSE (TTC)**

Learn to teach Ashtanga, Flow and Yo-Bikram in our internationally recognized, Yoga Alliance certified, 200 hour, teacher training course.

**Over 200 hours you will become skilled in the following:**  
- yoga techniques and training methods   
- teaching methodology  
- yoga anatomy and physiology  
- yoga philosophy, lifestyle and ethics  
- yoga business management and marketing

This yoga immersion will transform you and your practice, instilling confidence and a deep understanding of the yoga styles that we offer at Yo Yoga. You will aquire all the skills you will need to start your yoga career or simply further develop your personal practice.

**2017 TTC COURSE DATES**  
3 June to 27 August. 3 month part-time, Yo Yoga, Cape Town.

**TTC 3 MONTH PART-TIME COURSE OUTLINE**

The three month course runs every Saturday and Sunday for thirteen weeks from the 3rd of June up until the 27th August ( This excludes the 17th and 18th June ).

One thing that makes this course unique is that the trainees have the benefit of learning two different practices in Ashtanga-Vinyasa (moving practice) and Yo Bikram (holding practice). Through the course trainees learn simple and effective techniques to be able to adapt to the different needs of their clients and therefore become a versatile and attractive option in the yoga market. This is the reason why we offer an extra 30 hrs of teaching practice more than your standard TTC model.

The beauty of this model is that you can do all your lessons and required practice hours on Saturdays and Sundays alone. This would require that you practice two morning classes before the afternoon lectures and then another class in the early evening. Alternatively trainees can choose to practice anytime during the week to make up your hours. To complete the hours required trainees need to attend all the weekend lectures and complete an additional seven practice hours each week. See the weekend schedule below for details.

**PART-TIME TTC WEEKEND SCHEDULE**

SATURDAY

* 9am to 10.30am Bikram class
* 11am to 12pm Flow class
* 12.30pm to 4.30pm TTC lectures
* 5pm to 6pm Yo Bikram class

SUNDAY

* 9am to 10.30am Ashtanga class
* 11am to 12.30pm Yo Birkam class
* 12.30pm to 4.30pm TTC lecture
* 5pm to 6pm Flow class

**CERTIFICATION AND SKILLS GAINED THROUGH THE YO YOGA TTC**

* Trainees will be qualified to teach Ashtanga-Vinyasa, Yo Bikram, foundational prana yama and meditation.
* Trainees that complete the 200 hr course will gain the title of a Yoga Alliance RYT (registered yoga teacher). Yoga Alliance is the leading yoga accreditation in the world providing you with the opportunity to teach yoga across the globe.
* The Yo Yoga TTC will provide you with all the necessary tools required to start a yoga career.
* Designed to bring out the best in you this course will help you to find your voice and speak from the heart with confidence and conviction.

If you are not looking to become a yoga teacher and would like to simply further develop your practice and knowledge of yoga then this course is a great opportunity to do so.

**REQUIREMENTS**

1. It is recommended that applicants have an established practice before joining the course, however special exception can be given with the approval of the lead trainer.
2. Complete the application form and await confirmation of your acceptance.
3. Upon acceptance of your application, secure your place with a R6000 deposit.
4. All practice hours of the course are required to be done under the observation of the Yo Yoga teachers. Special exception can only be offered when approved by the lead trainer.
5. The course is 200 hours minimum and a high level of commitment is necessary to make sure that your teaching skills are up to standard once having completed the course.

**COURSE LESSON BREAKDOWN**

**Techniques, training and practice**  
- ashtanga  
- vinyasa  
- yo bikram  
- pranayama  
- meditation

**Teaching methodology**   
- alignment  
- modifications  
- drishti points  
- benefits  
- precautions  
- adjustments  
- props

**Teaching technique and delivery**  
- rhythm and timing   
- Dialogue management  
- group management  
- voice training  
- teaching etiquette

Final assessment by course facilitators’

**Anatomy, physiology & alignment**  
- human anatomy & physiology  
- yoga anatomy and alignment  
- our energy system

final examination

**yoga philosophy, lifestyle and ethics**   
- history of yoga   
- history of Ashtanga yoga  
- yoga lifestyle  
- principles of Ayurveda  
- yoga teacher ethics

Final examination

**Practicum**  
- class observation  
- teaching practice   
- practical teaching exam

**Business management and marketing**  
- discovering your niche market  
- managing your yoga business  
- marketing your yoga business

**RECOMMENDED READS**

* Ashtanga yoga, practice and philosophy ~ Gregor Maehle
* Bikram for beginners ~ Bikram Choudbary
* Journey into power ~ Baron Baptiste
* Anatomy of yoga ~ Leslie Kaminoff

**COURSE FEES**

3 month part-time

* Normal fee - R22 000
* Early Bird Special - R20 000 when paid by 3 May 2017
* Payment Plan – R6 000 per month over four months (May, June, July, August)

**REFUNDS AND CANCELLATION POLICY**

Deposits are non-refundable.

Payments beyond the initial deposit cannot be refunded, but can be used as credit at Yo Yoga for any of our products or services.

We hope that you choose to join our course!

Yours in practice

**Yo Yoga team**