

YOGA TEACHER TRAINING PROGRAM

Lourdes Institute's Wholistic Yoga Teacher Training is comprised of classroom instruction, practice and application. Students should have 6 months of regular yoga practice prior to enrolling in this certification program.

- Philosophy of Yoga
- Relaxation Training
- Intensive Posture Clinic
- Personal Growth & Clearing
- Teaching Methodology
- Spirituality of Yoga
- Deep Breathing Practices
- Meditative Practices
- Anatomy & Physiology
- Visualization, Imagery, Affirmation
- Nutrition
- Marketing Skills
- Christian Yoga (Optional)

200-HOUR CURRICULUM

LIWS is a Registered Yoga School with Yoga Alliance—our 200-hour curriculum includes Yoga Techniques & Teaching Methodology, Introduction to Ayurveda and Yoga Anatomy & Physiology.

Techniques & Teaching Methodology

DESCRIPTION: This course provides the technical/teaching skills needed to become a beginner-level teacher. Students learn to execute a series of classical yoga postures; study their benefits & contraindications. Techniques, including pranayama, kriyas, yoga nidra, meditation/Wholistic prayer and visualization/affirmation are explored.

The Science of Ayurveda

DESCRIPTION: This elective will introduce the student to the fundamentals of Ayurveda. It will look at the 5,000 year-old history & philosophy. Students will explore the 5-element theory and the 3 doshas.

Yoga Anatomy and Physiology

DESCRIPTION: This component is designed to give Yoga Students an awareness of the body's anatomical & physiological functions and structure.

Christian Yoga Teacher Training (Optional)

DESCRIPTION: This course can be taken as an adjunct to Wholistic Yoga Teacher Training or an individual certification for certified Yoga Instructors. Students will learn how to use yoga as a sacred encounter with God—as an experience of the body at prayer.

