

YOGA TEACHER TRAINING PROGRAM

500-HOUR CURRICULUM

(Prerequisite: 200 Hour Certification)

We are a 500 hour school registered with Yoga Alliance. This 500 hour program requires students to have completed a 200 hour teacher training program. Our curriculum, in compliance with the standards set by Yoga Alliance, is comprised of an additional 300 hours which will complete the total 500 hour requirement with Yoga Alliance:

CONTACT HOURS

Teaching Methodology	5
Anatomy and Physiology	15
Philosophy/Lifestyle/Ethics	20
Yoga Techniques	50

REQUIRED COURSES

•Teaching the Deeper Practices	8
•Teaching Advanced Pranayama	8
•Five Day Yoga and Meditation Retreat	30
•Supervised Practicum	30

Electives to select in your areas of interest 224

Total Contact Hours 300

Any student who holds a 200 hour teaching certification from Lourdes Institute of Wholistic Studies or another approved school registered with Yoga Alliance may apply. Simply fill out the application found on the last page of this brochure.

If you are a serious student of yoga and would like to refine your teaching skills and expand your knowledge base, our 500 hour program will provide you with ample opportunity. You may study at your own pace, taking several courses in rapid fashion or proceeding in a way that fits most comfortably into your lifestyle.

A variety of courses will be offered each semester, many of which will be repeated at a later point in time.

Even if you are undecided about pursuing the full 500 hour certification, you may take our courses to use for continuing education. Credits may be utilized to meet your education requirements for continued registration in Yoga Alliance.

The Lourdes 500 hour certification training is comprised of four required courses, as well as a wide selection of electives. Designated coursework will assist you in deepening your individual sadhana practice and in enhancing your teaching skills. In addition, a wide variety of electives will aid you in specializing in specific areas of interest. Subjects of study will refine asana, pranayama and meditation; advanced studies in the application of anatomy and physiology will be provided; the curriculum also calls for an in-depth immersion into yogic philosophy, ethics and lifestyle.

The supervised practicum will enable you to participate in a yoga teaching clinic in which you will be observed and monitored by a 500 hour teacher trainer. You will take part in a mentoring process in which you'll receive feedback in terms of student rapport, lesson construction, teaching techniques, assisting skills, methodology, and knowledge.

TEACHING EXPERIENCE

An additional 100 hours of teaching experience, outside of the 500 hours of training, are required before a teacher can enroll in the Yoga Alliance 500 hour registry. These hours will be monitored by the Director of Yoga Teacher Training at LIWS.

For additional information about yoga programs offered at Lourdes Wellness Center, please visit us online at www.lourdeswellnesscenter.org.

