Dear reader,

Has yoga enhanced your life in even the smallest of ways? Has it made a positive impact, empowering you, and increasing your own sense of being, health, mindfulness, and joy? If so, why not share and inspire others to explore down the yogic path? Help build a stronger and healthier community all around you. Remember, it only takes one person to create big change.

_Aham Yoga’s_ 200hr Teacher Training Course (TTC) is one of a kind, derived from the teachings from the East, and refined and put to the test while implementing them into the West. What matters to us is that you understand the core of what yoga is all about, and for you to be a shining ambassador for yoga in your local circle. This is our little way of passing on yoga to the generations to come and to help preserve its core.

Becoming a great teacher is difficult – it needs your dedication and hard work. We are prepared to dive in with you and help you master the art, technique, and principles of becoming a great yoga teacher. We have designed our course to train you in philosophy, practice, teaching techniques, and much more. Upon successful completion of this program, you will be a well-rounded yoga teacher who understands the physical, physiological, psychological, and philosophical aspects of yoga and be eligible to apply for your 200hr Yoga Alliance Certificate at [www.yogaalliance.org](http://www.yogaalliance.org).

Please review the entire syllabus to understand what the course entails, expectations, pre-requisites, and other details about each section. Know that we will be working a little of each section every day, using the lessons from each to propel us forward in the rest. We are happy to review this with you in more depth, and/or answer any questions you may have via e-mail, phone, or in person.

We wish you the best of luck and hope you have a rewarding journey.

Sincerely,

_Arundhati Baitmangalkar_

Program Director / Lead Teacher

_Aham Yoga_

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[www.ahamyoga.com](http://www.ahamyoga.com)
teachertraining@ahamyoga.com
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Registered Yoga Teacher 200 Hour Course Syllabus

1. Introduction

1.1 About Aham Yoga

Aham Yoga is an RYS (Registered Yoga School) dedicated to the traditional teachings of yoga, from the East to the West. Since 2014 we have been doing our part to share the depths of yogic knowledge and a sincere practice with our community, both distant and local. Yoga is your natural state, and we strive to get you back to your natural state.

Aham Yoga Studio is tucked away at the base of Union Hill. Located right off of WA 520, 5 minutes from downtown Redmond, it is a serene and well-kept secret from the city – a sort of gem. We sit on 5 acres of open land with lots of greenery, fruit and berry trees, blue skies, and fresh air. During the summer months, we often see lots of deer, elk, bunnies, and many birds all around the garden, while the winter months stay quiet, spacious, and equally as beautiful. Students often refer to us as the ‘ashram’ setting.

Yoga Philosophy teaches us simplicity, and we strive to practice this by keeping our studio simple, clutter-free, and bright. We have a cozy studio space with heated floors, a bathroom, a kitchenette, and a small retail space, complete with lots of windows and French doors to let the natural light in.

1.2 About Lead Teacher

**Arundhati Baitmangalkar, Founder and Lead Teacher of Aham Yoga International**

Arundhati came to yoga after six years of teaching Bollywood dance in Bangalore, India. She took to yoga instantly after a couple of dance injuries and began to pursue a long and rewarding journey through her practice that now overflows onto her many loving students. Before moving to Seattle, USA, her thirst for the knowledge and authenticity of yoga led her to some of the best schools and yoga masters in India. She completed her 500hr Teacher Training under **Yogacharya Bharath Shetty** from **Yoga Indea Mysore**, and an additional 200hr training from **Atmayaan in Bangalore**. With her 10+ years of experience teaching, both in India and in the USA, Arundhati considers herself an eternal student as she continues to study with her teachers, including senior iyengar teacher **HS Arun** from **Bangalore** and the legendary **Geeta Iyengar** in **Pune, India**. Believing deeply that the practice of yoga is accessible to all, Arundhati strives to express her knowledge and teachings in a way that is easy to understand. Having taught yoga in India for several years, she now runs her own practice and RYT200 out of Seattle, USA, which she now takes with her.
internationally. It is through this creation that she reaches out to the local community and shares her knowledge and experience of yoga. From the East to the West, and from the West to the East, she brings with her a truly holistic practice and knowledge of yoga that, if you let it, will penetrate your life in new and magical ways.

1.3 About Our Yoga Teacher Training Course (TTC)

Our philosophy for training is designed for people to experience and understand the depths of yoga knowledge and a sincere practice. It is first and foremost about understanding what yoga is all about – everything from ancient and modern philosophy to the study of ancient texts and the subtleties of various asanas to be practiced in your own body. It is only then that we can begin to guide you through teaching methodology, and the art and science of sequencing a practice that is accessible to all. Our training is suitable for those seeking to become a yoga teacher, for existing yoga teachers who are looking to deepen their knowledge and practice of yoga, or for students who wish to study and understand more about their own practice. Through our shared dedication and collaboration, and your time, energy, and teamwork, we are here to equip you with the tools needed for an abundant and lifelong journey with yoga.

Aham Yoga is a Yoga Alliance Certified School of Yoga, and upon successful completion of our Teacher Training Course (TTC), you will have the opportunity to pursue a global career as an RYT200 (Registered Yoga Teacher).

Breakdown of 200 Hour Training

<table>
<thead>
<tr>
<th>Hours</th>
<th>Topics of Study</th>
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<tbody>
<tr>
<td>75+</td>
<td>Asana and Pranayama</td>
</tr>
<tr>
<td>25+</td>
<td>Anatomy, Physiology, &amp; Ayurveda</td>
</tr>
<tr>
<td>40+</td>
<td>Teaching/Teaching Practice</td>
</tr>
<tr>
<td>40+</td>
<td>Philosophy, Sanskrit, Chanting, and Yogic Lifestyle</td>
</tr>
<tr>
<td>20+</td>
<td>Home / Personal Study</td>
</tr>
</tbody>
</table>
Benefits of Training with Aham Yoga

- Small class sizes (maximum of 8 students) – this allows for optimal one-on-one training, attention, and personalized care for each and every student.
- 180+ contact hours with Lead Trainers (compared to the usual 110 required contact hours).
- Primarily experiential and practical learning techniques.
- Wide spectrum of topics covered.
- Thoroughly trained lead teacher with a broad yoga education and teaching background. We have refined our syllabus, content, and teaching styles to ensure we bring you the very best of what we know, going above and beyond the minimum criteria set for such programs.
- The study of both Hatha and Vinyasa styles of yoga.
- Enhancing and challenging your own personal practice.

2. Overall Learning Objectives

- Learn and understand the fundamental knowledge and 8 limbs of Yoga – what is it all about?
- *Hatha* and *Vinyasa* – learning the differences and benefits of each style, and how they are meant to work together.
- Learn, in-depth, over 80 poses and their benefits, modifications, etc.
- Learn the basics of Pranayama, the yogic art of breathing.
- Build and develop your own yoga practice.
- Learn to teach others with clarity, precisions, and confidence.
- Learn the importance and use of props.
[Registered Yoga Teacher 200 Hour Course Syllabus]

- Study ancient and modern day Yogic Philosophy and study of texts (The Yoga Sutras of Patanjali, the Bhagavad Geeta, and more!).
- Subtle ethics of yoga, and how to integrate this lifestyle into the modern world of yoga.
- Understand different types of students, bodies, needs, climates, and build smart, innovative, and safe sequences for all.
- Gain practical and hands on experiences in teaching.
- Gain a lifelong resource for any and all future endeavors while on your yoga journey.

3. Yoga Philosophy

What is yoga? This is where we discuss what yoga is all about. Where and when did the practice of yoga begin? What are the principles of yoga? How has it evolved, and spread its knowledge? Here, our goal is to give you a strong foundation on the fundamentals of yoga that you can implement into your daily life, and build upon throughout your journey.

- Learning Objectives – you will know that we have completed this section when you can:
  - Understand the origin of yoga, as well as its’ evolution through time, and across the world.
  - Understand the practice and implementation of the 8 Limbs of Yoga
  - Read, interpret, and share knowledge of Ancient Yogic Texts with your yoga circle (The Yoga Sutras of Patanjali, The Bhagavad Geeta, and more).
  - Understand the greater goal of yoga.
4. Asanas

As one of the 8 Limbs of Yoga, our study of 80+ asanas is designed to delve deep into various categories of poses - to learn and understand their benefits, modifications, progressions, regressions, and most importantly how to properly and safely get in and out of each pose. This builds upon our foundation by creating the framework in which we can begin to create a complete practice, and begins the process of self-awareness and self-care.

➢ Learning Objectives – you will know that we have completed this section when you can:

  o Complete a full Surya Namaskar A, B, and Classical with proper form and alignment, all the while understanding its’ purpose and benefits.
  o Understand the different categories of poses, and their collective benefits within a practice.
  o Understand a variety of poses within each category fully – their benefits, modifications, progressions, regressions, etc.
  o Understand the physiological and psychological effects of each pose.
  o Begin to understand how each pose works with one another as we begin to approach the art and science of sequencing a practice.
  o Understand the art of using props (belts, blocks, bolsters).
  o Practice on your classmates.
5. **The Art and Science of Sequencing**

With a deeper understanding and strong core knowledge of individual poses, we will begin to work with the art and science of sequencing a practice. We will explore hatha and vinyasa styles of yoga practice, themed sequencing, and how to prepare a sequence that is accessible by all, complete with modifications.

- **Learning Objectives** – you will know that we have completed this section when you can:
  
  - Understand the differences and similarities of Hatha and Vinyasa yoga, and when to use and practice each.
  - Understand how to observe, and enhance intuition.
  - Design a class so that the practitioner gains maximum benefit from the practice.
  - Sequence a complete class that is accessible to all.
  - Be able to demonstrate, instruct, correct, and lead all level classes and practitioners.
  - Build up the skill of self-discovery, and learning through one’s own practice, to help others.

6. **Pranayama: The Art of Breathing**

Our breath is what connects us with the space around us. Here, we will learn the art of various breathing exercises, when to use and practice them, and what their physiological and psychological effects are.

- **Learning Objectives** – you will know that we have completed this section when you can:
  
  - Understand the Respiratory system, and how it correlates with the body and yoga.
  - Understand various breathing exercises, knowing their benefits and best times of practice.
7. Meditation and Chanting

➢ Learning Objectives – you will know that we have completed this section when you can:
  o Establish a self practice schedule away from class
  o Be able to understand the need and challenges of meditation
  o Importance of yoga practice to begin meditation
  o The importance of sound vibrations and their impact on the body and mind
  o Enhanced ability to pronounce more Sanskrit words
  o Find a sense of peace and calm after both practices

8. Anatomy and Physiology

In order to practice or teach a great sequence, you need to first understand the muscles, bones, fascia and joints of the body, and how it applies to movement of the body from asana to asana. How should our bones stack, and our muscles wrap around them? How do we both strengthen and protect our joints? Learn what to look for in your own body as well as the bodies of your varying students to ensure a safe and effective practice accessible to all, free from pain and injury.

➢ Learning Objectives – you will know that we have completed this section when you can:
  o Understand and know the bones, muscles, ligaments, tissues, tendons, fascia, and joints of the body.
  o Know the planes of the body and how the body moves through them.
  o Properly align the body in each asana as we learn them.
  o Know what to look for in various body types, and the best way to guide each safely through a practice.
  o Understand and explain the subtle bodies (nadis, koshas, chakras, dosha, gunas, and prana), and how to ensure their balance.

9. Therapeutic Yoga – for injury and joint health
More often than not, practitioners come to yoga post injury, in search of a way to heal and stay moving. With this in mind, we delve deep into therapeutic benefits for the shoulders, hips, spine, knee and other major joints of the body. As well as psychological issues of depression, trauma, emotional imbalance and more. We also cover asthma, sciatica, diabetes prevention etc...

- Learning Objectives – you will know that we have completed this section when you can:
  - Successfully build class sequence AND teach people with a variety of issues
  - To be able to build multiple sequences in a class with multiple issues
  - To be able to help others confidently with a thorough backing of yoga knowledge

10. Teaching Methodology

Having the knowledge of yoga is mission number one – mission number two is preparing you with different tools to communicate your knowledge effectively to others. Here, we will experiment with different ways to communication with others, across cultures, across language. We will work to find your voice and unique teaching style. You will practice on and observe your peers to fine tune these skills

- Learning Objectives – you will know that we have completed this section when you can:
  - Understand the proper pronunciation and meaning of common Sanskrit terms.
  - Understand the value of a good demonstration.
  - Learn to communicate effectively with others using yoga language and terminology.
  - Gain practical experience using compassionate communication.
  - Be able to give verbal adjustments in common yoga poses and pranayama.
  - Be able to explain the benefits and value of common yoga poses and pranayama.
  - Be able to explore teaching styles, and do the work to identify with your own unique style of teaching. Find your voice.

11. Lifestyle and Ethics for Yoga Teachers

Together, we will work with you to understand the qualities of a yoga teacher based on the yogic principles of niyamas, yamas, and the Yoga Sutras of Patanjali.
12. Business of Yoga

- Learning Objectives – you will know that we have completed this section when you can:
  - Build a strong and relevant yoga resume highlighting your strengths, skills and experience.
  - Understand how to connect with other yoga schools and build relations in your community.
  - Apply for yoga teaching jobs and how to follow up.
  - How to use social media and gain visibility online.
  - Successfully understand where to draw the line between business and the real goal of yoga.
  - Maintaining your ethics and professionalism throughout the journey of being a teacher.
  - Understanding liability issues and obtaining all permits, licenses and more...

13. Requirements and Pre-Approval

- One year minimum on-going and consistent yoga practice.
- Must attend a minimum of 5 classes at Aham Yoga before being accepted into the training. We do this to ensure that you understand our method, philosophy, and culture of teaching before getting started in the training.
- Once pre-approved, you will be asked to sign up for the course within a 14-day time period. We enroll a maximum of 12 participants per course, and enrollments are on a first come first serve basis.
- Must be able to attend all hours of contact class, complete all assignments on time, and complete teaching examinations to be certified at the end of the course. Those who are not certifying to teach are also expected to attend all hours for successful completion of the course.

14. Assignments and Practicum

Assignments
- There will be home assignments given periodically. Please ensure that you complete these assignments and submit them on time. Home assignments will complement the class work.
and help you internalize the subject matter more clearly. All assignments are to be completed before completion of the course.

Practicum – Both a written and practical exam need to be completed with passing scores.

- An 80% score is needed to pass the written exam near the end of the course. We will prepare you for this exam throughout the course with assignments, quizzes, and tips.
- For the practical, we require you to teach a real class of students at Aham Yoga. This session will be graded by Arundhati separately and she will assign performance scores as deemed appropriate. We will train you thoroughly during the course for this part of the exam – we want you to succeed! We allow a maximum of three attempts to pass the practical, and in the case that one cannot clear the practical after three attempts, we will have you try again in the next set of examinations for a fee.

15. Student Conduct

Each student will be held to a high standard of conduct, demonstrating respect for their peers and maintaining confidentiality throughout and after the course. Any form of bias, sexual harassment, violation of state or federal laws, or proven dishonesty will be grounds for dismissal from the program.

16. Investments, Dates, and Application

**Investments**

- Application fee: $100  *due along with your completed application form
- Tuition fee: $2850
- Installment Options: $3100 to be paid in 2 installments of $1550
  - 1st installment due within two weeks of acceptance
  - 2nd installment due on or before August 20th, 2016

*Valid credit card information required at the time of registration. This will be auto-charged on the date mentioned above.
NOTE: Course materials included in the tuition. You will receive the Aham Yoga manual, worksheets, schedule, basic stationary, and maybe even a little surprise. We will share all material with you. Reading requirement books are not included in the course – you can buy these at Aham Yoga, online, or find a copy in the library.

**Dates** – participants will meet one full weekend of every month for ten months.

- June 24th – 26th, 2016
- July 29th – 31st, 2016
- August 26th to 28th, 2016
- September 23rd to 25th, 2016
- October 28th – 30th, 2016
- November 18th – 20th, 2016
- January 27th – 29th, 2017
- February 24th – 26th, 2016
- March 24th – 26th, 2017
- April 21th – 23rd, 2017

*Some dates may be subject to change.*

**Times**

- Fridays: 6pm – 9pm
- Saturdays: 9:30am – 7pm
- Sundays: 10:30am – 6:30pm

*We have an hour long lunch break as well as several short breaks throughout the day.*

Apply in studio, or online at [http://ahamyoga.com/teacher-training/](http://ahamyoga.com/teacher-training/)

See you soon!