



Sukhita Yoga Method

200 hour Teacher Training Course Outline

Aim

This course seeks to develop your capacity to teach Sukhita Yoga method by giving you the philosophical, intellectual and most importantly the experiential knowledge you require. You will learn to teach students how to work with their minds as much as their bodies, how to unlock flexibility and work with the stiffest muscle, the one between their ears. You will explore the connection between mind states and body experience and how we so often compensate using strength and striving for the absence of energetic balance. As your familiarity with integrating mindfulness develops you will learn to guide students towards a different approach to effort freeing the tension that gets in the way of this balance. There is a strong emphasis on developing teaching confidence throughout the course.

Pre-requisites

- 2 years regular yoga practice
- An existing mindfulness practice (or equivalent) or enrolment on an 8 week mindfulness course to be completed before the end of the teacher training.

About Modules 1, 2 + 3

There are 3 modules of 7 days each plus one day of mindfulness.

Module 1 introduces key mindfulness techniques and their integration into yoga. You will learn the philosophical underpinning of mindfulness and directly experience the impact this has on practice. You will practice teaching a wide range of primary postures safely in ways suitable for a diverse audience including 'engaged adjustments'. You will develop skills to guide students to explore the natural energetics of the body. You will be introduced to the principles of sequencing in preparation for Module 2. Students who are ready will be encouraged to set up first classes for beginners/friends.

Module 2 starts with consolidation of your learning from Module 1. We move onto a range of different sequences with the opportunity to design and teach your own sequences in pairs and larger groups. You will expand your use of mindfulness, both in the integration within the posture and also in the way you teach and interact with students. The practical relevance of Buddhist philosophy and the anatomy of mindfulness is further explored.

Module 3 brings together the learning from the past two modules and hones your teaching skills. We focus on class craft, developing your own voice, appropriate sequences and suitable adjustments.

Throughout these Modules you will be guided in: finding your voice – becoming an embodied teacher; listening skills – expanding sensitivity to embodied physical and emotional diversity; how to use the practice of yoga to enhance the insight from mindfulness; how to lead meditation; and how to understand the anatomical difference between students.

Total contact time is 180 hours.

Additional content

- 20 mins (minimum) personal yoga practice per day recorded in diary
- 20 mins (minimum) personal mindfulness practice per day recorded in diary
- 10 hrs shadowing an experienced teacher
- 15 hrs online anatomy course (unless equivalent qualification held)
- 5 hrs practical and written assignments (not essays but practical actions to get you teaching as soon as possible)
- attendance at weekly yoga class taught by a suitably qualified or experienced teacher recorded in the diary

There are no essays to write. Training course terms and conditions [here](#).