

HIMALAYAN YOGA & MEDITATION CENTER
200 Level Teacher Certification Program
2010 – 2011 Course Schedule
9:30 am – 4:00 pm

- 1. October 24, 2010**
Science of Breath
Pranayama
The 5 Pranas
- 2. November 14, 2010**
Introduction to Meditation
Basics of Meditation
Mantra and its practice
Chakras, Nadis and Koshas
Science of Breath Exam
- 3. December 12, 2010**
Yoga Sutras
Modifications of the Mind
Astanga Yoga and Kleshas
Meditation Exam
- 4. January 9, 2011**
Yoga Anatomy 1
Major Systems of the Human
Body and Their Functions
Yoga Sutras Exam
- 5. February 13, 2011**
Yoga Anatomy 2
Therapeutic Yoga
How to Prevent Injury and
Get the Most From the Postures
Yoga Anatomy Exam
- 6. March 13, 2011**
Neti Pot
Fundamentals of Teaching
Centering- Limbering
Joint & Gland Exercises
- 7. April 10, 2011**
Diaphragmatic Breathing
Sun Salutation Surya Namaskar
Standing Postures
- 8. May 15, 2011**
Nadi Shodhanam Pranayama
Sitting Postures
Forward Bending Postures
- 9. June 12, 2011**
Kapalbhati
Backward Bending Postures
Twisting Postures
- 10. July 10, 2011**
Bastrika Pranayama
Leg Lifts and Abdominal
Strengthening Postures
Inverted Postures
- 11. August 14, 2011**
**Sheetali, Bhramari,
& Ujjayi Pranayama**
Teaching Special Groups
Seniors & Handicapped
How and when to use props
- 12. September 11, 2011**
The Shat Kriyas
Children's Yoga
Hatha Yoga Exam

All posture classes will include

- **Alignment**
- **Corrections**
- **Benefits**
- **Contra indications**
- **Common Errors**
- **Variations**
- **Modifications**
- **English and Sanskrit Titles**

Classes and dates may be subject to change. In the event there are changes we will inform all students as soon as possible so that they can adjust their schedule.



Himalayan Yoga and Meditation Center

109 W. Slade Street, Palatine, IL 60067 847.221.5250

www.hymc.org

HYMC TEACHERS TRAINING PROGRAM REQUIREMENTS

Two Hundred hours certification program distribution of hours:

REQUIRED:

- Teachers Training Program (2nd Sunday of the month) 66.0 hours
- Teach 3 Sadhaka Sundays (4th Sunday of the month) 7.5
- Meditation Class (6 weeks) 7.5
- Ethics class (2 hours) 2.0
- Home Study (12 months) 30.0
- One Hatha Class at HYMC 65.0

Total 178.0

OPTIONS:

The following are ways in which student can earn the remaining hours to accumulate a total of 200 hours.

- | | <u>Hours per class</u> |
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