YOGA TEACHERS COLLEGE

COURSE SYLLABUS

YOGA TEACHING DIPLOMA (YTD) COURSE

INTERNATIONAL CREDENTIALS: Yoga Alliance USA, UK & Australia, American Council on Exercise (ACE).
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COURSE DESCRIPTION

The Yoga Teachers College™ offers professional diploma programs for career-minded yoga students. Trainees benefit from a balanced curriculum that combines eLearning with real-world, in-studio immersions. Graduates walk away with the skills, confidence, and credentials needed to become leading educators and businesspeople.

Whether students are looking to teach locally part-time, travel and lead workshops internationally, or open their own studios, the Yoga Teachers College offers support and training every step of the way.
YOGABODY takes the best of classic yoga practice and combines it with modern science, with no incense, no chanting, no gurus, and no dogma. The Yoga Teachers College focuses on mind-body fitness for everyone. Founded in 2007 by Lucas Rockwood, YOGABODY welcomes students of all backgrounds and is committed to the democratization of yoga.

FIVE PRINCIPLES of YOGABODY:

Practice is everything. At YOGABODY, everything starts and ends with the practice. When you get that right, the theory, techniques, and methodology all flow naturally.

If it doesn’t challenge you, it doesn’t change you. When you come to a YOGABODY class, expect strong classes, challenging poses, clarity in teaching, and a supportive environment where transformation is the norm.

Balance is the greatest goal in health. Everything we do aims to integrate your body and mind, your breath and movement, your nervous system and your nutrition so you can live the best life possible.

Food matters. To practice yoga without intelligent nutrition is like trying to run uphill with rocks tied to your ankles. Food is the biggest variable in your health, and we teach a non-dogmatic approach to nutrition based on modern science and real-world application.

Be your own guru. We are a secular organization and welcome people of all faiths. We teach the science of mind-body fitness, not religion or spirituality.
The Yoga Teachers College leverages the best of online and off-line training to offer unparalleled opportunities for professional development. Our blended approach allows for deep study at a natural pace, where theory is integrated into real-world practice and teaching.

**eLearning Study** (online):

- Video-based classes
- Online quizzes to reinforce learning
- Ongoing group discussions with both trainees and trainers
- Practice teaching (via online audio recordings)
- Book reports and discussions
- Weekly real-time video conference learning

**Immersion Study** (in-person):

- Public speaking and leadership
- Hands-on adjustments
- Teaching methodology (practical)
- Anatomy in action
- Real-world teaching, assisting, and observation
INTERNATIONAL DIPLOMA COURSE

The Yoga Teachers College aims to redefine education for yoga teaching professionals with the highest level of education and standards in the industry, both practical and academic.

Current Accreditation & Affiliations*:

- American Council on Exercise (ACE)
- Yoga Alliance International (USA, UK, Australia)

*Our training standards exceed every national and international standard. Our graduates are qualified to work in any country, obtain insurance, and register businesses.

TRAINING PARTNERS

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The current yoga business model is broken. Yoga is a $29 billion industry owned primarily by opportunistic investors, not yoga teachers; and the yoga teachers who create the market often end up struggling financially. This needs to change.

YOGABODY is independently owned and operated by yoga teachers and students, and we believe this is the only model that makes sense. The Yoga Teachers College is business-positive, and our graduates are in control of their own careers both as teachers and as businesspeople. Trainees learn zero-budget marketing, lean startup methodology, the fundamentals of the service business, pricing, sales, and retention.

YTC GRADUATES:

- Teach: Both public and private sectors, group and one-on-one classes
- Lead: Workshops, training events, retreats, and festivals
- Build: Studios, web properties, products, teaching teams, courses
OUR STORY

YOGABODY founder, Lucas Rockwood, opened his first yoga studio in 2006 and was shocked to learn that only two to three percent of all certified teachers applying for work could actually teach a decent class. The problem? They were not bad applicants, they had simply attended very bad schools and were not educated with even basic competency.

To solve this problem, Lucas launched his own training course where he could control the quality of the education. His course structure and objectives are entirely focused on real-world teaching and leadership, so that graduates are job-ready immediately after graduation.

The first course was a huge success and sold out immediately. Fast forward to today, YOGABODY courses have certified more than 3,000 graduates in 41 countries (and counting). Graduates are studio owners, local leaders, authors, social media influencers, teachers, and trainers themselves. YOGABODY continues to hire staff from their own graduate pool, and the focus remains clear: trainees learn real-world, practical skills with a fitness-based approach to yoga.

Today, YOGABODY International has grown to include a yoga props manufacturing business, an educational media company, and a group of yoga studios, but training teachers remains its primary mission and focus. “Practice, teach, transform.”

YOGABODY at-a-glance:

- 3,000+ teachers in 41 countries
- Top 10 yoga training school worldwide (based on total number of courses/graduates/reach)
- Pioneer in blended training techniques (online/offline)
- Three studio locations in Barcelona
- #1-rated podcast
- Leading, global manufacturer of the Yoga Trapeze™, Wonder Wheel™, Hurts So Good™ Massage Balls, blocks, straps, and other yoga products
100 CLASSES – PERSONAL PRACTICE. Students are required to attend, log, and review 100 yoga classes using their practice journal (a physical book provided by the Yoga Teachers College) before graduation.

OBJECTIVE: To give trainees adequate competence as students. During this self-study period, students experience both the modern practice of yoga and the commercial environment(s) and various styles of current practices. Written analysis helps increase self-awareness of what works and what doesn’t in public yoga classes.

ON THE MAT #2: This module is focused on practice competency and practice techniques including grips, mudras, binds, alignment archetypes, standing poses, seated poses, inversions, twists, backbends, and balancing postures. Competency is required for graduation, so this module focuses specifically on advancing personal practice, which can then be taught.

Competencies include:


OBJECTIVE: The focus is on teaching YOGABODY sequences, testing competency, and refining student’s skills.

POSTURE CLINICS – Sequencing

Posture clinics take each pose in the fixed YOGABODY sequence and break them down into parts from a practice perspective. We start with the floor (feet/legs), move to the hips and midsection, and finish with the hand position and gaze as a general protocol. We will apply YOGABODY alignment archetypes, yin/yang energies, and pose-specific respiration to each pose. The format is practice, dissect, practice again.

OBJECTIVE: The main objective is to deepen trainees’ knowledge of their own practice, postures, and alignment, as this immediately transfers over into their ability to teach. Competency is shown by trainees’ abilities to analyze/practice a pose from ‘floor to ceiling’ and apply alignment principles.
TEACHING METHODOLOGY

During the first in-person immersion, students will join the training team and a group of their peers for an intensive training event focused on practical teaching skills including voice and projection, body language, word choice, pose names, hands-on adjustments, verbal adjustments, and non-verbal teaching techniques.

Working with other YOGABODY teachers, trainers, and staff, this immersion will focus specifically on the YOGABODY standing and finishing sequences, hands-on adjustments, and class management.

OBJECTIVE: Students will be able to teach a full YOGABODY Flow class, will become confident and skilled at giving dozens of hands-on adjustments and assists (‘talking and touching’), and they will be ready to start teaching practice groups when they return home.

During this module, you will work one-on-one with lead trainer Lucas Rockwood on the overall ‘you’ component of your skill set, refining your speaking and body language, developing your unique voice, and creating a transformational space for your classes.

OBJECTIVE: This module is designed to create a formal student-teacher relationship that will last long after the course concludes. The focus is 100 percent on the trainees personal strengths and challenges, and training time includes review of coursework, practice in trouble areas, and clearly demonstrated competence and growth. Success is shown by each trainee landing his or her first paying job as a teacher.
This module is designed to help students learn and understand anatomy and physiology in the context of yoga practice and mind-body wellness. We focus on alignment, injuries, common injury conditions, and the ‘always be safe’ principles of teaching. Students will be required to learn the anatomy of the knee, shoulder, and spine in detail, along with digestive anatomy and basics of the endocrine and nervous system in relation to movement specifically. During contact hours, students will work with skeleton models, real-life models (their peers), and students to palpate anatomical areas, discover functional movement, and overcome dysfunction.

**OBJECTIVE:** All students must be able to pass both our written (theory) anatomy and physiology tests as well as the practical exam demonstrating both book learning and applied knowledge.
All trainees will work with their trainers and in small groups. They will individually lead four mock classes (four hours) and individually lead one public class (one hour). Additionally, they will observe classes with their peers (and give feedback), assist while other teachers teach, and receive feedback on their own teaching from their instructors and peers. Non-contact hours include peer-to-peer sessions, observation, feedback, and preparing for their public class.

Objective: The final stage of this program is designed to give people on the ground, real-world experience that they can put on their resume/CV and the confidence to lead a full class, get and give feedback, and conduct themselves like a professional.
Remembering. There are elements to yoga that involve rote memorization including pose names, anatomical terms, and sequences. This aspect of the course is crucial, but can feel mechanical, so we use flashcards, audio drills, and physical movement practices both virtually and in-person to make it fun and natural to learn.

Understanding. Anyone could memorize and recite yoga pose names from a book, but that doesn’t mean they understand how or why they should be practiced. During our program, we use a ‘3x3’ approach to each pose, where you learn a minimum of three teaching instructions and three applied anatomy references.

Applying. The academic learning in yoga can easily stay ‘on the page’ unless it’s integrated into public and private classes. At the Yoga Teachers College, as part of your graduation requirements, you’ll apply your academic and practical learning to a 60-minute guided class as well as a 10-minute applied anatomy lecture that can immediately translate into the real world.

Analysis & Evaluation. Giving and receiving feedback is a daily practice in the course. You are assessed by both your trainers and peers, and you learn to assess others competently and professionally as well. We score each other on 12 different categories, but the big areas are ‘show’ (visual cues), ‘touch’ (physical adjustments), and ‘tell’ (verbal prompts). To grow as a teacher, you need to be self-aware, but also able to see strengths and weaknesses in others.

Creating. Your largest project during the course is your Custom Sequence Class. This is where you take your academic and practical knowledge and craft a cohesive, 60-minute experience for a beginning student walking in off the street. This process involves innovating what you know, applying what you’ve learned, and planning according to theme.
In this module, students learn the modern history of yoga, the classic history of yoga, and explore all contemporary styles in-depth. They also learn the ethical responsibilities of a yoga teacher in terms of teaching what you know, sexual/romantic boundaries, and financial responsibility. Contact hours include lecture, workshop, and role-play. The five non-contact hours are required real-life application of learning, where students find examples of history and ethics in studio scenarios so they can observe them in action.

**OBJECTIVE:** Trainees must pass a written exam with an 85% or greater demonstrating competence in their knowledge of history, philosophy, ethics, and lifestyle of a teacher.
MATERIALS

A training manual is provided along with pose charts. Extensive course resources and references are available in video and audio format in the eLearning Center.

REQUIRED READING: Written book reports and book discussions are required by all students. All books must be read by all students and critical responses are encouraged.

- Yoga Mala
- The Heart of Yoga
- Light on Yoga
- The Healing Power of the Breath
- Become a Supple Leopard
- Trail Guide To The Body
- Eat Fat, Get Thin
- Why We Get Fat

EVALUATIONS

Rather than focus on one large exam, trainees have quizzes throughout the entire course with a required score of 85% or higher to pass. In total, there are 21 short quizzes, three practical exams, book reports, audio homework, and class discussions.

- eLearning Quizzes: 21
- eLearning Class Discussions: 24
- Audio Teaching Homework: 24 submissions
- Assigned Reading Discussion: 24
- Practical Exams: Applied Anatomy (10-minute presentation), Public Class (1-hour solo class), Practice Competency (individual practice assessment)
- 100 Practice Class Requirement: Signed practice journal must be submitted and reviewed
SCHEDULE

HOME STUDY SCHEDULE (self-directed)

- eLearning: 24 online modules
- 100 classes logged in practice journal
- Reading list / book reports
- Roundtable calls

Total: 320 hours over 12-24 weeks (max 52 weeks)

IN-PERSON IMMERSION SCHEDULE (subject to change)

- 07:30-09:30 Session 1
- 09:30-11:00 Breakfast break
- 11:00-14:00 Session 2
- 14:00-15:00 Lunch break
- 15:00-17:30 Session 3
- 17:30-19:00 Dinner break
- 19:00-20:00 Session 4
- 21:00-22:00 Session 5

Total: 180 hours over three weeks
YTD eLEARNING MODULES

1. Anatomical Terms, Breath of Fire, The Light on Yoga
Core lesson: Anatomical terms of Movement
Posture Clinic: Breath of Fire
Practice Teaching: Breath of Fire
Reading Assignment: Light on Yoga

2. Applied Anatomy, Balanced Breathing, Yoga Mala
Core lesson: Applied Anatomy
Posture Clinic: Balanced Breathing
Practice Teaching: Balanced Breathing
Reading Assignment: Yoga Mala (1/3)

3. Spinal Anatomy, Sun Salute A, Yoga Mala
Core lesson: Spinal Anatomy
Posture Clinic: Sun Salute A
Practice Teaching: Sun Salute A
Reading Assignment: Yoga Mala (2/3)

4. Back Pain, Sun Salute B, Yoga Mala
Core lesson: Back Pain Basics
Posture Clinic: Sun Salute B
Practice Teaching: Sun Salute B
Reading Assignment: Yoga Mala (3/3)

5. The Knee Joint, Rag Doll, Trail Guide to the Body
Core lesson: The Knee Joint
Posture Clinic: Rag Doll A&B
Practice Teaching: Rag Doll A&B
Reading Assignment: Trail Guide to the Body (1/7)

Core lesson: Knees: Ligament Pain & Dysfunction
Posture Clinic: Triangle & Reverse Triangle
Practice Teaching: Triangle & Reverse Triangle
Reading Assignment: Trail Guide to the Body (2/7)

7. Shoulder Anatomy, Side Angle, Trail Guide to the Body
Core lesson: Anatomy of the Shoulder
Posture Clinic: Side Angle & Reverse Side Angle
Practice Teaching: Side Angle & Reverse Side Angle
Reading Assignment: Trail Guide to the Body (3/7)
8. **Pelvis Anatomy, Wide Leg Stretch, Trail Guide to the Body**
   Core lesson: Anatomy of the Pelvis
   Posture Clinic: Wide Legs Stretch A, B, C
   Practice Teaching: Wide Legs Stretch A, B, C
   Reading Assignment: Trail Guide to the Body (4/7)

   Core lesson: Breathing & Nervous System
   Posture Clinic: Intense Side Stretch
   Practice Teaching: Wide Legs Stretch A, B, C
   Reading Assignment: Trail Guide to the Body (5/7)

10. **Yoga Philosophy, Extended Leg Pose, Trail Guide to the Body**
    Core lesson: Yoga Philosophy VS. Yoga for Fitness
    Posture Clinic: Extended Leg A, B & C
    Practice Teaching: Wide Legs Stretch A, B, C
    Reading Assignment: Trail Guide to the Body (6/7)

11. **History of Modern Yoga, Tree Pose, Trail Guide to the Body**
    Core lesson: History of Yoga Asana
    Posture Clinic: Tree A & B
    Practice Teaching: Tree A & B
    Reading Assignment: Trail Guide to the Body (7/7)

12. **YOGABODY Diet, Wheel Pose, Why We Get Fat**
    Core lesson: YOGABODY Diet
    Posture Clinic: Wheel Pose
    Practice Teaching: Wheel Pose
    Reading Assignment: Why We Get Fat and What to do About it

13. **Food & Flexibility, Forward Fold, Eat Fat Get Thin**
    Core lesson: Food Flexibility
    Posture Clinic: Forward Fold
    Practice Teaching: Forward Pose
    Reading Assignment: Eat Fat, Get Thin (1/3)

14. **Yoga & Weight Loss, Shoulder Stand, Eat Fat Get Thin**
    Core lesson: Yoga & Weight Loss
    Posture Clinic: Shoulder Stand
    Practice Teaching: Shoulder Stand
    Reading Assignment: Eat Fat, Get Thin (2/3)
15. Themes in Class, Plow Pose, Eat Fat Get Thin
Core lesson: Themes in Class
Posture Clinic: Plow Pose
Practice Teaching: Plow Pose
Reading Assignment: Eat Fat, Get Thin (3/3)

Core lesson: New Student Experience
Posture Clinic: Headstand
Practice Teaching: Headstand
Reading Assignment: Healing Power of the Breath

17. Adjustments How-To, Child’s Pose, The Heart of Yoga
Core lesson: Physical Adjustments
Posture Clinic: Child’s Pose
Practice Teaching: Child’s Pose
Reading Assignment: The Heart of Yoga (1/2)

18. Ethics of Teaching, Relaxation, The Heart of Yoga
Core lesson: Ethics of Teaching
Posture Clinic: Final Relaxation
Practice Teaching: Final Relaxation
Reading Assignment: The Heart of Yoga (2/2)

19. Power Words Public Speaking, Boat Pose, Becoming a Supple Leopard
Core lesson: Power Words & Public Speaking
Posture Clinic: Boat Pose
Practice Teaching: Boat Pose
Reading Assignment: Becoming a Supple Leopard (1/3)

20. How to Teach Breathing, 4x4 Ocean Breath & 4x8 Whiskey Breath, Becoming a Supple Leopard
Core lesson: How to Teach Breathing
Posture Clinic: 4x4 Ocean Breath
Practice Teaching: 4x4 Ocean Breath & 4x8 Whiskey Breathing
Reading Assignment: Becoming a Supple Leopard (2/3)

21. How to Avoid Injuries, Arches & Domes, Becoming a Supple Leopard
Core lesson: Yoga Injuries
Posture Clinic: Arches and Domes
Practice Teaching: Arches and Domes
Reading Assignment: Becoming a Supple Leopard (3/3)
22. How to Write a Yoga Resume, Reverse Prayer Hands, Trail Guide
Core lesson: How to Write a Yoga Resume
Posture Clinic: Reverse Prayer Hands
Practice Teaching: Reverse Prayer Hands

23. Zero Budget Marketing, Inner/Outer Rotation, Trail Guide
Core lesson: Zero-Budget Marketing
Posture Clinic: Inner & Outer Rotation
Practice Teaching: Inner & Outer Rotation

24. Private Yoga Business Model, Pushups, Trail Guide
Core lesson: Private Teaching Business Model
Posture Clinic: Pushups
Practice Teaching: Push-Ups
LECTURES

IMMERSION 1
1. The Training Path
2. Breathing 101
3. Archetypal poses

IMMERSION 2
1. Anatomy Exam Preparation
2. Sequencing
3. Class Enhancements
4. MARKETING - SOCIAL MEDIA & MAILING
5. BUSINESS STRATEGY SESSION
6. HOW to WRITE a YOGA RESUME
7. GOAL SETTING
The Yoga Teachers College upholds a strict academic integrity policy intended to be fair, offer ample opportunity for success, and provide formal processes for handling academic dishonesty or problems.

- Online Exam Monitoring: All online written exams are monitored via a unique student login and IP address to ensure the student taking the exam matches the student registered.

- In-Person Exams: All in-person exams are monitored by one (or more) trainers and evaluations are done using formalized review forms with little room for subjectivity or bias.

- Home-Practice Oversight: All at-home classes must be signed and dated by local instructors—classes are monitored and formally reviewed before approved.

- Exam Retakes: Since the Yoga Teachers College requires a very high score to pass exams (85%), up to three retakes of written exams are possible for students without penalty. Retakes of in-person class exams may incur retake fees as facilities and staff might need to be hired for the reexamination.

- Reporting Academic Dishonesty: Any student or staff member can privately report alleged academic dishonestly via email (training@yogabody.com) or in person at the YOGABODY International Office to the course administrator. All cases will be reviewed individually, and intentional academic dishonesty is grounds for immediate dismissal from the program.
RULES & POLICIES

PREREQUISITES: This is a rigorous and demanding course geared towards career-minded yoga students. We do not accept students looking to deepen their own practice or simply gain experience, only students who truly want to teach.

All applicants must have a minimum of two years’ experience as a student, be in sound mental and physical health, provide a written reference (ideally from your yoga teacher), and participate in a telephone or in-person interview with the course director.

- Two years practice experience (or 50 classes) required
- Must have experience with Ashtanga, vinyasa, or similar lineage practices
- Non-smokers only
- No drug or alcohol addiction (unless in recovery)
- No contraindicated medications or medical illnesses

ATTENDANCE: Trainees must attend all sessions. Any missed sessions due to illness, injury, or emergency must be made up in person; more than 10 percent of sessions missed is not acceptable for any reason.
TUITION

1 Payment: Total: $2995 USD
(approx. 2700€ or 2400 GBP*)
7 Payments of $495 Total: $3465
(approx. 450€ or 400 GBP/month*)

Tuition Payment Includes:
1. All course materials
2. 24-module eLearning program
3. 1-on-1 mentorship and assistance throughout
4. Weekly checkins
5. Practice Journal
6. YOGABODY Props Kits (block, wheel, massage balls)
7. 2x’s immersions in Barcelona at YOGABODY Fitness studios (offered quarterly)
8. Guaranteed job placement

Other Expenses (not included)
1. Travel, food & accommodation in Barcelona (2 trips) (estimated $2200-3800)
2. Yoga classes/membership at your local studio(s) for your 100-class requirement (estimated $1000)
3. Required reading list (Approx 150)