

Peak Beings Yoga School is a 200 Hour Registered Yoga School with *Yoga Alliance*. Our 200 Hour *Unified*

d Yoga Teacher Training™

draws from a variety of different branches and styles of yoga. It is based in hatha vinyasa yoga, but you will also experience a variety of different styles and forms of yoga. The experiences you will encounter during this training will also give you the chance to learn how to fully unify the different layers (koshas) of yourself and others. Certification through our *Unified Yoga Teacher Training™* will allow you to evolve your yoga practice and teaching as you change and as yoga styles continue to develop.

Teachers will leave this training with the ability to teach a 1.5 hour vinyasa yoga class as well as the tools to work with students with a variety of different goals and abilities. The core philosophy of our trainings is creating a fun, safe and creative space for future teachers to develop and deepen their yoga teaching. Peak Beings approaches the learning process from many different approaches including communicative, contemplative, and experiential. We welcome students who are looking to teach yoga or who are just looking to deepen their practice. In addition to learning to guide a yoga class, we will cover many other topics including yogic philosophy, history, meditation, and chanting. For more details on topics covered please see the Curriculum below. Peak Beings' Yoga Teacher Trainings exceed the Yoga Alliance Certification Standards and all teachers will be recognized by the Yoga Alliance as a Registered Yoga Teacher (RYT).

Techniques – 105 Hours

- Asana Practice
- Asana Assists
- Pranayama
- Meditation

- Chanting
- Mantras
- Mudras

Teaching Methodology – 25 Hours

- Assisting Students
- Demonstrating Asanas
- Use of Props
- Qualities of a Teacher
- Student's Process of Learning
- Business Aspects of Yoga

Anatomy and Physiology – 20 Hours

- Human Anatomy
- Body Systems/Organs
- Chakras
- Nadis
- Bhandas
- Anatomical Applications to Yoga Students

Philosophy, Ethics and Lifestyle – 30 Hours

- Patanjali's Yoga Sutras
- Different Styles of Yoga
- History of Yoga
- Teaching Ethics
- Teacher/Student Relationship
- Yamas
- Niyamas
- Conscious Eating

Practicum – 20 Hours

- Practice Teaching
- Giving and Receiving Feedback
- Teacher/Student Relationship
- Assisting Yoga Classes