



ONLINE SELF-STUDY PROGRAM DESCRIPTION FOR HYBRID 200HR YTT

The online part is best done before the residential part and you can complete it in five days or take longer if you want. All of the videos will be shared through Google Drive upon your enrollment, in the following folders:

ANATOMY COURSE 1

This is a 20-hour Yoga International general Anatomy course for YTT and the biggest portion of your online study. You will find Asana practices here as well, relevant to each section of anatomy.

ANATOMY COURSE 2

This is a shorter, yet very interesting and invaluable Anatomy course that has been a part of our training since the beginning. While it doesn't go into anatomical detail as the first course does, it is crucial to your learning in that it shows the differences in anatomy from one person to the next and how these differences show up in the asana practice.

TEACHING METHODOLOGY

Here you will find 3 videos that you should practice on repeat as these are a part of our Teaching Methodology or "learning how to teach" class.

Pranayama Fundamental Practice should be practiced daily for at least 5 days and you can try to teach it to a friend or a relative as your teaching practice.

Warm ups & Sun Salutations are how we would begin a Yoga class, and there is alignment information for Sun Salutations as well as guidance of breath. Practicing this on repeat for at least 5 days, you will commit it to memory and you can also try to teach it to a friend or family member as a part of your practice teaching.

Standing Poses & Sequences analyze the alignment of the standing postures of the 200hr YTT syllabus and at the very end I show you how to combine the postures in a mini standing sequences (vinyasa). As with the other two videos, you should practice this every day to commit it to memory and try teaching it to someone as a part of your teaching practice. If you can't find anyone to practice on, you can pause the video and guide yourself through alignment of each pose.

When we meet live we will have an overview of all of this, but you should have a good understanding by then so that we can move on to other asana families.

THEORY

These are a few short introductory lessons from your YTT manual that will set the mood for our live lessons. We will delve deeper into Yoga Philosophy rabbit hole during the live training and have an interactive class that includes interesting discussion and q&a.

YOGA CLASS

Gathered here are Yoga classes from the ANATOMY COURSE 1 and classes by our faculty shall you wish to start your daily study with a yoga asana class.

RELAXATION

Relaxation audio to listen to relax, but also to become familiar with, as we will learn how to incorporate this relaxation at the end of every class during Savasana - final relaxation.

With Love,
Tanya Savitri Popovich
Teacher Training Director