

## Teacher Training Curriculum and Text Requirements

Clear and efficient language skills  
Develop your authentic teaching voice  
Art of sequencing  
Create meaningful class themes  
Inspire your students to move from the inside  
Fundamental pranayama, meditation, Sanskrit  
Practice, Practice, Practice-Asana practice every day we meet  
Anatomy for the yoga practice  
Observation and verbal/manual adjustment  
Alignment Principles  
Restorative Yoga  
Self Care  
Yoga philosophy and history  
Taking the seat of the teacher  
Lots of self inquiry  
The Light within you  
Chakras

Required Reading:

Light on Yoga, BKS Iyengar

How to know God: the Yoga Aphorisms of Patanjali, Swami Prabahavananda