yoga alliance PROFESSIONALS

Course Syllabus

Total Hours	In-Person Hours	Live Streaming Hours	Hours Taught By SYT	Non-Contact Hours
40	24	4	20	12

Content	Description
ctice of Asana, Pranayama	at variations of asana etc for this group, and a portion of time s
aching Practice and Metho	This is includes how to manage behavioiur, teaching assistan
articular Focus of the Cours	nefits them and how to adapt yoga to meet their needs 25% of
Overall Aim	oga teachers who want to teach yoga to teens who are neurodiv
t will the graduate be able t	nce yoga to support their needs, whether in a group or 121 set
w will the course be assess	. Students will be mentored throughout the course and encour

COURSE BREAKDOWN

Module	In-Person Hours	Live Streamed Hours	SYT Contact Hours	Non-Contact Hours
Setting The Scene	4	0.5	3	0.5
Super Sensory	5	1	4	
the Room and Res	3	0.5	2.5	
Skilful Sequencing	6	1	5.5	1
aviours and Bounda	3	0.5	2.5	
Seeing Success	3	0.5	2.5	1