

YOGAYANTRA'S TTCs - CONTENT & FAQs

LEVEL 1: 300 HOURS

A 300 hour-TTC is for students who, normally, have already a 200-hour certificate from any school. Yogayantra accepts all backgrounds.

When we start a 300-hour TTC, because some students come from my school and others from other schools, we spend the first "week"¹ reviewing the foundations of the 200-hour TTC, what I deem everyone should know at the end of a 1st level, especially in anatomy (prevention of injuries) and philosophy (history of the development of Yoga), also in teaching methodology. The goal is to harmonize the various levels of the students to have a homogeneous, consistent, level.

This is at the end of such a week that, in Rishikesh, a student came to me and said, "thank you". I said, "why?" She replied, "because in these 5 days, I've learned more than in the whole 200-hour TTC I attended." (it was in Koh Samui).

So then, on the 2nd "week", we start deeper anatomy, always related to yoga. I do not teach general anatomy, I am only concerned in anatomy applied to asanas and pranayama: this is a vast field of studies, and since even a 300-hour TTC is insufficient to cover the topic, I give many documents for the students to further their studies when the TTC is over.

Part of anatomy is 'nutrition applied to the practice of asanas and pranayama', not general nutrition (that you can find anywhere).

It's the same for philosophy: after we see the foundations of the broad movement that lead to the formation of Yoga, I go and study two other huge parts of Indian thought (Vedanta, Tantra). Then we study the history of the contemporary yoga —fascinating topic.

Yoga therapy belongs to both: practice and anatomy. We cover some precise fields and I try to get students to a broader understanding, so that they can help anyone with any condition.

Note: Included in this TTC is a **32-hour full workshop on Pre- and Postnatal yoga**, that anyone can attend separately, with the anatomy of pregnancy, and the practice. A specialised teacher comes for this part.

Teaching methodology (TM) covers what was briefly mentioned in the 200 hour TTC, and we go much deeper. There is a lot of adjustments too. I also do my best to make people develop their sense of observation and connect TM to other sciences such as Zen Shiatsu or TCM.

Practicum becomes much more important than in the Level 1.

For both levels (200 hours and 300 hours), this is an approximate schedule

7 am ~ 10 am (or 8 am~11 am): Meditation, kriya, pranayama, asanas;

10 am ~ 11 am (or 11 am~12 noon): brunch;

11 am ~ 2 pm (or 12 pm~3 pm): Theory (anatomy, philosophy, teaching methodology, yoga therapy, nutrition...)

2.00 ~ 3.00 (or 3.00~4.00, or 2.00~5.00): *break*.

3.00 ~ 5.00 (or 4.00~6.00, or 5.00~7.00): 2nd practice.

The rhythm is 5 days on - 1 day off

Friendly yours

1. **Techniques & Practice:** asanas, pranayamas, kriyas, chanting, mantra, meditation, and other traditional yoga techniques..... **140 hours**

¹ Our "weeks are 5 days, then one day-off, then again 5 days, etc.

2. **Teaching methodology:** principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning, and business aspects of teaching yoga 35 hours
- 3 A. **Anatomy & Physiology.** Normally we've studied yogic anatomy (cakras, nadis, kundalini...) in the 200-hour TTC, but we'll review in particular for those who do not have a 200-hour TTC from Yogayantra but from another school, and may not have studied this topic in-depth. Then we deepen "Western" Human Physical Anatomy and Physiology (bodily systems, organs, etc.) applied to the practice of yoga and asana as it is needed to understand how the body works and practice SAFELY (benefits, contraindications, healthy movement patterns, etc.). The study then is about 1. enhancing your practice; 2. Improve your own ability to increase your strength, flexibility, endurance; 3. Prevention of injuries (my priority!); 4. Revisions of Ayurveda, traditional Chinese medicine, and shiatsu as related to yoga. 20 hours
- 3 B. **Yoga Therapy** is introduced here with various case-studies, and use yoga to recover from various conditions. It includes Prenatal & Postnatal Yoga 15 hours
4. **Yoga Philosophy, lifestyle, & ethics** for yoga teachers. Includes the study of Yoga philosophy (Scriptures: Vedanta & Tantra, etc.), yoga lifestyle and ethics for yoga teachers: what is "living the life of a Yogi"? Business aspect of yoga..... 20 hours
5. **Practicum:** practice teaching, receiving feedback, observing others teaching and teaching, giving feedback. Also includes assisting students while someone else is teaching ... 40 hours
6. **Nutrition** and healing with whole foods. This includes the blending of East Asian traditions and modern Western nutrition with Traditional Chinese Medicine knowledge 30 hours
- TOTAL** 300 hours

Note: this schedule will certainly vary according to the students' needs and response

FAQs

Q: *Can I join the 300 hour TTC if I am a first-timer?*

A: Normally you cannot. You must have a 200-hour teacher training course, from Yogayantra or from any other school, whatever their tradition. In case this would be your first course, Yoga Alliance will register it as a 200-hour TTC (not as a 300-hour one).

Q: *what style of yogasana do you teach?*

A: I usually teach VINYASA YOGA style, but I don't hesitate to bring other techniques from other traditions if these prove to enhance our practice (Pilates for instance). I want to remain totally free from any 'system' even from Vinyasa method itself, though I consider it the best and the most open of all that has been developed in the field of yogasana.

Q: *What if I don't want to become a yoga-teacher?*

A: Actually, I think that only 50% of the students attending a TTC want to become yoga teachers. But a TTC is certainly the only way to understand what we are doing on a yoga mat, to understand that yogasanas are only the visible part of a vast spiritual path. There is much more to Yoga than just asanas. And you may, one day, teach.

Q: *Can I attend the course if I am pregnant, if I have a health issue*

A: A 300-hour TTC has some 90 hours of asanas only. The rest is pranayama, meditation, anatomy, yoga therapy, teaching methodology, philosophy, nutrition, and practicum. There is much more to a course than just yogasana. Moreover, most asanas have variations –and it's part of the programme to study them– to suit all kinds of practitioners. But this is your choice.

Q: *What if I miss some hours in the TTC?*

A: Because Yoga Alliance allows the schools not to teach with physical presence for 10% of the TTC duration (30 hours in a 300 hour TTC), I thus allow (but not encourage) students to be absent for a maximum of 30 hours, for valid reasons of course. But if you happen to be absent for over 30 hours, I will find a way for you to catch up so that sooner or later, through homework

These TTCs meet Yoga Alliance's standards. Their logo will appear on your certificate and you will be able to register with this Association

for instance, you can prove that you have indeed caught up. Then I will send you the certificate (usually by post office and also scanned certificate by email).

Q: *What if I get sick during the TTC?*

A: If you get sick, whenever it is possible, better come and watch rather than stay home, if possible. You can also learn a lot by watching your co-students.

Q: *Which books do you recommend for the TTC?*

A: only four books are required for the TTC. Then I'll give you a long list of books to further your knowledge in Yoga. These 4 books are:

- ✓ **Light on Yoga** by B.K.S. Iyengar : 瑜伽之光
- ✓ **Tantra, The Path of Ecstasy** by Georg Feuerstein (for Hindu Tantra only), but later I will recommend you read others books (see my "Resources & Bibliography" document)
- ✓ **Vedanta, Heart of Hinduism** by Hans Torwesten
- ✓ **Applied Anatomy and Physiology of hatha yoga** by Simon Borg-Olivier (see amazon)
- ✓ Anatomy book: any anatomy book with clear anatomy plates in colour. I can recommend "**Know Your Body. The Atlas of Anatomy**" by Trevon Weston. 大英人体自查彩色图谱团结出版社 in Chinese

Dominique is the director of YOGAYANTRA school, she is a 500 E-RYT (experienced yoga teacher). For the level II TTCs, I don't work alone, I have at least an assistant who is a student of mine too, and someone very specialized and competent in her field.

You can find both Dominique Renucci & Yogayantra in www.yogaalliance.org listed in China.

www.yogayantra.com; or <http://yogayantra.yolasite.com>

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