

500 Hour Yoga Teacher Training

Sunlilyoga's 500 hour teacher training is a programme designed to deepen your own yoga practice, enhance your teaching skills and assist in building your knowledge in advanced elements of yoga. This training is designed for yoga teachers already certified at the 200 hour level from any tradition whose standards are recognized by Yoga Alliance.

The training involves a variety of required and elective courses and workshops, which will enable each student to design their unique programme according to individual areas of yogic interest.

Most courses and workshops will be offered on Saturdays or Sundays.
They will be 3 to 5 hours in duration.

As per Yoga Alliance standards, the workshops and courses will be distributed according to the following categories:

Techniques Training/Practice
Teaching Methodology
Anatomy and Physiology
Yoga Philosophy/Lifestyle and Ethics for Yoga Teachers
Practicum

General Course Description

In this training you will:

- Build your understanding of experiential anatomy, physiology and kinesiology
- Deepen your knowledge of teaching postures, pranayama and meditation
- Explore various teaching methodologies
- Study class design and approaches to sequencing to safely hold yogic space
- Study and explore applied yogic philosophy
- Increase your repertoire of advanced asanas not commonly taught in 200 hour trainings

Course Details

The Art of Assisting
Teaching Pranayama
The Chakras – anatomically and energetically
Teaching Meditation
Languaging – clarity with our words - saying what you mean
Advanced Asanas
Yogic Philosophy
(110 hours)

Mentoring with an experienced Sunlilyoga teacher
(15 hours)

Volunteer Teaching at Sunlilyoga (Seva)
(25 hours)

Sunlilyoga Retreat
(20 hours)

Study and attend other classes in 3 yoga traditions other than Kripalu
(10 hours)

Develop and submit a course outline with lesson plans for two 4-hour workshops
OR a mini yoga course of 8 individual classes.
(20 hours)

Independent Study – participant’s chosen topic subject to pre-approval
(10 hours)

Electives
(90 hours) (sample of possible courses all requiring pre-approval by Sunlilyoga)

- Two modules of Kripalu Centre’s 500 hour programme
- Ayurveda and Macrobiotic medicine
- How to utilize props in your teaching
- Chanting – how and why
- Sanskrit
- Leading Kirtans
- Yoga for Cancer patients

- Yoga for Cardiac challenges
- Yoga for Seniors
- Pregnancy yoga
- Integration of other modalities such as Tai Chi, Feldenkrais, Thai Massage, Reiki
- Yoga Nidra
- Sympathetic and Parasympathetic System
- Partner yoga
- Yoga and/or Meditation retreat
- The Bhagavad Gita

Required Reading

Kripalu Yoga, a Guide to Practice on and off the Mat by Richard Faulds

The Wisdom of Yoga by Stephen Cope

The Great Work of Your Life by Stephen Cope

Self-Awakening Yoga by Don Stapleton

The Hatha Yoga Pradipika – and English translation by Akers Brian Dana

Trail Guide to the Body by Andrew Biel

Graduation Requirements

- 1 - Complete 500 hours within 4-8 years of commencement
- 2 - 100 hours of teaching experience
- 3 - Current CPR/Standard First Aid Certification

Tuition and Additional Costs

- Registration and Administrative Fee - **\$200.00 + HST**
- Tuition - **\$3600.00 + HST** (paid in 6 installments of \$600.00 + HST every 6 months commencing at the first course)
- Additional Costs: 100 hours of electives/independent study – cost will vary according to electives of choice
- Sunlilyoga Yoga Retreat – approximately \$500.00
- Required Books – approximately \$100.00

Cancellation Policy

If you wish to cancel enrollment in the programme at any point, refund requests will be assessed on a case-by-case basis. Registration and administrative fee is non-refundable