

# **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 thereby enables each student to design their programme according to individual areas of yogic interest.

Generally most courses will be offered on weekends – approximately 5 hours each on Saturday and/or Sunday.

As per Yoga Alliance standards the 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  
(130 hours)

Mentoring with an experienced Sunlilyoga teacher  
(15 hours)

Volunteer Teaching at Sunlilyoga (Seva)  
(22 hours)

Sunlilyoga Retreat  
(15 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 a 4 hour workshop OR a mini yoga course of 4 classes.  
(8 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
- 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

*Nourishing the Teacher*, by Danny Arguettey

*The Hatha Yoga Pradipika* – an English translation by: Akers Brian Dana

*The Wisdom of Yoga* by Stephen Cope

*Yoga Body: Anatomy, Kinesiology and Asana* by Judith Lasater

## Graduation Requirements

- 1 - Complete 500 hours within 3-5 years of commencement
- 2 - 100 hours of teaching experience
- 3 - Current CPR/Standard First Aid Certification

## Tuition

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 \$400.00

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-to-case basis.

Registration and administrative fee is non-refundable