

Advanced Classical Yoga Teaching Skills Course

Developing Excellence in the Art and Science of Teaching Classical Yoga

This specialized training is designed for yoga teachers, therapists, and serious practitioners who wish to refine their teaching skills and deepen their understanding of the classical tradition of Yoga.

The course focuses not only on *what to teach*, but also on *how to teach*, *how to hold a yogic space*, and *how to preserve the authentic fragrance of Yoga while teaching*.

Eligibility

Applicants should possess at least one of the following qualifications:

- Minimum 1-Year Diploma in Yoga
- Minimum 200-Hour Yoga Teacher Training Certificate (YTTC) from a recognized institution
- B.A. in Yoga
- B.Sc. in Yoga
- M.A. in Yoga
- M.Sc. in Yoga
- Ph.D. in Yoga
- Any equivalent recognized qualification in Yoga Education

Course Modules

Class 1 – Foundation of a Classical Yoga Teacher

- Role and responsibilities of a Yoga Teacher
- Teacher versus Instructor

- Personal practice and discipline
- Understanding the spirit of Classical Yoga

Class 2 – Art of Beginning a Yoga Class

- Preparing the teaching space
- Creating the right atmosphere
- Opening practices and centering techniques
- Building connection with students

Class 3 – Voice, Communication & Teaching Presence

- Voice modulation and clarity
- Communication skills for teachers
- Developing confidence and authority
- The effective use of silence

Class 4 – Class Planning and Sequencing

- Designing balanced yoga classes
- Warm-up, main practice and relaxation sequence
- Structuring beginner, intermediate and advanced classes

Class 5 – Art of Demonstration & Observation

- Effective demonstration techniques
- Observation skills
- Identifying common mistakes
- Developing the teacher's eye

Class 6 – Mastering Verbal Instructions

- Clear and concise cueing
- Alignment instructions
- Breath awareness guidance
- Safety-oriented communication

Class 7 – Teaching Classical Asana

- Traditional methods of teaching asana
- Entry, maintenance and release of postures
- Benefits, precautions and contraindications

Class 8 – Teaching Pranayama

- Preparation for pranayama practices
- Teaching methodology
- Common errors and corrections
- Safety considerations

Class 9 – Teaching Relaxation Techniques

- Shavasana guidance
- Deep relaxation practices
- Fundamentals of Yoga Nidra

Class 10 – Teaching Meditation

- Preparing students for meditation
- Concentration and awareness practices
- Managing silence and stillness
- Addressing common challenges

Class 11 – Understanding Different Types of Students

- Teaching beginners
- Working with senior practitioners
- Managing mixed-level groups
- Building student confidence

Class 12 – Yogic Ethics and Professional Conduct

- Teacher-student relationship
- Professional boundaries
- Yogic values in teaching
- Integrity and responsibility

Class 13 – Corrections and Adjustments

- Verbal and physical adjustments
- Safe correction methods
- When not to adjust students

Class 14 – Preserving the Fragrance of Yoga

- Maintaining authenticity in teaching
- Yoga beyond physical exercise
- Yogic lifestyle and values
- Teaching with depth and sincerity

Class 15 – Practical Teaching Assessment

- Conducting a complete yoga class
- Individual teaching evaluation
- Feedback and refinement
- Certification assessment

Additional Topics

- Public speaking for yoga teachers
- Overcoming stage fear and nervousness
- Managing class energy and group dynamics
- Building confidence as a teacher
- Handling students' questions effectively
- Creating a sacred yogic atmosphere
- Professional growth and teacher development
- Common mistakes made by yoga teachers and how to avoid them

Course Outcome

Upon successful completion of the course, participants will be able to:

- ✓ Conduct a complete Classical Yoga class confidently and professionally

- ✓ Teach Asana, Pranayama, Relaxation and Meditation with clarity and safety
- ✓ Manage students and class dynamics effectively
- ✓ Communicate with confidence and authenticity
- ✓ Preserve and transmit the true spirit and tradition of Classical Yoga

Certification

A Certificate of Completion will be awarded to participants who successfully complete the training requirements and practical assessment.



"A Yoga Teacher does not merely teach techniques; a Yoga Teacher transmits the spirit of Yoga."