

Inner Fire Teacher Training Syllabus

Name of Course: Inner Fire Teacher Training

Total Number of Hours on Course: 200 hours

Name(s) of Main Teacher: Deyna Hirst (Devi Deyna)

Content of each weekend	Contact Hours with SYT for core teaching	Contact hours with other teachers	Non-Contact Hours	Total Hours
<p>Weekend 1:</p> <ul style="list-style-type: none"> ○ What is Yoga and can we teach it? ○ Who are we and why are we? ○ Deep Yoga breath and circulation ○ Anatomy of Asana: Roots, muscles and movement ○ Essential alignments of Asana ○ Pawanamuktasana series (Joint-freeing sequence) and the skeleton it supports ○ Ancient wisdom, present practice ○ Structuring a class from the foundations ○ Patanjali's 8 limbs: Yoga as a way of life ○ Tadasana + variations + simple standing stretches ○ Teaching practice: Roots and alignments 	20		4	24

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<p>Weekend 2:</p> <ul style="list-style-type: none"> ○ Structuring a class: Dru Yoga Slow Flow ○ Fascia: connection and compression ○ Salute to the Sun + variations ○ Principles and practice of Pranayama to help physical respiration and circulation ○ Teaching Relaxation, Meditation and mindfulness and knowing the difference ○ Structuring a class: Arc model ○ Our five Bodies (Koshas) and flowing Pranas ○ Relaxing with the Pranas and Koshas: Deep Yoga Nidra ○ Activations and warm-ups of mind and body ○ Teaching Practice: Strength and Flexibility 	20		4	24
<p>Weekend 3:</p> <ul style="list-style-type: none"> ○ Structuring a class: Fixed posture sequence (Sivananda) ○ Chakras, Nadis and Nerves: East meets West ○ Regulating our inner world through Yoga practice ○ Teaching practice: Our outer and inner warrior (Virabhadrasana) sequence ○ Is Yoga the same as physical exercise?: We explore similarities and differences ○ Structuring a class: Threading Koshas into Asanas ○ Chakras, nadis and seed sounds ○ Teaching Practice: Opening Chakras with forward and backward bends ○ Moving energy: Bandhas and Mudras ○ Is Yoga beneficial for mental / emotional well-being? 	20		4	24

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<p>Weekend 4</p> <ul style="list-style-type: none"> ○ Structuring a class: Transformative Yoga for chakras and koshas ○ Promoting our circulation through breath and Asana ○ Turning our world upside down: benefits of teaching inversions and modifications ○ Making adjustments: safe practice and principles ○ Transitions and sequencing: mindful movement ○ Conducting a class: environment, safety, protocol ○ Structuring a class: Slow flow (vinyasas) ○ Proprioception and balance ○ Teaching Practice: Balances from Stork to Crows ○ Exploring the Paths to Yoga: Bhakti, Karma, Raj, Gyana (Jnana) 	20		4	24
<p>Weekend 5:</p> <ul style="list-style-type: none"> ○ Structuring a class: Theme based class ○ Feeding and Releasing from mind, body and soul: Digestion and Elimination ○ Teaching practice: Triangles to stimulate our guts ○ Obstacles to Practice ○ Structuring a class: Pelvic and Shoulder Girdle ○ Teaching Practice: Creating Space in pelvic and shoulder girdles from Eagles (Garudasana) to Cows (Gomukhasana) ○ Eating for health from our sister science: Ayurveda and the Doshas ○ Modifications of our amazing mind ○ How many consciousnesses are we? 	20		4	24

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<p>Weekend 6:</p> <ul style="list-style-type: none"> ○ Structuring a class: Props and Partners ○ Healing and Homeostasis for our Immune and Lymphatic System ○ Our elemental, vibrating world: The 3 Gunas Teaching practice: Supporting the Core and opening the Heart ○ Deeper wisdom from Patanjali ○ Outer gaze, inner gaze: Tratak and Mandalas ○ Structuring a class: Multiple Arcs ○ Building up to and teaching strong postures ○ Vedas and Upanishads: what do they teach us ○ Cleansing techniques: Neti and the Shatkarmas 	20		4	24
<p>Weekend 7</p> <ul style="list-style-type: none"> ○ Structuring a class: Chair Yoga and other modifications ○ Connecting up, growing up: Integumentary, Endocrine and Reproduction ○ Teaching Practice: Twisting postures ○ Bhagavad Gita: Ancient wisdom, modern application ○ Structuring a class: Restorative, gentle Yoga ○ Yoga teaching as a business: marketing, accounting, waivers ○ How far have we come, what have we learned? Final philosophical musings and assessments 	20		4	24
<p>You will also have both an interim practical teaching observation to give you feedback on your progress, and a final practical teaching observation to evaluate your readiness to teach. These will be either of a class you are already teaching or to be arranged during the course. You will also need to complete a residential module over 5 days or 2 weekends in an area of specialism. This is an evolving programme and more modules will be added over the course of the next 6 months. Please see below for current availability.</p>	2			

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<p>Compulsory Five day residential or 2 further weekends on a module of your choice</p> <p>Transformative Yoga (Yin-style) that integrates pranayama, koshas, chakras and bandhas to facilitate the holding of postures, deep meditation and an accelerated journey to Samadhi experiences. or Slow Flow that integrates classical Yoga postures into sequences and dances to activate cellular energy and encourage the free flow of Prana around the physical body. We will use music and chanting to enhance our practice. or Ayurveda and Health: Yoga's sister science looking at how we care for ourselves and others according to our constitution. This will be with Yogicharya Sonia Allen-Wall or Jnana (Gyana) Yoga: Delving into the ancient scriptures including a) Bhagavad Gita b) Patanjali's Sutras c) Vedas and Vedantas (Upanishads) + commentaries, reflections and experiences or Nada Yoga: the science and practice of sound focusing on singing bowls and mantras OR Yoga as a Science: looking deeper at the concepts of Quantum theory, electro-magnetism and the intuitive knowledge of the Yogis</p> <p>You can also complete more of these modules to do our 300 hour course (You will receive a 500 hours certificate from Inner Fire if you do both courses): complete within 2 years to finish on 15th October 2020.</p>	45		5	50