



Full Circle Yoga's Advanced 300-hr  
Breath-Centered Yoga Teacher Training  
Guidelines & Curriculum  
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About Kristen Fewel: My resume' includes a California teaching credential in English and Health Science, a BA in Psychology (2004), National Certification in Therapeutic Massage and Bodywork (1994-2004), and Yoga Teacher certification from Dianne Harman of Wellness Encounters who was trained by Ganga White and Tracey Rich of the White Lotus Foundation. My teachers in advanced yoga studies are Dr. Amy Wheeler and Michelle Adams who practice yoga therapeutics and the breath-centered hatha vinyasa krama approach to yoga inspired by TKV Desikachar. My hobbies include writing, playing guitar, and spending time with my family.

Program Overview

The mission of **Full Circle Yoga's 300-hr Yoga & Meditation Program** is to introduce a breath-centered method of yoga for teaching and sharing with small groups and individuals with respect to the origins and purpose of the practice.

Benefits of the Program

- ~Therapeutically oriented curriculum to prepare for a Yoga Therapy program
- ~Seamless transition from CYT200 to CYT500 (or RYT, for those who wish to join the Yoga Alliance Registry.)
- ~A more rigorous training in hatha vinyasa krama / viniyoga method
- ~Teach an adaptable breath-centered class
- ~Design sequences based on goals or special needs
- ~Teach several different kinds of meditation to individuals or small groups

Yoga teachers who have completed a 200-hr. program may take all 6 modules to earn a 300-hr. certificate of completion and will qualify you to become certified at the 300-hour level and register with Yoga Alliance, if desired.

## Program Modules

### Content & Pricing Overview

Hours: 273 contact hours (in-person with a teacher); 40 non-contact hours (homework and out of class assignments)

Meeting days: Fridays, Saturdays, Sundays once per month 11:15am-5pm

Total cost: \$3,130

Flexible completion time: 1-2 years

#### **Modules:**

Mindfulness & Meditation 60 hrs. \$700

Anatomy & Assessment, & Asana, 60 hrs. \$700

The Breath-Centered Method: Vinyasa Krama Sequencing 50 hrs \$700

History, Philosophy, and the Yoga Lifestyle 54 hrs. \$700

Reiki 1/2 Practitioner Certification & Sound Healing Elective: 16 hrs, \$330

Online: The Yoga Sutras of Patanjali, 40 hrs. Cost included.

Mentorship with a Senior Teacher, 25 hrs. Cost included.

Total= \$3,130

**Module 1: Mindfulness & Meditation**—Methodology 1hr/ Practicum 8hrs/ Add. hrs: 51= 60.

Textbooks: *The Still Point*, by John Daido Loori, *Coming to Our Senses*, by Jon Kabat-Zinn.

**Module 2: Anatomy, Assessment, & Asana** – Anat & Phys 10 hours/ Methodology 1hr/ Practicum 8hrs/ Add. hrs 41 = 60

Textbooks: *Yoga Anatomy* (1<sup>st</sup> ed.), by Leslie Kaminoff, *Health, Healing & Beyond: Yoga and the Living Tradition of T. Krishnamacharya*, by TKV Desikachar with R.H. Cravens

Movie screenings: *Breath of the Gods: A Journey to the Origins of Modern Yoga*

**Module 3: The Breath-Centered Method: Vinyasa Krama Sequencing**

Methodology 2hrs/Practicum 8hrs/ Add. hrs: 40= 50

Textbook: *The Heart of Yoga*, by TKV Desikachar

Movie: *Yoga Unveiled: Evolution of a Spiritual Tradition*, part 1

**Module 4: History, Philosophy & the Yoga Lifestyle** -- Anat & Phys 5 hours/ Method 1hr/ Practicum 8hrs/Add hrs 40 = 54

Movie: *Yoga Unveiled: Evolution of a Spiritual Tradition*, part 2, *Out of the Ashes*,

### **Module 5: Yoga Sutras**

Patanjali's Yoga Sutras & The Teacher-Student Relationship– Yoga Phil... 30 contact hrs/ Add hrs: 30 = 60 Textbooks: *Teaching Yoga*, by Donna Farhi (2006), *Liberating Isolation: The Yogastura of Patanjali*, by Frans Moors (2012)

### **Module 6: Reiki 1 & 2 + Sound healing workshop** --Elective hours 16

Reiki 1/2 handbook provided.

**25 hours of Mentorship & Teaching:** (5) observation hours, (5) co-teaching hours, and (15) hours teaching individuals or small groups in hatha vinyasa krama. These teaching hours can be completed during or after module 4. There is no time limit to complete these hours, but they must be completed to complete the program.

## **Policy Guidelines**

### Refunds

If you pay for a class but do not attend any class meetings, you may receive a complete refund of class fees, less \$100, which cannot be refunded. Once you have received the notes and attended a class meeting, no refunds will be given.

### Expectations during training-

Dress code- Wear clothing that is neither too loose nor too tight and is suitable for asana practice. Modesty is appreciated when choosing clothing for yoga practice and training.

Attendance/tardiness- It is important that you attend class meetings on time. If you miss more than two hours in a class, you must make up the time with alternate assignments and/or classes OR receive instruction privately--by appointment-- at an hourly rate of \$90. Unfulfilled hours will result in the delay of certification.

Missed classes: This program is not designed to be taken as distance learning, but enough material and assignments are provided in the notes to make up for occasional absences.

Professionalism- As a student of a health and wellness field, it is expected that the Code of Conduct (yamas and niyamas) will be upheld in the manner of a professional yoga teacher.

### Training and Education Materials

A variety of learning tools will be used during the course of this training including color, music, movement, touch, and visualization. Some things must be learned through direct experience, while some concepts are best learned through reading and writing, so come prepared. Following is a partial list of materials you will need

to successfully learn and utilize the material to be covered in this training: 3-ring binder, textbook, handouts, pencils with erasers, 4x6 index cards, highlighter, and a small pack of colored pencils.

### Other considerations

Food-- Take care not to bring food that may be crumbly or messy to the studio. We do not have refrigeration nor microwave at the studio.

Clothing-- Take care to dress in layers for best comfort in the studio. Bring a light sweater or wrap for cool days.

### **Code of Conduct**

During training, our standards of conduct are upheld, but not limited, to the yamas and niyamas of the yoga sutras set forth by Patanjali. In brief, they are listed here.

Yamas:

1. Ahimsa. Do no harm to yourself or others. Be kind in word and deed.
2. Satya. Be truthful with yourself and others. Know your boundaries and scope of practice, and be sensitive to those of others.
3. Asteya. Do not take what is not yours. Give appropriate credit to the works of others.
4. Brahmacharya. Use your personal (and sexual) energy responsibly.
5. Aparigraha. Do not grasp, covet, or attach yourself to any particular outcome. Set realistic expectations for learning, practicing, and mastering material.

Niyamas:

1. Saucha. Purity. Do not take in harmful substances (i.e. "junk" food, smoke, excessive alcohol, or unnecessary drugs.)
2. Santosha. Acceptance and contentment. Do your best without judgement.
3. Tapas. Have determination, ambition, and zeal to learn, practice, and share.
4. Svadhyaya. Self-awareness and self-study. Strive for greater inner wisdom.
5. Ishvara Pranidhana. Dedication (devotion) to your Higher Power or Highest Self. See your Self in All Others. Know your purpose: we are training together to better ourselves in order to help others relieve suffering regardless of age, sex, gender orientation, sexual orientation, or social status.

Yoga Alliance Standards: [www.yogaalliance.org](http://www.yogaalliance.org)



## 300-Hour Advanced Standards

Following are Yoga Alliance's Standards for a Registered Yoga School that offers a 300-hour advanced program. The 300-hour RYS Standards are advanced standards of study; therefore a RYS may not offer a 300-hour advanced program without providing the foundational 200-hour program as well (through either a RYS 200 or a RYS 500 Track). These schools offer 500 hours of training in two segments; 200 hours and 300 hours.

A RYS 300-hour advanced training is designed to build upon and deepen the trainee's understanding of the fundamental concepts of the practice and teaching of yoga that are generally taught at the RYS 200-hour level. A RYS 300-hour advanced training prepares its trainees to teach principles and techniques of yoga that are more advanced, more detailed, and/or subtler, and the training enables them to teach with greater skill than could reasonably be expected of a RYT 200.

Topics for registered teacher trainings must be relevant to the five Educational Categories as defined below. Registered schools must provide a minimum number of hours of study for each category, and must also provide additional hours of study relevant to these categories, which may be distributed according to the school's chosen emphasis. A RYS with an advanced 300-hour program (RYS 300) must incorporate training hours in the following Educational Categories for the 300-hour training:

### 1. Techniques, Training and Practice: 50 Hours

Minimum Contact Hours: 25 hours

Minimum Contact Hours w/ Lead Trainer(s): 25 hours

This material shall foster an enhanced understanding and experience as compared to the content of your school's RYS 200 or foundational Techniques, Training and Practice sessions. Topics in this category could include, but are not limited to: asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

### 2. Teaching Methodology: 5 Hours

Minimum Contact Hours: 5 hours\*

Minimum Contact Hours w/ Lead Trainer(s): 5 hours

Topics in this category could include, but are not limited to:

- Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries
- How to address the specific needs of individuals and special populations, to the degree possible in a group setting
- Principles of demonstration, observation, assisting and correcting
- Teaching styles
- Qualities of a teacher
- The student learning process
- Business aspects of teaching yoga\* (including marketing and legal)

\*Special Requirement: A maximum of five hours related to the business aspects of teaching yoga may be counted towards the Yoga Alliance Contact Hours requirements for this category IF these hours were not included in the RYS 200 curriculum.

The Teaching Methodology category shall cover additional teaching methods and principles, beyond what was covered in your RYS 200 syllabus content. See the example topics below to help clarify the differences between the Techniques, Training and Practice category and the Teaching Methodology category:

Example Techniques, Training and Practice Topics	Example Teaching Methodology Topics
<p>The Five Categories of Asana: The trainee will practice and learn the key poses in each category of asana (standing poses, forward bends, backbends, twists, and inversions) and will begin to develop a relationship to both the form and the function of these different categories.</p> <p>Maps of Alignment: Trainees will achieve comprehension of the alignment maps for each of the five categories of asanas through observation and experience of how the poses in each category share a common foundation, and how to build upon this foundation</p>	<p>Principles of Demonstrating Asanas: Discuss how effective demonstrations in class can help emphasize an alignment or other focus for the specific pose or sequence of poses.</p> <p>Learning Modalities: identifying your dominant style, and learning how to teach based on others' learning styles</p> <p>Use of Language and Voice: Lecture and discussion on active vs. passive language and the effective use of each; positive and conscious communication, and habitual speech and communication patterns</p>

### 3. Anatomy and Physiology: 15 Hours\*

Minimum Contact Hours: 10 hours

Minimum Contact Hours w/ Lead Trainer(s): 0 hours

Topics in this category could include, but are not limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and may also include energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement patterns, etc.).

\*Special Requirement: A minimum of ten of the above hours must be spent applying anatomy and physiology principles to yoga

#### **4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 Hours**

Minimum Contact Hours: 25 hours\*

Minimum Contact Hours w/ Lead Trainer(s): 0 hours

Topics in this category could include, but are not limited to:

- Further and deeper study of yoga philosophies and traditional texts (such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita) than what was included in your school's RYS 200 syllabus content
- Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma
- Ethics for yoga teachers, such as those involving teacher – student relationships and community
- Understanding the value of teaching yoga as a service and being of service to others through yoga (seva)

\*Special Requirement: A minimum of 2 of the above Contact Hours must be spent on ethics for yoga teachers

#### **5. Practicum: 30 Hours**

Minimum Contact Hours: 15 hours\*

Minimum Contact Hours w/ Lead Trainer(s): 5 hours

Topics in this category include:

- Practice teaching (does not include assisting, observing or giving feedback)
- Receiving and giving feedback
- Observing others teaching\*\*
- Assisting students while someone else is teaching

\*Special Requirement: Each trainee must spend a minimum of 5 Contact Hours actively practice teaching as the lead instructor. These hours may include the time during which the trainee is receiving feedback on his/her teaching. Time spent assisting, observing others teaching, or giving feedback to others is excluded from these hours.

\*\*Evaluation or observation of yoga classes outside of the RYS Teacher Training Program constitutes Non-Contact Hours.

## **6. Remaining Contact Hours and Elective Hours**

The Standards detailed above ensure that all trainees of a RYS receive training and instruction in five Educational Categories for a minimum number of designated hours. The remaining Contact Hours (190 hours) and elective hours (170 hours, a combination of contact and non-contact) are to be distributed among the five Educational Categories, but the hours may be allocated at the discretion of each RYS based on their program's focus.

## **7. Total Hours: 300 Hours**

Total minimum Contact Hours: 270 hours

Total minimum Contact Hours with Lead Trainer(s): 135 hours