

# Ahimsa Muskoka's Advanced 400-Hour Teacher Training Program (RYT-500)

*For 200-hour level yoga teachers who want to continue on to their 600-hour designation.*

We believe that becoming a Yoga Teacher is really about developing our-selves to our full authenticity. It is a journey of the heart and soul that has the potential to revolutionize our lives.

Do you have a yearning for more depth and training in the history, philosophy and practice of Yoga?

Here is what more might look like for you.

This Teacher Training program will take you from your 200 hours to a total of 600 hours, offering:

- Ancient philosophical roots of yoga including Ayurveda
- Teacher tools including effective language and lesson plans
- Safe and deep assists with our training manual
- In-depth anatomical training (both physical and energetic) to reduce the risk of injury and develop a tool kit for injury recovery
- A community of practice and support; sharing time, space and yoga with peers
- Integration of practical yoga business strategies with the larger vision of dharma
- Coaching to nurture you to your best version of you

This 12 month program occurs on weekends, with the exception of a few extended weekends. You'll have ample time in this period to process and practice what you are learning, study required readings, and complete homework. The learning process also includes a required 50 hours attending and 50 hours assisting yoga classes, which you can plan according to your own schedule.

Your tuition also includes:

1. unlimited classes (*those on our regular weekly schedule*) at Ahimsa for the duration of the program
2. a mentorship with an Ahimsa faculty

The program will build on your previous experience. While some of the modules are required, your program will be customized to your interests and learning needs. Working

closely with your assigned coach, you will review the program modules and develop your particular learning plan.

**Program components:**

1. 1:1 Mentoring with Ahimsa Faculty
2. 1 required 3.5-day intensive
3. 2 required weekend modules
4. 140 hours of additional training from elective intensives and weekends (see list below), selected with and approved by your mentor (note: other electives may become available)
5. 50 hours of yoga practice: Asanas, Pranayama, Meditation
6. 50 hours of a yoga apprenticeship - providing hands-on assists
7. On-line units and homework
8. Closing session

**MODULES (required and elective)**

<b>Required</b> Modules & Intensives (70 hours)	Dates 2020
<b>Foundations:</b> The ground, the breath and the spine. <i>A history of yoga and intro to program.</i>	Jan 17 to 19
<b>Assisting 1:</b> Deepening the practice for students and teachers through assisting + <i>Anatomy meets Asana:</i> Foundations of anatomy	Feb 21 to 24*
<b>The Central Axis:</b> The anatomy of the spine	Mar 27 to 29
<b>Gathering:</b> A completion celebration	Dec 5

**Elective Modules:**

- Electives that best suit your learning needs are selected with and approved by your coach to equal approximately 140 hours of additional classroom study.
- Many modules include a 4-hour anatomy unit. This can be done as a stand-alone or you may select a weekend and not include the anatomy unit.

<b>Required Modules &amp; Intensives (select 140 hours)</b>	<b>Dates 2020</b>
<b>The Thread:</b> Diving into the Yoga Sutras and the Upanishads	Apr 17 to 19
<b>Skillful Action and the Bhagavad Gita</b> + Anatomy of Injury	May 8 to 13*
<b>Our branches:</b> Anatomy of hands, arms and review of shoulders.	June 12 to 14
<b>Ayurveda 1:</b> A look at the doshas and their make-up, how they inform our lives and behaviors..	July 10 to 12
<b>Guiding prenatal, Post Natal, Kids' and Seniors Yoga</b>	Aug 14 to 16
<b>The Energetic Systems of the Body</b> (Chakras, Koshas and Nadis), and in-depth work with Yoga Nidra and Restorative Yoga.	Sept 11 to 16*
<b>Assisting 2:</b> An in-depth look into working with hyper vs. hypo mobile bodies	Oct 16 to 18
<b>Final Anatomy Wrap-up and Exam</b> [1]	Nov 20-22

**Generally, weekend modules are:**

- **Friday 5:30 – 8:30pm,**
- **Sat 8:30am – 6 pm,**
- **Sun 8:30am – 4:30pm**

**\*Indicates intensives that all begin on Friday evening and vary in length.**

During the program, you will be encouraged and supported in a continual exploration of self-knowledge as you evolve through this rich and deep practice.

***This program will transform your life.***

At the end of the program you will be able to:

- Plan and deliver safe and intentionally sequenced yoga classes for all bodies and all abilities

- Using voice cues, hands-on assisting and props, support and assist without trying to fix or change
- Deliver anatomically informed classes, incorporating cueing into class as appropriate, increasing body awareness and sensitivity and offering a toolkit for recovery from injuries
- Practice and teach pranayama
- Applying your foundational knowledge of Ayurveda and eastern philosophy, to offer classes that nourish, foster well-being and illuminate the interconnectedness of the mind, body and spirit in the greater world
- Develop the necessary skills and knowledge to conduct workshops and one-on-one sessions
- Merging teaching tools, methodology and philosophy, cultivate your own authentic style of teaching
- Build community and grow community by sharing time, space and yoga with other teachers

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[1] Everyone must take the exam. There will be a few choices for dates and modalities to meet completion requirements.