

2023 Soma Yoga 200-Hour Teacher Training Syllabus

(Virtual sessions TBD)

Weekend 1: 16 hours

- Welcoming, Introductions and Opening Ceremony
- Ground rules and guidelines for teacher training
- What is Soma Yoga and Somatic Education
- The true meaning of Yoga, OM and Namaste
- Introduction to Root Chakra: Muladhara
- Chakra 1 somatic exploration
- Anatomy Review: Respiration
- Natural breathing exploration, Dirgha Pranayama (global breathing), basic breathing instruction
- Overview of limbs of yoga
- Ways to warm up
- Standing Poses
- Corpse pose
- Teaching awareness of sensation
- The 4 states of awareness: Physical, Mental, Emotional, Spiritual (PMES)
- Primary somatic explorations (the origins of support for good movement)
- Basic Embodied and Mindfulness Meditation

Weekend 2: 24 hours

- Basic sun salutations
- Dharma, Karma, Intro to the Gunas
- Introduction to Chakra 2, Sacral Chakra: Svadhisthana
- Chakra 2 somatic exploration
- Anatomy Review: Feet, legs, hips and pelvis
- Hip Openers
- Review Nervous System
- Open breathing exploration into Ujjayi Pranayama instruction
- Anatomy Review: Digestive Organs
- Balance Poses
- Teaching and study of limbs 1 and 2 of yoga: Yamas and Niyamas
- Themes and Intention Setting
- Practice Teaching session
- Body Lab: anatomical observation and workshopping
- Introduction to Mindfulness Meditation
- Meditation session

Weekend 3: 16 hours

- Introduction to Chakra 3, Solar Plexus Chakra: Manipura
- Chakra 3 somatic exploration / core exploration
- Defining “the core”

- Anatomy Review - Core Muscles
- Stabilization Poses
- Kapalabhati pranayama and “Hu” breath
- Teaching and study of limbs 3 and 4 of yoga: Asana and Pranayama
- Overview of the yoga vayus
- Importance of sound and vibration
- Twists, rotation, and spiraling
- Themes and Effectively putting together a balanced class
- Practice Teaching Session
- Body Lab: anatomical observation and workshopping
- Meditation session

Weekend 4: 16 hours

- Introduction to Chakra 4, Heart Chakra: Anahata
- Chakra 4 somatic exploration
- Anatomy Review
- Heart Openers/Backbends
- Teaching and study of limbs 5 and 6 of yoga: Pratyahara and Dharana
- Lateral Stabilization and Lateral Bends
- Restorative Yoga
- Yoga Nidra
- Alternate Nostril Breathing (Anuloma Viloma)
- Practice teaching session
- Body Lab: anatomical observation and workshopping

Weekend 5: 12 hours

- Introduction to Chakra 5, Throat Chakra: Vishuddha
- Chakra 5 somatic exploration
- Introduction to Mantra
- Overview of Ayurveda
- Practice Teaching
- Mantra Meditation
- Retreat Day: Self Care for the yoga teacher

Weekend 6: 24 hours

- Chakra 6, Third Eye Chakra: Ajna
- Chakra 6 somatic exploration
- Teaching a full-length class - putting it all together
- Touch, trauma and verbal vs. hands-on adjusting in the classroom
- Practice Teaching Session
- Pranayama: Bhramari (Bumble Bee or Humming Breath)
- Forward folds
- Teaching and study of limbs 7 and 8 of yoga: Dhyana and Samadhi
- Body Lab: anatomical observation and workshopping
- Continuing Mantra
- Meditation with Mantra practice

- Bandhas
- Buteyko Breathing
- Box/Square Breathing

Weekend 7: 16 hours

- Chakra 7, Crown Chakra: Sahasrara
- Chakra 7 somatic exploration
- Connecting to intuition and creativity in teaching
- Inversions
- Corpse pose revisited
- Practice Teaching
- Body Lab: anatomical observation and workshopping
- Discussion: Colonization, cultural appropriation, respecting tradition
- Meditation practice

Weekend 8: 12 hours

- Home practice and meditation practice review
- Review Chakra System
- Clarification
- Exploration
- Professional Organizations
- Attaining Insurance
- Scope of Practice and Liability
- Practice Teaching with group evaluation and feedback
- Program Wrap-up
- Open Q&A
- Meditation Practice

Weekend 9: 24 hours

- Practice teaching - Master Class
- In Depth Evaluations
- Group processing
- Graduation