



Ashgrove Yoga,
 Kilscanlon,
 Foulksmills, Wexford,
 Y35 C596
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Yoga Wheel Foundation Course Syllabus

This course is intended to add to the knowledge and skills of an already certified Yoga Teacher. Successful candidates must already hold a 200 YTT Certification. This will ensure that a previous knowledge of yoga asana, terminology & an awareness of yoga anatomy has already been studied prior to attending.

Total Hours	In-Person Hours	Live Streaming Hours	Hours Taught By SYT	Non-Contact Hours
50	40		40	10

Content	Description
Physical Taught Practice	Approx 21% of the course will consist of a physical practice taught by an SYT in order for the trainees to observe, feel and understand how each asana is taught and how classes can be sequenced to flow from one asana to the next.
Teaching Practice, Methods & Sequencing	Approximately 57% of this course will consist of learning asana, teaching practice, methods & sequencing. You will have the opportunity to practice teaching peers in break-out groups. We'll discuss adapting asanas to suit different body types, offering alternatives & we'll look at how best to sequence your classes.
Home Practice, Revision, Study & Assignments	The remaining 22% will consist of home practice, revision, study & assignments. You will be required to write, practice & teach your own short 20 minute sample classes.
Course Focus	Graduates will learn the benefits of incorporating the Yoga Wheel into their own practice and into their teachings.
Overall Aim	On completion of the course successful graduates will be able to practice, flow and teach using the Yoga Wheel. Graduates will leave with the knowledge of how to build and adapt sequences for their own students.
On Completion Graduates will be able to	Graduates will be able to create full Yoga Wheel classes, add the Yoga Wheel as a prop to their current classes or create workshops to suit Beginner and Intermediate Level Students.
How will the Course Be Assessed	The graduates will be continually assessed during the course. Private mentoring will be available in-between sessions if requested. Any attendees that do not meet the course requirements will be given the opportunity to improve any areas of weakness and will be encouraged to pass at a later date.

Course Breakdown

Module	SYT Contact Hours	Non SYT Contact Hours	Non-Contact Hours	Total Hours
Module 1 <ul style="list-style-type: none"> • History of the Yoga Wheel • Benefits & Contraindications • Opening & Closing Asana • Seated Grounded Asana • Teaching Practice of the above • Study & review of the above • Sequencing of above 	7		2	9
Module 2 <ul style="list-style-type: none"> • Seated Wheel Asana • Balancing Asana • Teaching Practice of above • Sequencing of above • Study & review of the above 	7		2	9
Module 3 <ul style="list-style-type: none"> • Standing Asana • Teaching Practice of above • Sequencing of above • Study & Review of above 	7		2	9
Module 4 <ul style="list-style-type: none"> • Strength Asana • Teaching Practice of above • Sequencing of above • Adapting asana or providing alternative postures for some students • Study & Review of above 	7		2	9
Module 5 <ul style="list-style-type: none"> • Flexibility Asana • Teaching Practice of above • Sequencing of above • Adapting asana or providing alternative postures • Study & Review of above 	7		2	9
Module 6 <ul style="list-style-type: none"> • Putting it all together • Creating flows for classes & workshops • Using the Yoga Wheel as a prop in your general classes • Teaching Practice, review of the course, Q&A • Certification 	5			5