SYP TEACHER TRAINING COURSE SYLLABUS

This document outlines the Course Syllabus and Content for the SYP 200Hr Yoga Teacher Training course. Please note it is not a course schedule – the content will not necessarily be delivered in the order it is listed in this document.

Please note the course content may be changed to reflect the changes in training requirements over time:

1. **An Overview Of Yoga**
2. **The Eight Limbs Of Yoga**
3. **The Six Branches Of Yoga**
4. **Different Types Of Yoga**
5. **Ethical Guidelines For Yoga Teachers**
6. **History & Philosophy Of Yoga**
7. **The Subtle Body**
8. **Bandhas & Granthis**
9. **Pranayama**
10. **Drishti**
11. **Mantra Yoga**
12. **Mudra**
13. **Mindfulness & Meditation**
14. **Anatomy Of Yoga**
15. **Teaching Methodology**
16. **Teaching Hot Yoga**
17. **Emergency Procedures**
18. **Savasana**
19. **Your Own Yoga Practise**
20. **Asanas**