
200hr HotYoga Teaching Training

Part-time Teaching Training courses starting
March 20th 2019



www.hotyogamalta.com

<i>Welcome...</i>	3
<i>What to expect...</i>	3
90min HotYoga class.....	3
Lectures on Anatomy ,Yoga Philosophy,Breathing Techniques	3
and Yoga Business.	3
Posture Clinic.	4
Teaching Practice.	4
<i>What's Required.....</i>	4
Anatomy exam.	4
Successfully teach the HotYoga Set Sequence.	4
Written exam.	4
Be prepared for anything when teaching.	5
<i>HotYoga TTC Schedule .</i>	5
<i>Price and Bookings.</i>	7

Welcome...

You've dreamed of one day taking a Yoga Teaching Training Course but the idea of taking a whole month off work and family seems like a fantasy? Then we got the course for you. During our part-time 200 hours TTC you will be able to cover the same material as you would in a full-time TTC in your free time without having to leave your family or work behind.

Our part-time TTC is all about flexibility so if you have any concerns regarding the schedule let us know, we will work on finding you an alternative slot to make sure you don't miss anything.

What to expect...

Our Part-time HotYoga Teaching Training Course (TTC) will be spread over 8 weeks with 3 sessions a week (between 4 - 8 hours each) . Wednesday and Sunday's courses will be held at HotYogaMalta Mosta while Saturday's courses will be held at HotYogaMalta Sliema.

Each session will include....

90min HotYoga class.

You will be joining a scheduled group class at one of the studios, depending on the day, followed by one of the lectures as per the TTC Schedule. *If you are unable to attend one of the yoga sessions you can choose to attend another 90min HotYoga Class during the week instead.* We encourage students to attend an average of 3 classes a week to familiarize themselves with the sequence from a student point of view.

Lectures on Anatomy ,Yoga Philosophy,Breathing Techniques and Yoga Business.

These informative lectures will be spread throughout the 8 weeks of the course with Guest lecturers joining us in some of the sessions to discuss the respective topics thoroughly. *If you are unable to attend some of the lectures you will be able to go through the missed course*

material during the 'Posture Clinic' sessions or alternatively in the 'Group Discussion' sessions in week 7 and 8.

Posture Clinic.

During Posture Clinic we will be discussing each posture found in the HotYoga Set Sequence; learning the Sanskrit name, adjustments, benefits, limitations and what variations to offer for each pose depending on the individual's needs.

Teaching Practice.

Be Prepared to teach on your first week! As you might have realized by now to feel confident in any skill one needs to practice, practice and practice.. so that's what we will be doing during these 8 weeks. Practice Teaching! You will therefore be required to learn the sequence leading up to the warm up (approximately the first 20min of the Set Sequence) and be prepared to teach it on your first week.

A dialogue will be provided to assist you with your cueing however it is not mandatory to use instead feel free to use your own voice to lead your students during your class.

What's Required..

Anatomy exam.

The key for a successful yoga teaching training is preparation which is why we require all students to take a short exam on Functional Anatomy before attending the course so as to be able to understand the physiological benefits of each asana and 90min set sequence as whole.

Successfully teach the HotYoga Set Sequence.

In Week 7 and 8 you will be assigned a 60min HotYoga group class (HotYoga Express) to teach to a group of students. There is no pass or fail just the experience of being able to share your passion with a group of like-minded people.

Written exam.

Your written exam at the end of the course will be an open book test where we will be able to recap the course material and discuss any ideas on how to teach a safe and successful yoga class.

Be prepared for anything when teaching.

Once you step into a yoga room as a teacher you are responsible for the safety of each individual which is why we have added a CPR session during our TTC to provide you with the basic skills to assist in case of a sudden case of illness.

HotYoga TTC Schedule .

March 2019				
Sunday	Wednesday	Thursday	Friday	Saturday
17	20 6.30pm: HY Class 8-10pm: Posture Clinic	21	22	23 8.30-10.30am: Anatomy 11am-12.30pm: HY Class 1.30- 3.30pm: Posture Clinic 3.30-5.30pm: Teaching Practice
24 8.30-9.30am: Anatomy 10-11.30am: HY Class 12-1pm: Posture Clinic	27 6.30pm: HY Class 8-10pm: Posture Clinic	28	29	30 8.30-10.30am: Anatomy 11am-12.30pm : HY Class 1.30- 3.30pm: Posture Clinic 3.30-5.30pm: Teaching Practice
31 8.30-9.30am: Anatomy 10-11.30am: HY Class 12-1pm: Posture Clinic				

April 2019

Sunday	Wednesday	Thursday	Friday	Saturday
	3 6.30pm: HY Class 8-10pm: Posture Clinic	4	5	6 8.30-10.30am: Anatomy 11am-12.30pm: HY Class 1.30- 3.30pm: Posture Clinic 3.30-5.30pm: Teaching Practice
7 8.30-9.30am: Anatomy 10-11.30am: HY Class 12-1pm: Posture Clinic	10 6.30pm: HY Class 8-10pm: Posture Clinic	11	12	13 8.30-10.30am: Anatomy 11am-12.30pm: HY Class 1.30- 3.30pm: Posture Clinic 3.30-5.30pm: Teaching Practice
14 8.30-9.30am: Anatomy 10-11.30am: HY Class 12-1pm: Posture Clinic	17 6.30pm: HY Class 8-10pm: Posture Clinic	18	19	20 8.30-10.30am: Anatomy 11am-12.30pm: HY Class 1.30- 3.30pm: Yoga Philosophy 3.30-5.30pm: Teaching Practice
21 8.30-9.30am: Pranayama & Bandhas 10-11.30am: HY Class 12-1pm: Posture Clinic	24 6.30pm: HY Class 8-10pm: Posture Clinic	25	26	27 8.30-10.30am: Anatomy 11am-12.30pm: HY Class 1.30- 3.30pm: Yoga Philosophy 3.30-5.30pm: Teaching Practice

28 8.30-9.30am: Pranayama & Bandhas 10-11.30am: HY Class 12-1pm: Posture Clinic				
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May 2019

Sunday	Wednesday	Thursday	Friday	Saturday
	1 6.30pm: HY Class 8-10pm: Posture Clinic	2 6.30pm: Teach HY Express	3 6.30pm: Teach HY Express	4 8.30-10.30am: Group Discussion & Feedback 11am-12.30pm: HY Class 1.30- 3.30pm: Yoga Business 3.30-4.30pm: Group talk (optional)
5 8.30-9.30am: Open Book written exam 10-11.30am: HY Class 12-1pm: Group Talk (optional)	8 6.30pm: HY Class 8-10pm: Posture Clinic	9 6.30pm: Teach HY Express	10 6.30pm: Teach HY Express	11 8.30-10.30am: Group Discussion & Feedback 11am-12.30pm: HY Class 1.30- 3.30pm: CPR 3.30-4.30pm: Group talk (optional)
12 Graduation Brunch				

*HY= 90Min HotyogaClass.

* During Yoga Philosophy we will also cover Chakras and an overview of the history of Yoga.

*course dates in Red will be held at HYM Mosta.

*course dates in Green will be held at HYM Sliema.

Schedule may vary as we progress into the course depending on the collaboration and enthusiasm of the group.

Tea, coffee, water and juices will be available at each session.

Price and Bookings.

Price for the 10 week Part-time HotYoga TTC is € **2000** inclusive of all course material.

A reservation is confirmed once full course payment is received.

Application and payments must be submitted by no later than **28th Feb'19**.

To apply contact Ritianne Richardson on hotyogamalta@gmail.com

If there is anything we missed that you would like to discuss further kindly contact us on hotyogamalta@gmail.com or (00356)79907453
