



hamsa yoga studio

INFO ON TEACHER TRAINING IN INDIA

Asana, alignment – 83,5 hours
 Philosophy, tradition, history, ethics - 20,5 hours
 Anatomi, biomekanik - 20 hours
 Teaching skills - 18 hours
 Meditation - 13 hours
 Pranayama - 13 hours
 Yoga blast classes (advanced practice) – 8 hours
 Workshops on ayurveda, chakra, restorative yoga – 7,5 hours
 Yoga for special needs (ie. pregnancy, old people) – 5 hours
 Chanting + other feel good techniques – 5 hours
 Exam – 3,5 hours (in January 2011)
 Sanskrit – 2 hours
 Business skills – 2 hours
Total: 200 contact hours

AN EXAMPLE OF A WEEK IN INDIA

Week 3					
Mon.	7.00 – 7.45 Pranayama & meditation	7.45 – 9.30 Asana – alignment	10.30 – 12.30 Theory - anatomy	15.30 – 18.00 Asana – alignment	
Tue.	7.00 – 7.45 Pranayama & meditation	7.45 – 9.30 Asana – alignment	10.30 – 12.30 Theory - anatomy		18.30 – 21.30 Philosophy
Wed.	7.00 – 7.45 Pranayama & meditation	7.45 – 9.30 Asana – alignment	10.30 – 12.30 Theory - meditation	15.30 – 18.00 Asana – alignment	
Thu.	7.00 – 7.45 Pranayama & meditation	7.45 – 9.30 Asana – alignment	10.30 – 12.30 Theory - sanskrit & mantra	15.30 – 18.00 Workshop – Anatomy of energy	
Fri.	7.00 – 7.45 Pranayama & meditation	7.45 – 9.30 Asana – alignment	10.30 – 12.30 Theory - anatomy	16.00 – 18.00 Yoga blast	
Sat.	7.00 – 7.45 Pranayama & meditation	7.45 – 9.30 Asana – alignment	10.30 – 12.30 Theory - anatomy	15.30 – 18.00 Yoga for special needs	
Sun.	Sleep late	brunch	beach	massage	dinner



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