

40-Hour Art of Vinyasa Teacher Training Course

Learn the art of Vinyasa Yoga by mastering the connection between breath and movement, which forms the foundation of this dynamic yoga style.

Experience first-hand transformation of your body and breath through our 4-week Vinyasa Program.

Gain practical teaching experience in leading a Vinyasa class correctly and confidently.

Duration of course: 4 weeks

Eligibility: Open to all

Who is this course for?

If you are looking to-

- Learn the fundamentals Vinyasa Yoga and experience transformation in your personal practice;
- Gain practical teaching experience in leading a Vinyasa class correctly and safely;
- Level-up your teaching skills by learning the intricacies of Vinyasa Yoga.

Course inclusions:

- Course material;
- 4-week Vinyasa Program
- 5 weekend workshops
- Shama Yogshala merchandise
- Yoga Alliance certification

Course contents:

- Experience transformation within yourself through the practice of intentionally synchronised breath work and movement. Vinyasa Yoga places a strong emphasis on mindful breathing serving as a catalyst for deeper body awareness, mental clarity and an elevated state of awareness;
- Learn how to lead a Vinyasa class correctly and safely;
- Teaching methodologies;
- Sequencing of asanas;
- Cue-ing,
- Anatomy and physiology;
- Mock classroom sessions;
- Guidance on building a sustainable and safe yoga practice.

Course Schedule:

Monday to Friday

7pm to 8:30pm - Vinyasa Krma

Sunday

8am to 10am - Led class - Ashtanga Primary Series (optional)

4pm to 7pm - Workshop

Course fee - P20000