



YOGAYANTRA'S TTCs - CONTENT & FAQs

LEVEL 1: 200 HOURS

CONTENT OF THE COURSE

1. **Techniques & Practice:** asanas, pranayamas, kriyas, chanting, mantra, meditation, and other traditional yoga techniques.

These hours are a mix between

- (1) analytical training in how to teach and practice the techniques, and
- (2) guided practice of the techniques themselves..... 115 hours

2. **Teaching methodology:** principles of demonstration, observation, assisting/correcting, instruction, teaching styles, qualities of a teacher, and the student's process of learning, and business aspects of teaching yoga 25 hours

3. **Anatomy & Physiology.** Includes both “Western” Human Physical Anatomy and Physiology (bodily systems, organs, etc.) and “yogic” Anatomy (cakras, nadis, etc.). Basic anatomy and physiology needed to understand yoga (benefits, contraindications, healthy movement patterns, etc.). The study then is about 1. enhancing your practice; 2. Improve your own ability to increase your strength, flexibility, endurance; 3. Prevention of injuries (my priority!) (yoga therapy is taught in the 300 hour TTC); 4. Introduction to Ayurveda as related to yoga..... 20 hours

4. **Yoga Philosophy, lifestyle, & ethics for yoga teachers.** Includes the study of Yoga philosophy (Scriptures: Yoga Sutras, Bhagavad Gita, etc.), yoga lifestyle and ethics for yoga teachers: what is “living the life of a Yogi”? 30 hours

5. **Practicum:** practice teaching, receiving feedback, observing others teaching and teaching, giving feedback. Also includes assisting students while someone else is teaching 10

TOTAL 200 hours

Note: this schedule can vary slightly according to the students’ needs and from one TTC to the other.

Q: *what style of yogasana do you teach?*

A: I teach VINYASA YOGA style, but I don’t hesitate to bring other techniques from other traditions if these prove to enhance our practice. I want to remain totally free from any ‘system’ even from Vinyasa method itself, which I consider the best and the most open of all that has been developed in the field of yogasana. My “style” is based on deep studies of anatomy and physiology and understanding on how the body works.

Q: *What if I don't want to become a yoga-teacher?*

A: Actually, probably less than 20% of the students attending a TTC don’t want to become yoga teachers, at least now. But a TTC is certainly the only way to understand what we are doing on a yoga mat, to understand that yogasanas are only the visible part of a vast spiritual path. There is much more to Yoga than just asanas. And you may, one day, teach.

Q: *Can I attend the course if I am pregnant, if I have a health issue*

A: First of all, a 200-hour TTC has some 65 hours of asanas only. The rest is pranayama, meditation, medical anatomy with heavy emphasis on prevention of injuries, yogic anatomy, teaching methodology, philosophy... There is much more to a course than just yogasana. Moreover, most asanas have variations —and it’s part of the programme to study them— to suit all kinds of practitioners.

Q: *What if I miss some hours in the TTC?*

A: I may allow (but not encourage) students to be absent, for valid reasons of course. I will always try to find a way for you to catch up so that sooner or later, through homeworks for instance,

you can prove that you have indeed caught up the missed hours. For any particular issue, please contact me directly.

Q: *What if I get sick during the TTC?*

A: If you get sick, whenever it is possible, better come and watch rather than stay home, if possible. You can also learn a lot by watching your co-students.

Q: *Which books do you recommend for the TTC?*

A: only four books are required for the TTC. Then I'll give you a long list of books to further your knowledge in Yoga. These 4 books are:

- ✓ **Light on Yoga** by B.K.S. Iyengar : 瑜伽之光
- ✓ The Yoga Sūtra of Patañjali, in your own language, or preferably in English (a good translation is by Georg Feuerstein). 巴坦加里的瑜伽经
- ✓ The Bhagavad Gita, a good translation is by Ecknath Easwaran and also by W.J. Johnson (Oxford World's Classics) (please NOT the translation by AC Bhaktivedanta Swami Prabhupada). 薄伽梵歌 中國瑜珈出版社, 台湾发行繁体字版本,
- ✓ Anatomy book: any anatomy book with clear anatomy plates in colour. I can recommend "Know Your Body. The Atlas of Anatomy" by Trevon Weston. 中文: "大英人体自查彩色图谱团结出版社"

At the end of the TTC, I'll give you a (long) list of 'Resources and bibliography' for your further studies.

Q: *Can I join the TTC if I am a beginner?*

A: If I accept first-timers in my 200-hour TTCs, of course I accept beginners.

Q: *Can I join the TTC if I am a first-timer?*

A: Here I quote the testimony of one of the first timers who joined one of my TTCs. "You are my first and great teacher. I've learnt a lot from this course, not only yoga but also the way to face challenges. It's my luck to decide to take this course. (Send my love to your cats.)" TNT. (July 2010, Hanoi, Vietnam) I can't say, 'she improved' because she started from the very beginning. She finished the TTC as an 'advanced' practitioner, this mean she developed awareness of her body and how it functions.

Dominique is the director of YOGAYANTRA school of yoga, she is a 500 E-RYT (experienced registered yoga teacher). You can find both Dominique Renucci & Yogayantra in www.yogaalliance.org listed in China.

www.yogayantra.com; <http://yogayantra.yolasite.com>

Contact Dominique at yogayantra@gmail.com

You can visit the following links:

<http://www.youtube.com/watch?v=qnos3IEklho> adjusting Yvonne in a flipflop

<http://www.youtube.com/watch?v=B4IRZtrTsR4> adjusting Ineke in a handstand

<http://www.youtube.com/watch?v=3scz5g5IAPU> adjusting Nipa, August 2009

<http://www.youtube.com/watch?v=34i7T8FwBTE> adjusting Liu Jian, 2008 TTC A

<http://www.youtube.com/watch?v=qoZxQWB9ZFI> adjusting Liu Zhou in a flip flop, 2007

http://www.youtube.com/watch?v=CoaMrP_M_FY non-renunciation

There are also some photos on my Facebook Page, Yogayantra Dominique R

YOGAYANTRA meets Yoga Alliance's standards. Their logo will appear on your certificate.