

# Ascension

*Yoga Teacher Training*

*200 Hours  
Yoga Alliance Accredited  
Teacher Training Programme*

SUKHA

*Yoga & Wellness*



# Schedule

October 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

Training

Hong Kong

SUKHA Yoga & Wellness, Central

1/10, 2/10, 3/10, 4/10, 8/10, 9/10, 15/10, 16/10, 22/10, 23/10, 29/10, 30/10, 5/11, 6/11, 12/11, 13/11, 14/11, 19/11, 20/11

08:00 – 10:00  
10:00 – 11:00  
11:00 – 13:00  
13:00 – 14:30  
14:30 – 15:00  
15:00 – 18:00

Morning Intensive  
Break  
Lecture, Group Work, Discussion  
Break  
Sanskrit Language, Mantra Chanting, Asanas  
Lecture, Group Work, Discussion

# Ascension

This Yoga Alliance certified teacher training provides a solid foundation to teach yoga, inspire others and deepen your own personal practice. The focus of this training is to provide students with applied knowledge of anatomy, alignment and assists with a deep focus on yoga philosophy. This course will help you to bring out your creativity, to find your voice and to give you the confidence to teach, educate and inspire students from a powerful yoga foundation. This training is appropriate for the serious student who would like to start teaching yoga, as well as the student who would like to deepen their own knowledge & personal practice. You will come away with a deeper understanding of the physical and spiritual side of yoga that combines together to create an exceptional yoga teacher.

# Tuition

Ascension

Early Bird Price (Now Until 31 Aug)	\$28800
Regular Price (From 31 Aug)	\$32000

## Refunds/Cancellation

- No refund or credit will be returned for cancellation after 31 Aug.
- Valid refunds are subject to a 10% processing fee that will be deducted from your refund.

\* Photos and videos may be taken, solely for studio marketing purposes.

# Requirements

Students who are interested in participating are required to:

- Have a desire to learn and explore the deeper dimensions of yoga
- Have a minimum of 12 months of regular yoga practice
- Have 100% attendance in order to complete the training

\* You may also be invited to an interview before the start of training

# Faculty

Katherine, the founder of SUKHA Yoga & Wellness, was influenced by her mother, who was also a yoga teacher. She took her first yoga class in 2001. Years of practice and teaching have granted her a border perspective in offering effective and personalised training to her students. She taught at different yoga centres, clubhouses, corporates, and privates; and has students of all age range. Katherine has acquired in-depth knowledge in providing all levels and categories of training. She is passionate about yoga and believes one should never stop learning; the qualifications she has attained included:

- Hatha Yoga Instructor Certificate from ATPF and started teaching in 2003
- Aerial Yoga Teacher Certificate and Sport Science and Fitness Foundation by AASFP in 2015
- RYT200 with Samrat Dasgupta in 2016
- NASM Personal Trainer in 2016
- Started SUKHA Yoga & Wellness in 2017 and won the Champion of "VIth International Yoga Championship 2017" (IYC2017)
- Pre-Natal Yoga Teacher Training in 2017
- RYT300 with Dylan Werner and Anatomy Trains in 2018
- Hand Balance with Miguel Santana in 2018-2020
- Yoga Wheel Teacher Training in 2018
- FRC Mobility Specialist in 2019
- Singing Bowl Sound Therapist in 2020

Katherine is an E-RYT 500 teacher and started the yoga alliance accredited yoga school. She is qualified as a provider of teacher training in 2020.

As a strong believer in mind over body, Katherine dedicated in wakening a deeper level of body awareness in her students. She is keen on bringing transformation to her students through the yoga practice by providing them with the personalized attention they need to fulfil their wellness goals.

# Syllabus

## Yoga Philosophy, History, and Classifications

Honor and connect to the roots of Yoga. The development of Yoga from the pre-Vedic period to modern-day. Major works including the Yoga Sutras and Bhagavad Gita. Introduction of influential yogis in history.

- What is Yoga
- History of Yoga - Pre-classical to Modern
- Four Main Branches of Yoga
- The Eight Limbs
- The Three Bodies and Five Sheaths
- Seven Chakras and Kundalini Yoga

## Anatomy and Physiology

Introduction to the human body systems and fascia including benefits and contraindications related to Yoga. Understanding human energy pathways and the flow of prana through nadis.

- Different Components of Body
- Body Motion & Movement
- The Skeletal System
- The Muscular System
- The Respiratory System
- The Cardiovascular System
- The Digestive System
- Relationship between Breathing and Muscle/Joint Movement
- Anatomy of Human Body and Common Asanas

## The Science of Hatha Yoga

Hatha is a general category that includes most yoga styles. Cultivate awareness and build a more inclusive and customised environment. Learn the benefits of deep stretching and relaxation, as well as pranayama. Learn the traditional system in the practice of asanas (postures) and pranayama (breathing) to bring peace in body and mind and to prepare for meditation.

- Origins & Key Concepts
- Asanas
- Pranayama
- Bandhas
- Mudras

## Asanas & Surya Namaskara (Sun Salutation)

Asana is traditionally defined as a “seat.” Most commonly, it is the seated posture used for meditation. Nowadays, the term is used for any physical posture of Hatha Yoga. It is the third limb of Patanjali’s eightfold path of ashtanga, following the yamas and niyamas.

- Classification of Asanas & Application (including standing, sitting, backward bend, forward bend & twisting poses)
- Inversion Poses
- Explanation of Alignments and Adjustment of Asanas
- Understanding Different Types of Asanas and their Applications
- Correct Alignment & Sequencing
- Application of Props to Facilitate Students of Various Levels
- Surya Namaskara

## Shatkarma

Shat Kriyas or Yogic cleansing processes are an integral part of Yoga that helps eliminate accumulated toxins from the body system. Kriyas help prepare the body and condition it for the practice of yogasana and pranayama.

- JalaNeti
- Sutra Neti
- VamanaDhauti
- VarisaraDhauti
- Nauli
- Trataka
- Kapalbhathi

## Pranayama & Meditation

Pranayama is a type of breathing technique that involves controlling the breathing, with the goal to withdraw the senses from the outside world.

Meditation is a practice to increase awareness in the here and now without imposing habitual judgment. It is a practice of concentration with the focus on a sound, an object, visualisation, on the breath or movement or attention itself. It also aids in stress reduction leading to relaxation and thus enhances personal and spiritual growth.

- What is Pranayama and its benefits?
- Types of Pranayama
- Pranayama Techniques
- Understand the Importance of Meditation
- The Physiological and Psychological Effects of Meditation
- Meditation Methods

## Mantras, Chants, and Prayers

A mantra is a sacred word, sound or phrase, usually in Sanskrit, which is believed to have a spiritual and psychological power. Mantra yoga uses repetition and chanting of mantras to encourage the mind to enter a meditative state. Chanting mantras can change the vibration within to evoke a higher level of consciousness.

- What are Mantras?
- Why do We Chant?
- What is Om/Aum?
- Deity Mantras (Brahma, Vishnu, Rudra, Ganesha and more)

## Teaching Methodology and Lesson Planning

Learn the necessary procedures and different techniques to teach yoga through clear instructions and a systematic teaching methodology. A firm grasp of the principles, practices and procedures involved in teaching yoga classes.

- Lesson Design and Planning
- Setting Up and Designing a Sequence
- Creating a Balanced Sequence
- Timing of Different Sequences
- Demonstration vs Instructions
- Giving Instructions
- Ethical Guidelines for Yoga Teachers
- Finding Your Most Suitable Teaching Style