



Yoga Teacher Training 200-hour course

Curriculum guide

Week 0 Starting your journey

Welcome to the AY Academy YTT-200! Before we start, we meet online to ensure you have everything you need. Over the weekend, you meet all your trainers, and we dive right into asana, pranayama and meditation practice.

Week 1 Yoga through the ages and alignment

You are introduced to the history of yoga through self-study and discussion. Over the weekend, we build your understanding of the Sanskrit names for asanas, continue to build a better understanding of mindful practice, and provide further detail on proper alignment within asanas.

Week 2 Philosophy and cueing

You start self-studying the yoga sutras. It is a significant topic that you are expected to continue self-studying. We will support you throughout the course with in-person discussions. You are also introduced to the first teacher skill: cueing.

Week 3 Sequencing

You are provided with the core principles and will start creating your sequences. The teaching skill of sequencing a good yoga session is core to our course. We start this early so that you can shine during your final assessment.

Week 4 Skeletal structure, the anatomy of breathing and pranayama

We introduce the skeletal structure with our resident closet skeleton, Bones Jangles. The weekend continues with an introduction to the subtle body and pranayama based on Vayu's gate.

Your sequencing will now expect to demonstrate themes along with structure.

Week 5 Studying movement and adjusting others

Study focuses on the basics of the skeletal system, flexibility and the planes of movement. We further our understanding of mindful living while providing details on the teaching skill to adjust others in a class.

Week 6 Instant sequencing

You have time for more practice during the week and catching up on your sutra reading. The weekend accelerates your ability to sequence on the fly while leaving your notes at home.

Week 7 Introducing our muscles, tension and how to keep our practice safe

Study focuses on the basics of the muscle system and how we keep our practice safe. Your sequences will adapt to the study on safe practice.

Week 8 Dummy practical and further sequencing practice.

We do a dummy practical to help you get a feel for your progress and what you are assessed on. Sequencing continues to work on required adaptations to student needs.

Week 9 Adapting to who is in front of you

The guests to your yoga session might only sometimes be aware of their skill level or the adaptations they require for their body. We start to practice how you can adapt your sequences with very short notice to suit the person in front of you.

Week 10 Being a professional teacher

Self-study and discussion cover all the extra bits we must consider as professionals. It is also a time to catch up on reading, practice inversions, and do another dummy final assessment of your practical.



This week and next week, we suggest you practice, practice and practice and catch up on any theory.

Week 11 Growth after graduation and final assessments

Your practical and theoretical knowledge will be tested formally, and we will discuss what you must consider for further development.

Week 12 Written assessments and Graduation

Submission of your written assessments and self-study.
Those who require further support can use this week to do a second practical assessment.

All assignments will be marked before the end of the week to provide feedback and your results by Sunday. Those who pass will be invited to a graduation ceremony.

A Typical day in class

Start time: 12 pm
12 pm – 2 pm: Meditation and practice
2 pm – 2:30 pm: Lunch break
2:30 pm to 6 pm: Discussion, practice and workshops

On days with larger theory work, you may have longer discussion times.

Studying at home

10 hours a week.
You must prepare for the coming weekend by self-studying the material provided online. This makes your time with the trainers more efficient as you can focus on the discussion to develop and embed your understanding.

You are also expected to submit video recordings of practicals to demonstrate sequencing, cueing or general practice.

