

# Balance Yoga 200 Hour Certification Curriculum Outline

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## 1. Introduction to Balance Yoga

- a. Hatha yoga vs. power vs Ashtanga vs. vinyasa
- b. The Balance Yoga Approach, the non-dogmatic, non-competitive approach
- c. Teaching yoga as a multidimensional practice of mind, body and spirit, not just physical

## 2. Components of Health and Fitness

- a. Strength, flexibility, cardiovascular conditioning, optimal nutrition, body composition, skills
- b. Warm-up and cooling down
- c. Risk factors for cardiovascular disease

## 3. Anatomy, physiology, kinesiology and Eastern Energy Systems

- a. Planes of movement and kinesiology
- b. Basic anatomy terms
- c. Levers, lines of energy, edges
- d. 12 anatomical systems and how yoga affects them
  - i. Nervous system
  - ii. Urinary system
  - iii. Respiratory system
  - iv. Skeletal system
  - v. Endocrine system
  - vi. Pranic (Eastern subtle anatomy and energy system)
    1. Chakras
    2. Nadis
    3. Kundalini
    4. Bija mantras
    5. Elemental theory
    6. Endocrine relations
    7. Colors
    8. Balancing techniques/Imbalance
  - vii. Reproductive System
  - viii. Immune System
  - ix. Muscular System
    1. Muscle origins
    2. Muscle attachments
    3. Palpation/location
    4. Contraction and movements actions

## 5. Yoga pose analysis

- x. Circulatory system
- xi. Digestive and Eliminative System
- xii. Lymphatic system

## 4. Teaching Methodology

- a. Learning styles
- b. Types of cues
- c. Body alignment cues and hands on adjustments
- d. Alignment, benefits contraindications
- e. Sanskrit
- f. Sequencing classes
- g. Sample class sequences
- h. Conditions and diseases requiring special attention

## 5. Techniques

- a. Pranayama techniques
- b. Bandhas
- c. Drishti
- d. Mudras
- e. Kriyas
- f. Meditation
- g. Relaxation techniques and corpse pose/final relaxation
- h. How to warm-up
- i. 60+ poses (teaching alignment, benefits, contraindications, common misalignments)

## 6. Nutrition Basics

- a. Macro/micronutrients
- b. Calculating dietary needs
- c. Eating disorders

## 7. Culture, History and Philosophy

- a. Defining yoga
- b. Types of yoga
- c. Yoga masters
- d. The yogi diet
- e. Sutras of Patanjali and eightfold path

## 8. Professional Issues

- a. Ethical guidelines
- b. Feedback forms for student teaching
- c. Safety and emergency situations
- d. Professional resources: membership and yoga supplies
- e. Liability
- f. Marketing considerations

## 9. Mediation Study

- a. Defining yoga and mindfulness

- b. The yogic model of pain and suffering
- c. The five afflictions
- d. Ignorance, ego and attachment
- e. Concentration and reflection
- f. Comparison of meditative styles
- g. Sample meditations for teaching