

Syllabus

About This Program

The DYWM TT is an online 200-hour teacher training certification program that will equip you with the skills and techniques that you need to confidently teach public yoga classes in the hatha and vinyasa styles. Each course in the program - while it will inform your personal practice and can certainly be taken just for fun - is designed to support the DYWM TT curriculum.

By the end of this program, you will be able to:

- Skillfully and confidently lead a hatha livestream and public yoga class.
- Practice and teach meditation and pranayama techniques such as ujjayi and nadi shodhana pranayama.
- Employ your knowledge of anatomy in order to cue asana safely and effectively.
- Create a safe and effective class sequence that leads to a peak pose.
- Describe the major eras of yoga history and their impact on modern day yoga.
- Apply an understanding of the yoga sutras to the yoga practice and daily life.
- Deepen your own practice and enrich your connection to the yoga tradition.
- ...and much more!

How To Take This Teacher Training

Program Structure

The DYWM YTT is a robust, 200-hour yoga teacher training certification program composed of three levels. Upon successful completion of the first three levels (online), you will earn a **200-hour DoYogaWith Me Yoga Teaching Certificate,** which is the industry standard for teaching.

- Level 1 (online, self-paced): 80 hours
- Level 2 (online, self-paced): 80 hours

- Level 3 (either in-person OR online via livestream): 45 hours. Upon completion you will receive your 200-hour yoga teacher certification. Our in-person retreat costs an additional $200 to accommodate additional costs.

*Level 1 and Level 2 are composed of roughly 55 online course hours + 25 online class hours. Students will have lifetime access to the online course materials.

Cohorts

You can take the program Self Paced, or take the program with a designated Cohort.

When you participate in a training cohort, you will begin each level on a designated start date with a group of your peers. Everyone who begins on that date is considered part of the same cohort.

Your peers in your cohort will be your classmates. You will move through the level together at the rate of about one course per week in order to provide each other with support and feedback. Having a "study buddy" and "study community" does wonders to help us stay on track!

Benefits of being in a cohort:

- Monthly faculty meetings with your cohort to connect and build skills,
- Access to free livestream classes taught by faculty twice a month,
- Work at your own time, but stay on track with weekly goals,
- Participate in discussion forums and exercises with your study group in order to integrate your knowledge and practice learning your skills,
- Connect with a study community for support and feedback,
- Faster access to faculty for questions,
- Deepen your connection to your yoga community.

Ultimately, the program is self-paced, flexible, and performance driven. In other words, as long as you can complete your assessments successfully, you may learn the material as quickly or as slowly as you wish. If you need more time, you can ask to complete your work in a subsequent cohort. **We strongly recommend the cohort path, as research has shown that peer support is a vital component of successful learning.**

Estimated course work per week: 5 hours per week (including your yoga practice).

Faculty Interaction

There are many ways to connect with your faculty during the program:

- Monthly cohort and faculty meetings via Zoom (once per month, 1 or 1.5 hours long),
- Attend the special livestream practices taught by faculty for teacher trainees (offered twice a month 1-1.5 hours long),
- Submit a question to the individual course's Q&A Discussion Section,
- Email faculty directly,
- Contact faculty through your cohort,
- Meet with faculty 1:1 for your Level 1&2 Assessments,
- 45-hours of faculty contact during the Level 3

Certification Requirements

Here are the requirements for earning your certification.

Complete Each Individual Course Successfully

- Take each course in the level according to the suggested order (listed below).
- Pass the final quiz at the end of each course with a score of at least 85%. (Multiple attempts are allowed :))
- Certify that you have completed all the required work (academic honor).

Complete Your Level 1 & 2 Assessments Successfully

When you have taken all the other courses in a level, you will take the course called, "Assessment." The Assessment is an opportunity for us to personally connect with you on your journey, see how your skills are developing, review your work, and provide you with individualized guidance to support your teaching path.

The Assessments will include:

- Online Exam. You must pass with 85% (multiple tries will be okay :)),
- Submission of your materials:
    - Video submission of your practice,

    - Video submission of your teaching to demonstrate your ability to use the skills you have been taught,
    - Submission of your *Cohort and Class Reflection Sheet*. Over the course of the Level, you will participate live in at least three Cohort meetings and three livestream classes. (You will reflect upon these meetings and practices on your *Cohort and Class Reflection Sheet*).
- Instructions to participate in a 45-minute coaching call with a DYWM faculty member to review your work.

Level 3: Complete Your Level 3 Successfully

Our Level 3 retreat builds upon the information that you have learned in Level 1 and Level 2 and will develop your practical skills. Through group practices, asana labs, sequencing work, and practice teaching sessions, you will grow your confidence in holding space as a teacher. You will receive personalized support from the DoYogaWithMe faculty to work trouble areas and build on your strengths. You will also get to meet fellow members of your DoYogaWithMe community and make new friends from around the world.

Successful completion of this level will earn you a 200-hour Yoga Teacher Certification and equip you to teach.

Attendance And Make Up Policy

Level 1&2

Attendance of the Level 1 and Level 2 courses is assessed through Thinkific's Course Progress indicator. Students must have 100% completion of all courses in the Level in order to have been considered attendant at all sessions.

Attendance at the livestream practices and cohort meetings is assessed through student's submission of the Class and Cohort Reflection Sheet.

- Level 1 Cohort: students must attend at least three of the five Cohort Meetings in person, and write reflections on all five.
- Level 2 Cohort and Self-Paced: students must attend at least three Level 2 Cohort Meetings before taking Level 3.

- Level 1 and Level 2 Classes: All students must attend at least three livestream yoga practices with faculty in each level. Live attendance is vital for personalized feedback on your practice.

If you cannot attend sessions live, you have several options:

- You may watch recordings of up to two of the cohort meetings in Level 1 if you cannot attend in person.
- You may make up the specific meeting by attending the same meeting live with a future cohort.
- You may hire faculty for a private session to cover the material missed. TT Private sessions are $USD 125 per hour.

Level 3

Attendance is required at all Level 3 sessions. If a student cannot attend all sessions, there are two ways to make up the time:

- Participate in a subsequent Level 3 training to make up the sessions missed (free),
- Hire faculty for a private session to cover the material missed. TT Private sessions are $125 USD per hour.

Certifications will be issued when all training hours have been completed.

Graduation Policy

If you fail to pass your formal assessments, you will meet with your trainer to discuss areas of growth and make a plan to move forward. Options may include:

- Meet with the trainer 1:1 for private coaching ($125/hour)
- Participate in a subsequent training to review key areas (no fee for one re-take)
- Directed individual work
- Faculty will review one additional practicum and meeting (30 minutes) at no cost to the student. If further work is needed, then faculty will be paid for time at their private coaching rate.

Livestream and Pre-recorded Practices

At your Level 1 Assessment, you will be required to submit your "Class and Cohort Reflections - Level 1" sheet. At your Level 2 Assessment, you will be required to submit your "Class and Cohort Reflections - Level 2" sheets. After each livestream or pre-recorded practice, reflect upon your experience and write your key takeaway or insight into your Class Reflections sheet. Completion of all classes is required for graduating from the levels.

Livestream Practices

We offer two livestream practices with faculty per month. You may substitute the livestream class for your assigned class for that week. In your reflection sheet, note that you are reflecting upon the livestream practice.

The practices offered range in intensity from beginner to intermediate. Listen to your body and modify the practice as needed to meet your needs. As you develop your teaching skills, we encourage you to *watch and assess* some classes with "teacher's ears and eyes."

Level 1 Courses and Practices

- Download the Level 1 Cohort and Class Reflection Sheet. You will use it to record your cohort and class reflections and hand it in during your Level 1 Assessment. *Note: Self-Paced Level 1 Students do not need to attend Cohort Meetings in Level 1, but they still need to attend at least 3 Livestream Classes.
- Download the following table in the Level 1 Orientation under "Course Materials - Level 1 Checklist" as a tool for monitoring your work.
- If you do not already have an account on DoYogaWithMe.Com to access the online practices, please first **create your free account on DoYogaWithMe.Com.** Then, email us at info@doyogawithme.com to request complimentary access to the paid subscriber content.

Week	Courses	Online Classes	Pose of the Week
1	Orientation & Principles of Teaching	Happy Feet (40 min) Fundamentals of Practice Day 1 - Foundation (37 min)	Tadasana (mountain pose)

		Finding Stability in All Poses (24 min)	
2	Language of Anatomy & Anatomy of Bones and Joints	Connection Meditation (8 min) Get Started with Yoga (19 min) Maintain Alignment in Standing Poses (30 min) Lines, Angles, and Loops (49 min)	Chair (utkatasana)
3	Cueing 1: Position	Well-rounded, challenging beginner flow - (54 min) Maintain Alignment in a Hatha Flow Class (27 min) A 6-Minute Guided Meditation (choose any one)	Standing Forward Fold (uttanasana)
4	Overview of Yoga History	Align, Stabilize and Stretch (53 min) Fundamentals of Practice Day 2 - Hips (31 min) Yummy 20 (20 min) A 6-Minute Guided Meditation (choose any one)	Warrior 2 (virabhadrasana 2)
5	Anatomy: Muscles and Connective Tissue	Establishing Core Strength I (33 min) Maintain Alignment in Seated Poses (43 min) Yoga for Absolute Beginners: Sukhasana and Dandasana (28 min; part of your Pose of the Week exploration) A 6-Minute Guided Meditation (choose any one)	Staff pose (dandasana)
6	Sutras 1	Power Yoga For Beginners (45 min) Unpack Your Work Day (19 min) Chatting Chaturanga: A Tutorial (16 min) A 6-Minute Guided Meditation (choose any one)	Triangle pose (trikonasana)
7	Anatomy of Breathing	Begin At The Beginning (60 min) Thirty Minutes of Power (30 min) A 6-Minute Guided Meditation (choose any one)	Side angle pose (parsvakonasana)

8	Pranayama 1	Pranayama Yoga To Wake Up (10 min) Pranayama Yoga To Move Energy (12 min) Alternate Nostril Breath (3 min) Calming Pranayama Yoga (20 min) Ujjayi Breath (3 min) Energy Boosting Flow (30 min)	Meditation Poses
9	Sequencing 1	Five Poses to Half Moon (28 min) Five Poses to Wheel (16 min) Pour Some Sugar On Me (39 min) A 6-Minute Guided Meditation (choose any one)	Half moon (ardha chandrasana)
10	Anatomy of the Hip	Empower Your Boundaries (48 min) Heavenly Hips (68 min) A 6-Minute Guided Meditation (choose any one) Optional: Power to Paradise (60 min)	Half splits (ardha hanumanasana)
11	Bandhas 1	Three Part Breath and Ujjayi Breathing (20 min) Integrating the Breath and Bandhas (14 min) Creating Internal Lightness (60 min) Jumping Forward: A Tutorial (5 min)	Sun salutations (surya namaskar A)
12	How to Lead a Guided Meditation	Power Yoga For Love Love Love (25 min) Plus Size Yoga: Exploring Warrior (45 min) Mindfulness Meditation: Focus (14 min) Mindfulness Meditation: Expanding (14 min) Mindfulness Meditation: Impermanence (11 min)	High lunge, low lunge, and warrior 1 (virabhadrasana 1)
13	Introduction to the Subtle Body	Yin Yoga To Nourish Your Hips (60 min) Flow Into Feeling (55 min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Anjaneyasana Variations (lizard, etc.)
14	Introduction to the	Choose any of the following classes to	Downward facing dog

	Chakras	practice for at least 90 minutes this week: Chakra One Flow (50 min) Chakra Two Flow (50 min) Chakra Three Flow (60 min) Chakra Four Flow (55 min) Chakra Five Flow (35 min) Chakra Six Flow (26 min) Chakra Seven Flow (21 min)	(adho mukha svanasana)
15	Level 1 Assessment	90 minutes of practice of your choosing. Please log the classes. And A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of your choosing).	N/A

Level 2 Courses and Practices

- Download "Course Materials - Level 2 Checklist" as a tool for monitoring your work. *Note: Self-Paced Level 2 Students need to attend at least 3 Cohort Meetings in Level 2, as well as 3 Livestream Classes.
- If you do not already have an account on DoYogaWithMe.Com to access the online practices, please first **create your free account on DoYogaWithMe.Com.** Then, email us at info@doyogawithme.com to request complimentary access to the paid subscriber content.
- Link to Level 2 - Cohort and Class Reflection Sheet. Please download and use it to record your class reflections. You will hand them in during your Level 2 Assessment.

✔	Week	Suggested Courses	Classes	Pose of the Week
	Week 1	Orientation Level 2 and Sutras 2	Art of Forgiveness (34 min) Restorative Yoga (36 min) Moving Meditation (20 min) A 6-Minute Guided Meditation (choose any one	Child's pose (balasana)

			or choose a pranayama or meditation practice of choice)	
	Week 2	Anatomy of the Core	Three Part Breath and Ujjayi Breathing (20 min) Integrating the Breath and Bandhas (14 min) Finding Stability in All Poses (24 min) Establishing Core Strength I (33 min)	Boat pose (navasana)
	Week 3	Sequencing 2	Bow Pose: Hip Flexor Release (42 min) Create Your Own Practice (1 hour) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Dancers pose (natarajasana)
	Week 4	Anatomy of the Shoulder	Yoga For Shoulder Strength and Stability (15 min) Power Yoga for Shoulder Stability (62min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Plank and chaturanga
	Week 5	Cueing 2: Actions (you have two weeks for this course)	What Tadasana Can Tell You About Your Body (7 min) Fundamentals of Practice Day 1 - Foundation (37 min) - Repeat :) Fundamentals of Practice Day 2 - Hips (31 min) - repeat :) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Warrior 3 (virabhadrasana 3)
	Week 6	Cueing 2: Actions (you have two weeks for this course)	Bow Pose: Opening The Shoulders (30 min) Foundations in Flow (48 min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Locust pose (salabhasana)
	Week 7	Anatomy of the Knee	Flying Pigeon Pose Preparation (55 min) Highway to Hanuman (45 min)	Pigeon pose (eka pada raja

			A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	kapotasana)
	Week 8	Pranayama 2	Spine All Ways (56 min) Nadi Shodhana (5 min) Skull Cleanser 1 (4 min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Revolved high lunge (parivrtta parsvakonasana)
	Week 9	Anatomy of the Nervous System	Head To Toe Yin Yoga (67 min) Deep Rest Restorative and Yoga Nidra (21 min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Corpse pose (savasana)
	Week 10	Sutras 3	Choose Joy (51 min) Vinyasa For Vitality (20 min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Eagle (garudasana)
	Week 11	Anatomy of the Spine	Fundamentals of Practice Day 3 - Twists (30 min) Fundamentals of Practice Day 6 - Backbends (20 min) Wake Up Your Spine (18 min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Revolved triangle (parivrtta trikonasana)
	Week 12	Principles of Teaching 2	Fundamentals of Practice Day 4 - Hand Balances (27 min) Fundamentals of Practice Day 5 - Inversion Prep (22 min) Float On Your Hands (18 min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of	Crow (bakasana)

			choice)	
	Week 13	Principles of Teaching 2 (week 2)	Power of Commitment (70 min) Fundamentals of Practice Day 7 (37 min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Sphinx
	Week 14	Anatomy: Pregnancy and Injuries	Prenatal Yoga for Early Pregnancy (31 min) Gentle Hatha For Lower Back Pain (22 min) Yoga for Hamstring Rehabilitation (32 min) Read: Read: Yoga and Injuries A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Reclined hand to foot pose (supta hasta padangusthasana)
	Week 15	Sequencing 3	Bow Pose: Ready For The Peak (52 min) Forearm Balance: Shoulder Stability and Mobility (48 min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Bow pose (dhanurasana)
	Week 16	Introduction to Mudra and Principles of Teaching 3	Energy and Intention (41 min) The Elements, Day 2 (30 min) A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of choice)	Reclined twist (jathara parivartanasana)
	Week 17	Assessment Level 2	90 minutes of practice of your choosing. Please log the classes. A 6-Minute Guided Meditation (choose any one or choose a pranayama or meditation practice of your choosing).	N/A

Level Three: In-Person or Online Retreat

Topics Covered

- Integration of Teaching Principles
- Integration of Anatomy
- Sequencing Work
- Asana Labs
- Ethics of Yoga
- Business of Yoga: Getting Started
- Practice Teaching, Feedback & Practicum

Technical Requirements

As part of this course, you will need access to the internet and will be using the following programs.

Thinkific

This is our course learning platform.

- Thinkific Privacy Policy
- Thinkific Technical Support

Google Docs

You will use google docs when you take a quiz at the end of each Level.

- GSuite Security
- Google Docs Technical Support

Videos

As part of your assessments, you will be asked to send us a video of your teaching. Shooting with your phone is fine! Here are some tips.

- How To Shoot Video With Your Phone

Zoom

For your Level Assessment, Monthly Cohort Meetings, and Livestream Practice, you will be asked to use Zoom. As part of your work with your cohort, you may also wish to video conference with your peers to practice teach and review assignments.

- Sign up for Zoom
- Zoom Technical Support
- Zoom Privacy Policy

Academic Policies

Honesty and Plagiarism

To complete the program with integrity, students are expected to align with the fundamental Do Yoga With Me core values of integrity and honesty (satya).

At the end of each course, each student will be asked to answer an "Academic Honor" question to vouch that that you have:

- Complete all coursework, assignments, outside practices and assessments for that course
- Have done all of your own work (no copying, plagiarizing, or outsourcing)
- Work to the best of your own ability.

As part of your learning, we also ask that you:

- Remain open to feedback and growth
- Ask questions when you are confused

Extra Coaching

In some rare cases, a student may need additional support to fulfill the requirements necessary for certification. If you need extra assistance, every effort will be made to help you at minimal cost.

In the event that extra coaching is required for graduation, students may elect to work 1-1 with Do Yoga With Me Faculty at a cost of US $125/hour. You will develop a personal coaching plan with a Do Yoga With Me faculty member, and work with them until you have successfully fulfilled the program requirements.

We are committed to supporting each and every student who wishes to earn their certification to graduate.

Refund Policies

Level 1 & Level 2:

We want you to be happy and confident in your decision to embark on your teacher training. For our Level and Level 2 bundles, we offer a 30-day money back guarantee. If you are not happy with your experience, just let us know.

Level 3 Online Retreat

- 100% refund for cancellation 30+ days before the start date
- 50% refund 0-29 days before the start date, or freely transfer your enrolment to future dates

Level 3 In-Person Retreat (additional $200 fee)

- 100% refund for cancellation 90+ days before event.
- 50% refund for cancellation 60+ days before event.
- No refund for cancellation 0-59 days before event.

Questions

If you have questions about the course, please contact david@doyogawithme.com or rachel@doyogawithme.com.

We look forward to learning with you!