

# Heartfulness Yoga Teacher Training Course 200

Learn to connect with your heart, learn to teach from the heart.  
Experience Heartfulness.



**W**elcome to this transformative journey!

Here is a sample of the schedule for the Yoga Teacher Training Course 200 hours. It will give you an idea of the time that you need to set aside to participate in the program. It is a professional and international certification.

Make sure you can attend all the Sunday live Webinars from a place where you can practice; it is important for us to get to know you and to help you reach the practice level needed before you engage in the 2-week immersion segment that leads to certification.

The last 2 weeks in a full-time courses that requires you to take off from work and from other duties. Make sure that you have this time at hand before you register. Certification requires attendance to all the live sessions in person.

**Webinars:** We use the Zoom platform during our webinars. Download ZOOM [ <https://zoom.us/> ] on your phone or computer. We will share the link of the webinar a day before the event by email and on the WhatsApp group. Once Zoom is installed on your device, just click on the link at the time indicated and connect with the group.

Make sure that your phone/camera is placed in such a way that your Lead Trainer can see you practice during the live webinars.

**Help:** If you need any help, practical or technical information, write to us @ [yogaonline@heartfulness.org](mailto:yogaonline@heartfulness.org)

Heartfully,  
The Heartfulness Yoga Team

## Heartfulness Yoga Teacher Training Course 200 hrs

Sample Schedule - Subject to changes				
<b>Webinar 1</b>	<b>First Sunday</b>	Let's meet! (60min)	Introduction to the team and the course	Live Sessions
<b>Week 1</b>	<b>From Mon to Sat</b>	Introduction to the world of Yoga	Flow 1 - legs & core (1hr/day) Theory: Yogic Lifestyle (1hr) History of Yoga (1hr)	
<b>Webinar 2</b>	<b>Second Sunday</b>	Yoga Live Practice - Q&A (90min)	Live practice with Lead Trainer	Pre-recorded Sessions
<b>Week 2</b>	<b>From Mon to Sat</b>	Yogic Anatomy & Physiology	Flow 2 - mild back & forward bend (1hr/day) Theory: Pancha Kosha (1hr) Ayurveda (1hr)	
<b>Webinar 3</b>	<b>Third Sunday</b>	Yoga Live Practice - Q&A (90min)	Live practice with Lead Trainer	
<b>Week 3</b>	<b>From Mon to Sat</b>	Introduction to the Bhagavad Gita	Flow 3 - Deeper back & fwd bend (1hr/day) Theory: Bhagavad Gita (1hr) Skeletal System (1hr)	
<b>Webinar 4</b>	<b>Fourth Sunday</b>	Yoga Live Practice - Q&A (90min)	Live practice with Lead Trainer	
<b>Week 4</b>	<b>From Mon to Sat</b>	The 4 paths of Yoga	Flow 4 - Hips & shoulders (1hr/day) Theory: 4 Paths of Yoga (1hr) Muscular System (1hr)	

<b>Webinar 5</b>	<b>Fifth Sunday</b>	Yoga Live Practice - Q&A (60min)	Live practice with Lead Trainer	Live Sessions
<b>Week 5</b>	<b>From Mon to Sat</b>	Yoga and Breathing	Flow 5 - Medium balanced class (1hr/day) Theory: Sankhya Philosophy (1hr) Respiratory System (1hr)	
<b>Webinar 6</b>	<b>Sixth Sunday</b>	Yoga Live Practice - Q&A (60min)	Live practice with Lead Trainer	Pre-recorded Sessions
<b>Week 6</b>	<b>From Mon to Fri</b>	From Patanjali to Modern Yogis	Flow 6 - Advanced balanced class (1hr/day) Theory: Astanga Yoga (1hr) Modern Yoga Schools (1hr)	
<b>Week 7</b>	<b>From Sat to Sat</b>	A deeper practice & understanding of Yoga Start teaching	From morning 7am to evening 6pm. Timings varie according to your timezone.	
<b>Week 8</b>	<b>From Sun to last Sun</b>	The Art of Teaching Yoga - start a new career!	From morning 7am to evening 6pm. Timings varie according to your timezone.	

The 2-week immersion segment begins on the morning of the Saturday of the 6th week. You need to be available full-time for these 2 weeks so that you can be certified as a Yoga Trainer. It is a professional certification that needs real commitment. Have a look at a sample detailed schedule for the 2-week immersion below.

Heartfulness Yoga Teacher Training Course - Immersion Schedule					
Sessions	Saturday	Sunday	Monday	Tuesday	Wednesday
<b>6 - 8.30 am</b> <b>Learn to teach</b>	Review of past weeks, peep into the next weeks  Safe practice & Sukshma Vyayama	Surya Namaskar in pairs: 3 rounds each	Abdominal breathing, 1 round of Surya Namaskar, Tadasana, Vriksasana	Full Yogic breathing, 1 round of Surya Namaskar, Tadasana, Vriksasan, Uttanasana, Trikonasana	Nadi Shuddhi, 1 round of Surya Namaskar, Tadasana Vriksasana, Uttanasana, Trikonasana, Parsva Uttanasana, Parivritta Trikonasana
8.30 Breakfast	Break	Break	Break	Break	Break
<b>9.30 - 11.30 am</b> <b>Theory</b>	<b>Dreams &amp; Expectations</b>	<b>The Goal of Yoga</b>	<b>Spiritual Anatomy and Evolution of Consciousness</b>	<b>Tantra and Hatha Yoga – the principles</b>	<b>Hatha Yoga Pradipika</b>
<b>11.30 - 12.30</b> <b>Meditation</b>	Why the heart?	Thoughts during meditation	What do we clean?	The condition	Transmission
12:30 pm Lunch	Break	Break	Break	Break	Break
<b>2 - 2.30 pm</b> <b>Chanting</b>	Opening and closing prayer	Prayer, Yogenā Chitasya	Yoga Sutras Pre-recorded	Yoga Sutras Pre-recorded	Yoga Sutras Pre-recorded
<b>2:30 - 3.00</b> <b>Theory of Asanas</b>	Sitting asanas: Sukhasana, Siddhasana, Surya Namaskar	Abdominal breathing, Tadasana, Vriksasana	Yogic Breathing, Om Chanting, Uttanasana, Trikonasana	Nadi Shuddhi, Parsva Uttanasana, Parivritta Trikonasana	Kapalabhati, Virabhadrasana 1, 2, Utkatasana
<b>3pm- 5 pm</b> <b>Asana Practice</b>	2 hr. Yoga Flow	2 hr. Yoga Flow	2 hr. Yoga Flow	2 hr. Yoga Flow	2 hr. Yoga Flow

Live Sessions

Pre-recorded Sessions

Sessions	Thursday	Friday	Saturday	Sunday	Monday
<b>6 - 8.30 am</b> <b>Learn to teach</b>	Kapalabhati, Nadi Shuddhi, Surya Namaskar, Tadasana, Vriksasana, Uttanasana, Trikonasana, Parsva Uttanasana, Parivritta Trikonasana, Virabhadrasana 1, 2, Utkatasana	Kapalabhati, Nadi Shuddhi, Surya Namaskar, Tadasana Vriksasana, Uttanasana, Trikonasana, Parsva Uttanasana, Parivritta Trikonasana, Virabhadrasana 1 2, Utkatasana, Veerasana, Ardha Matsyendrasana, Dandasana, Gomukhasana	Kapalabhati, Nadi Shuddhi, Surya Namaskar, Tadasana Vriksasana, Uttanasana, Trikonasana, Parsva Uttanasana, Parivritta Trikonasana, Virabhadrasana 1, 2, Utkatasana, Veerasana, Ardha Matsyendrasana, Dandasana, Gomukhasana, Rajakapotasana, Paschimottanasana, Purvottanasana	Self Study – prepare for teaching of TTC200 flow	Kapalabhati, Bhastrika, Nadi Shuddhi, Sukshma Vyayama, Surya Namaskar, Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Shashankasana
8.30 Breakfast	Break	Break	Break	Break	Break
<b>9.30 - 11.30 am</b> <b>Theory</b>	<b>Raja Yoga</b>	<b>Ashtanga Yoga</b> <b>Yama/Niyamas</b>	2 hr. Yoga Flow	<b>Heartfulness Practice</b>	<b>Hatha Yoga, Raja Yoga to Heartfulness Yoga</b>
<b>11.30 - 12.30 pm</b> <b>Meditation</b>	Meditation	Meditation	Meditation	Meditation	Meditation
12:30 pm Lunch	Break	Break	Break	Break	Break
<b>2 - 2.30 pm</b> <b>Chanting</b>	Yoga Sutras Pre-recorded	Yoga Sutras Pre-recorded	Yoga Sutras Pre-recorded	Yoga Sutras Pre-recorded	Yoga Sutras Pre-recorded
<b>2:30 - 3.00</b> <b>Theory of Asanas</b>	Theory of Asanas: Brahmari, Veerasana, Ardha Matsyendrasana, Dandasana, Gomukhasana	Theory of Asana: Rajakapotasana, Paschimottanasana, Purvottanasana	Theory of Asanas: Makarasana, Bhujangasana, Shalabhasana	Theory of Asanas: Dhanurasana, Shashankasana, Savasana, Setu Bandhasna	Theory of Asanas: Sarvangasana, Halasana, Matsyasana
<b>3pm- 5 pm</b> <b>Asana Practice</b>	2 hr. Yoga Flow	2 hr. Yoga Flow	2 hr. Yoga Flow	Self Practice	5 people teach the full class

Sessions	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>6 - 8.30 am</b> <b>Learn to teach</b>	Kapalabhati, Nadi shuddhi, Surya Namaskar, Uttana Padasana, Salvangasana, Halasana, Matsyasana.	Sukshma Vyayama, Surya Namaskar, Uttanapadasana, Setu Bandhasana, Savasana	Teach full TTC200 flow in pairs. Student 1. Feedback	Teach full TTC200 flow in pairs. Student 2. Feedback	Yoga Activities What next? Exam and clarifications	
8.30 Breakfast	Break	Break	Break	Break	Break	
<b>9.30 - 11.30 am</b> <b>Theory</b>	<b>Heartfulness Spiritual Yatra</b>	<b>The Heartful Yoga Teacher</b> <b>How to make a flow?</b>	<b>Prepare your own flow</b> (5 flows in pairs - 2h)	<b>Discuss the flows</b>	<b>Discuss the flows</b>	
<b>11.30 - 12.30 pm</b> <b>Meditation</b>	Meditation	Meditation	Meditation	Meditation	Meditation	<b>Final Exam (Theory)</b>
12:30 pm Lunch	Break	Break	Break	Break	Break	
<b>2 - 2.30 pm</b> <b>Chanting</b>	Yoga Sutras Pre-recorded	Yoga Sutras Pre-recorded	Yoga Sutras Pre-recorded	Teaching tips	General Q&A	
<b>2:30 - 3.00</b> <b>Theory of Asanas</b>	Theory of Asanas: How to make a flow?	Code of Conduct	Theory of asana: Pranayama: Bhastrika, Shitali, Shitkari, Ujjayi	Teaching tips	General Q&A	
<b>3pm- 5 pm</b> <b>Asana Practice</b>	5 people teach the full class	5 people teach the full class	2 hr. Yoga Flow	2 hr. Yoga Flow	2 hr. Yoga Flow	