

# YOGA OM Teacher Training Syllabus

## Instructor

Cyndi Embody  
E-RYT500

## Phone

530-307-9721 Cyndi

## Email

yogaomtahoe@gmail.com

## Studio Location

2520 Lake Tahoe Blvd  
Suite 11  
South Lake Tahoe CA  
96150

## Cost

200 HR TT \$3200  
300 HR TT \$3900  
Payment plan available

## Course Overview

Raja-Hatha 200 & 300-hour Teacher training. Starting with left side of the brain basics A to Z Yoga training. Incorporating right brain creativity with Ancient technology of the Yoga Vedics. Offering a challenging course to serve your lifestyle and deepen your knowledge of the Art of Yoga. Heal your mind, body, spirit and obtain skills to teach the art of yoga. Yoga Alliance Accredited School,

Offering one on one training & groups to accommodate schedules.

Starting in October 2023 can be completed in 4.6, or 12-month plans.

Applications and more information is available by contacting us.

I would love to meet you at our orientation.

on Saturday September 23 @ 10:30am please RSVP.



## Course Schedule and Outline

---

- **Personal health**

- Meditation

- Basic Hatha Yoga

- Anatomy

- Spirituality

- **Diet and nutrition**

- Breath and Balance

- Structures of yoga

- Muscles, bones and movement

- Connecting belief systems

---

- **Energy Channels**

- Injuries

- Yoga Sutras

- Growing our Yoga

- Chakras

- **Systems of the body**

- Disease and illness

- Ancient Yoga history

- Different Styles of Yoga

- Mudras and Kriyas

---

- **Aging and death**

- Sankrit Translation

- Qualities of a Yogi

- Eight limbs of Yoga

- Moving Meditation

- Stress Management

- Using Yoga Props

- Lifestyles study

- Pregnancy

- Trauma

- Successful Yoga

- Yoga and Nature

- Respect and Karma

- Natural Healing

- Food Groups

- Relaxation Yoga

- Culture Styles

- **Habits and Awareness**

- Yoga Postures

- Building Asana

- Flexible body and mind

- Yoga Adjustments

- Healthy diet

- Public interview

- Flow of the pose

- Special Need

- Raw Foods and Toxins

- Dristi, nadis, locks and channels

- Kids and Yoga

- Growth and Changes

- Medicine

- Vitamins and Herbs

- Pranayama

- Awareness in Practice

---