



200 Hour Teacher Training Journal

COURSE INTRODUCTION

This course offers all the material you need for your 200 hour teacher training course.

The course has been designed to mimic an in person training, but of course you could also do it at your own pace.

Your in person training would usually take the following daily structure;

- Start your day with meditation
- Self enquiry, journal how you are feeling
- Practice an energising yoga class
- Learn theory
- Journal how you can apply the theory to you and your yoga practice and teaching
- Have a discussion around that theory
- Practice teach what you have learnt
- Practice a restorative yoga class
- Meditation
- Self enquiry, journal your reflections on the day
- Note down how you can prepare for the next day

We have arranged your course materials on this platform so that you have the same content available, just in pre recorded versions;

Your course handbook (this has all the theory notes in written form to use alongside the videos)

Your course flash cards (True North Alignment, Point to Point, Sequence, Ten Tennets)

- Videos of pre recorded meditations
- PDFs of your self-enquiry topics (generic prompts to help you write)
- Videos of pre recorded yoga classes
- Videos of pre recorded theory
- Quizzes to support your learning
- Scheduled live sessions for discussions and practice teaching

- PDF's for your homework

We would highly recommend you follow the course learning in the set order, of course you can rewatch anything you need as many times as you want, but please try to ensure that you have worked through the relevant content in time for the live discussion on that topic so that you can share your feelings around each topic. The live discussions count towards your 200 hour attendance and so will make up your hours to ensure you can qualify from the course.

Some of your journal topics will need to be submitted, this will be detailed in the journal. This will also go towards your qualification.

If you have any questions throughout the course please do not hesitate to email teachertraining@soulsanctuarystudios.com and we will get back to you as soon as we can.

This is an incredible, transformative journey, which will change the course of the rest of your life...enjoy the process, even (especially) the challenges, that is often where we find the most growth!

Namaste,

Laura Clayton