

THE 300HR WORKBOOK



EDGE YOGA SCHOOL
mind body academy

Michelle Rae Sobi



ACE →
CERTIFIED

Welcome to your yoga teacher training program!

I am so excited to lead you through your 300-hour yoga teacher training and appreciate your trust in this program.

We offer a flexible schedule but do encourage regular attendance to allow for the growth of the student through practice and reflection.

The focus of this program is to refine your classes, provide the tools and time to offer workshops, teacher training, and continuing education courses for Yoga Alliance.

Upon completion, you will have a complete portfolio for a 200-hour yoga teacher training program of your own. We are dedicated to offering teachers all of the tools necessary to share yoga with the world.

Our sessions will allow you to create workshops that can be presented to our studio students and will enable you to fine-tune your craft.

These workshops may be offered as Continuing Education Credit workshops upon achieving the ERYT-200 designation and registering as a YACEP with Yoga Alliance.

Students will have the opportunity to participate in our 200-hour program to fulfill their practicum hours.

It is said that the best instructors remain students throughout life. We look forward to walking alongside you on your journey. Edge Yoga School is a proud member of Yoga Alliance and The American Council on Exercise.



EDGE YOGA SCHOOL
mind body academy

A Registered
Yoga Alliance® School



“Yoga has no destination”
– Michelle Rae Sobi

EDGE YOGA SCHOOL 300-HOUR SYLLABUS

SESSION	TITLE	CATEGORY	HOURS
A1	Anatomy of Asana Movement.	Anatomy & Physiology (AP)	10
T1	Yoga Retreats & Other Venues	Teaching Methodology (TM)	5
T2	Be The Instructor	Practicum	50
T3	Workshops	Practicum	95
T4	Types of Asanas	Techniques, Training and Practice (TTP)	3
T5	Effective Cueing	Teaching Methodology (TM)	2
T6	Qualities of Movement	Techniques, Training and Practice (TTP)	2
T7	Modifications	Teaching Methodology (TM)	2
T8	Class Plan Design	Teaching Methodology (TM)	2
T9	Yoga Styles	Teaching Methodology (TM)	3
T10	Gentle Yoga	Teaching Methodology (TM)	2
T11	Power Yoga	Techniques, Training and Practice (TTP)	2
T12	Vinyasa Flow	Techniques, Training and Practice (TTP)	2
T12H	Hatha Yoga	Techniques, Training and Practice (TTP)	3
T13	Restorative Yoga	Techniques, Training and Practice (TTP)	3
T14	Prenatal Yoga	Teaching Methodology (TM)	2
T15	Sun Salutations, A, B & Moon	Techniques, Training and Practice (TTP)	18
T16	Levels of Yoga	Teaching Methodology (TM)	6
T19	Breathing Techniques	Techniques, Training and Practice (TTP)	6
T20	Meditation Techniques	Techniques, Training and Practice (TTP)	9
T21	Props	Teaching Methodology (TM)	1
P1	History of Yoga	Yoga Philosophy/LifeStyle Ethics (YPLE)	1

P2	Chakras	Anatomy & Physiology (AP)	3
P3	Yamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	5
P4	Niyamas	Yoga Philosophy/LifeStyle Ethics (YPLE)	5
P6	Pranayamas	Techniques, Training and Practice (TTP)	4
P7	Pratyahara	Yoga Philosophy/LifeStyle Ethics (YPLE)	3
P8	Dharana	Yoga Philosophy/LifeStyle Ethics (YPLE)	3
P9	Dhyana	Yoga Philosophy/LifeStyle Ethics (YPLE)	3
P10	Samadhi	Yoga Philosophy/LifeStyle Ethics (YPLE)	3
P11	Nadis	Anatomy & Physiology (AP)	4
P12	Ethics for Yoga Teachers	Yoga Philosophy/LifeStyle Ethics (YPLE)	2
B1	Book Reports	Yoga Philosophy/LifeStyle Ethics (YPLE)	1
PR1	Be/Observe The Instructor	Practicum	8
PR2	Teach Classes	Practicum	22
YA1	Teach a Studio Class	Practicum	5
TOTAL			300



Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

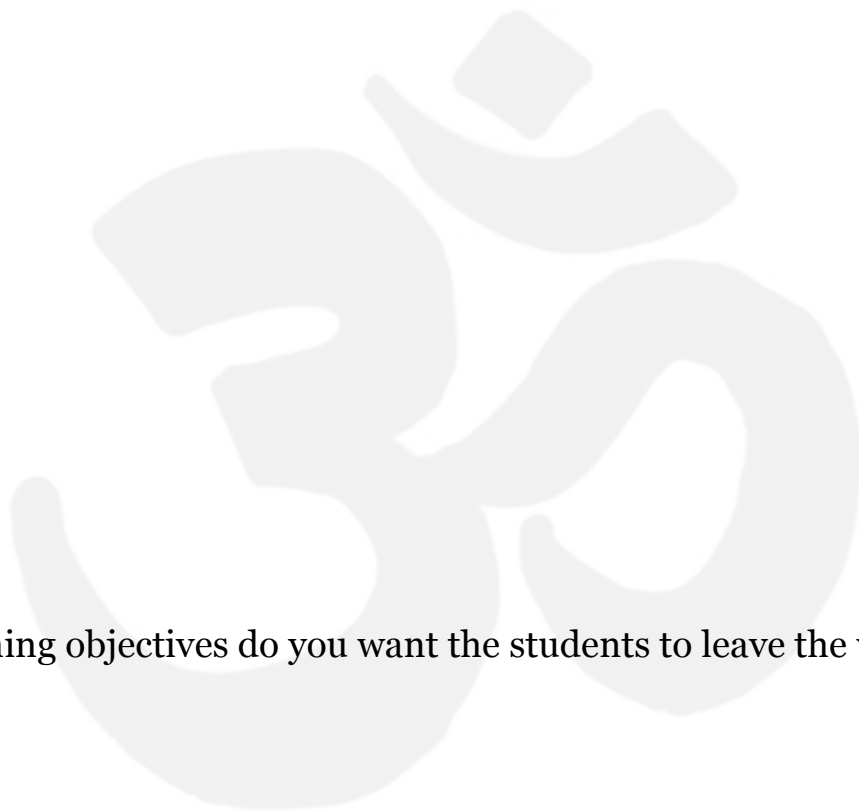
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

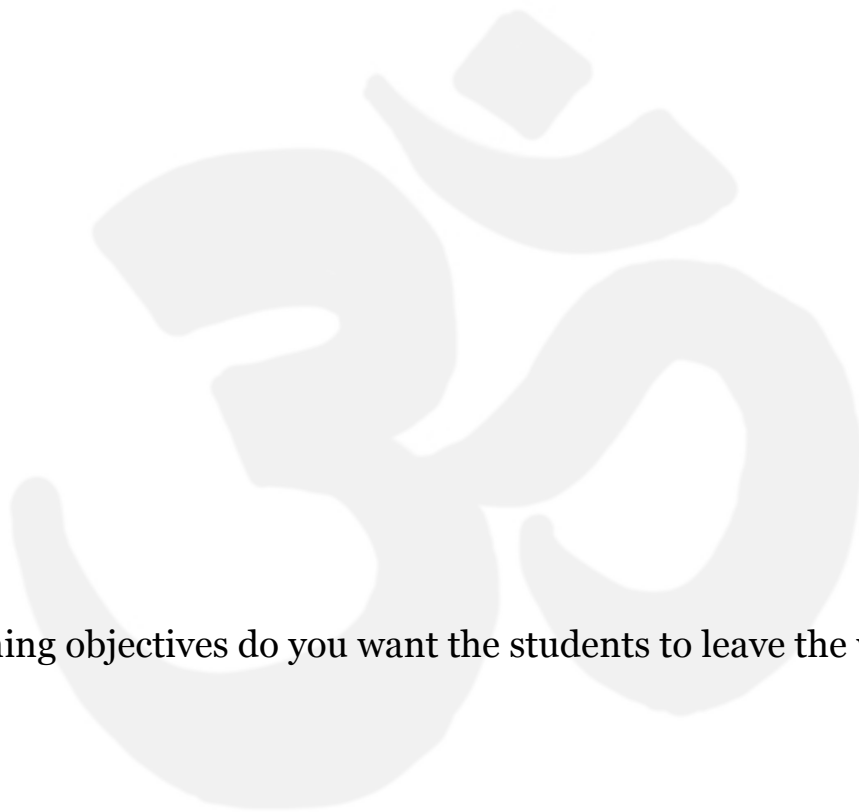
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

- Grammarly.com check
- Promote social media
- Schedule with venue
- Follow-up with venue
- Prepare materials
- Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?

What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

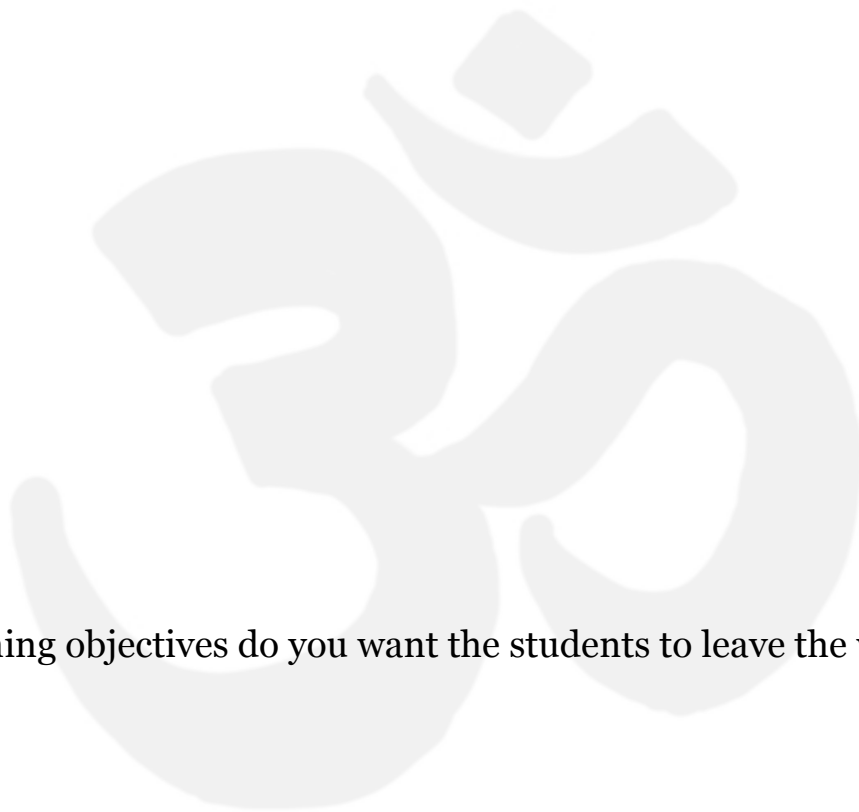
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

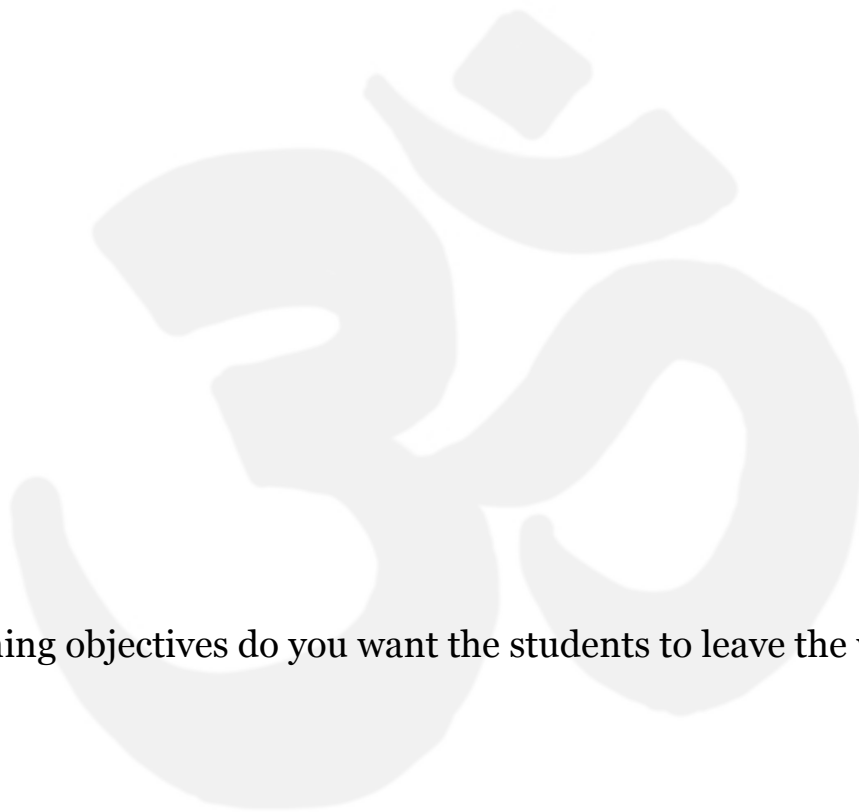
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

- Grammarly.com check
- Promote social media
- Schedule with venue
- Follow-up with venue
- Prepare materials
- Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?

What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

- Grammarly.com check
- Promote social media
- Schedule with venue
- Follow-up with venue
- Prepare materials
- Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

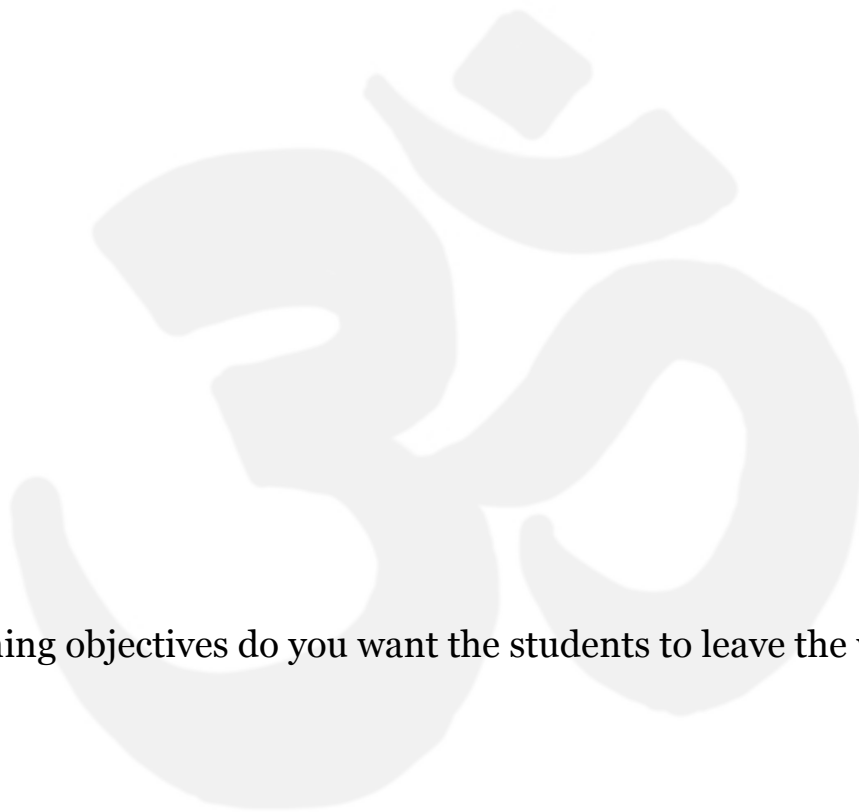
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?

What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

- Grammarly.com check
- Promote social media
- Schedule with venue
- Follow-up with venue
- Prepare materials
- Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?

What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

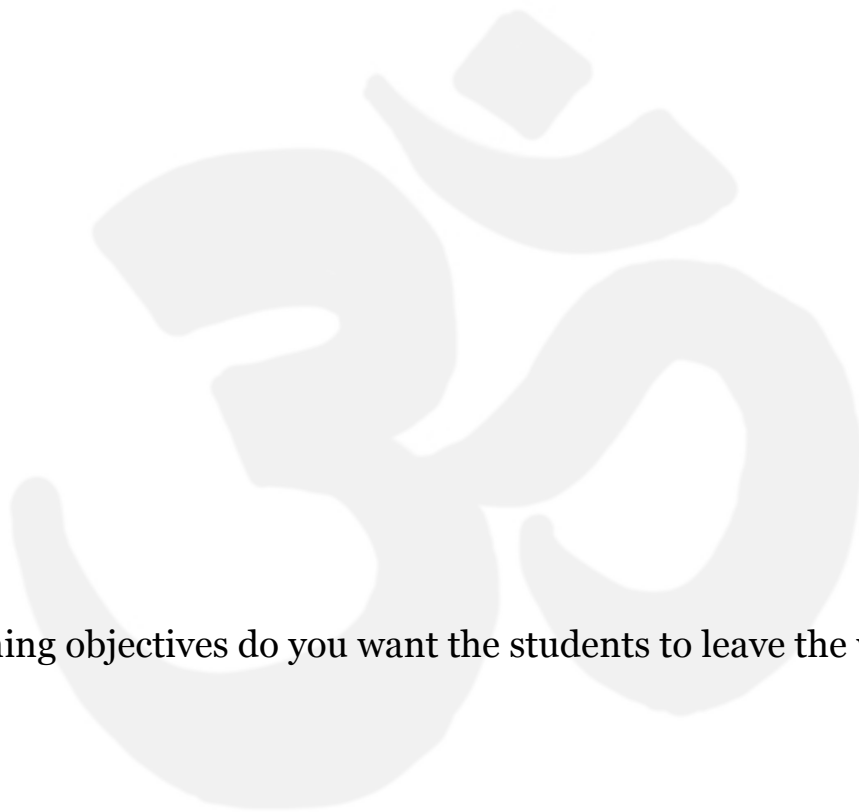
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

- Grammarly.com check
- Promote social media
- Schedule with venue
- Follow-up with venue
- Prepare materials
- Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

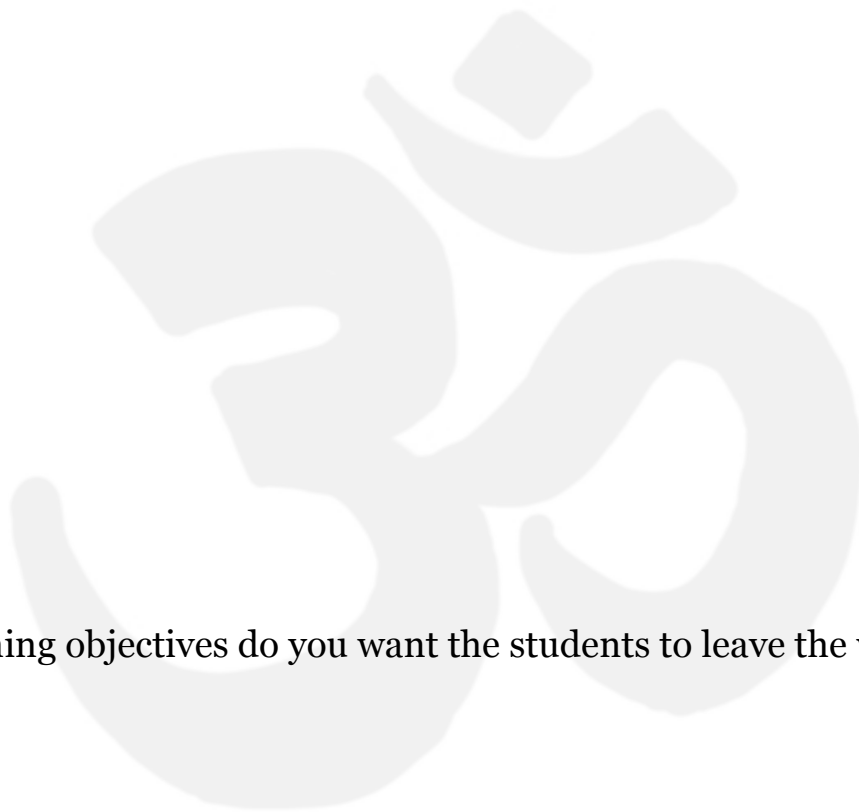
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

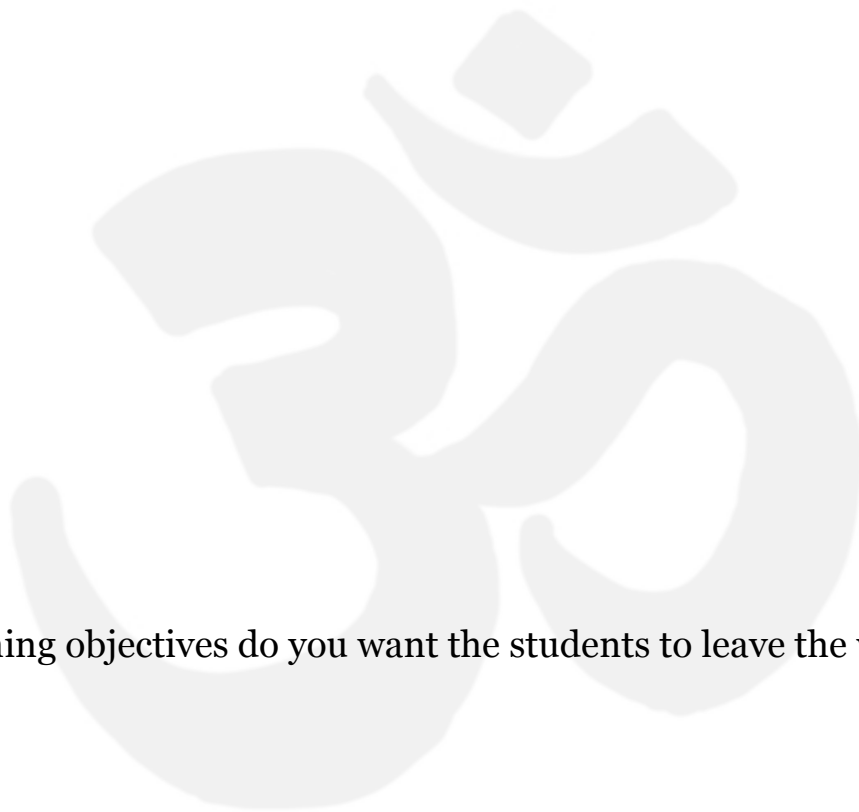
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

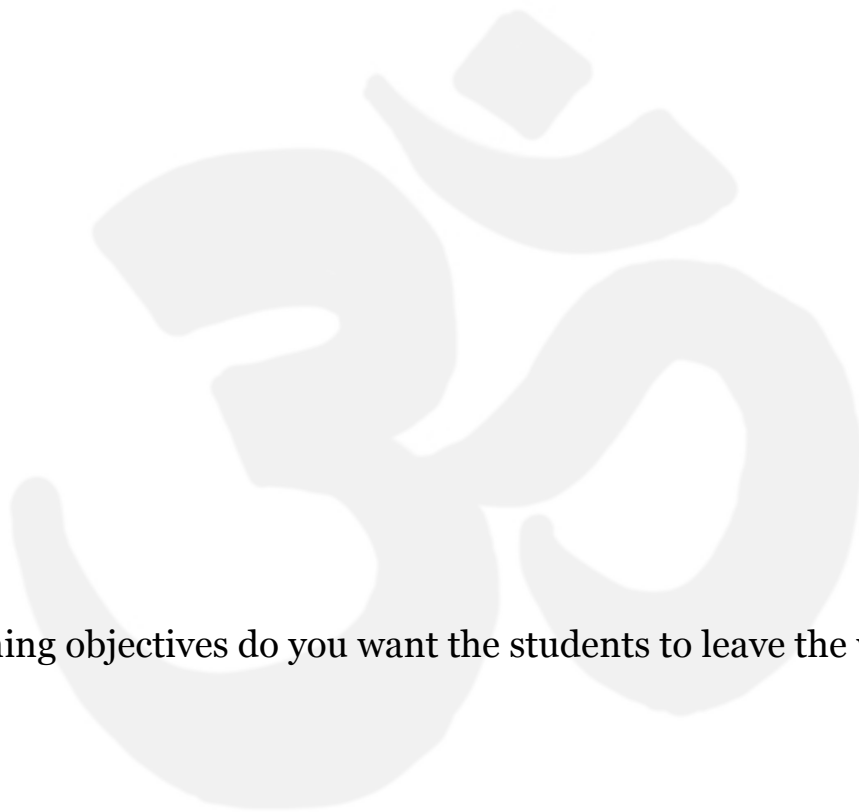
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?

What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?

What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?

What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

- Grammarly.com check
- Promote social media
- Schedule with venue
- Follow-up with venue
- Prepare materials
- Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

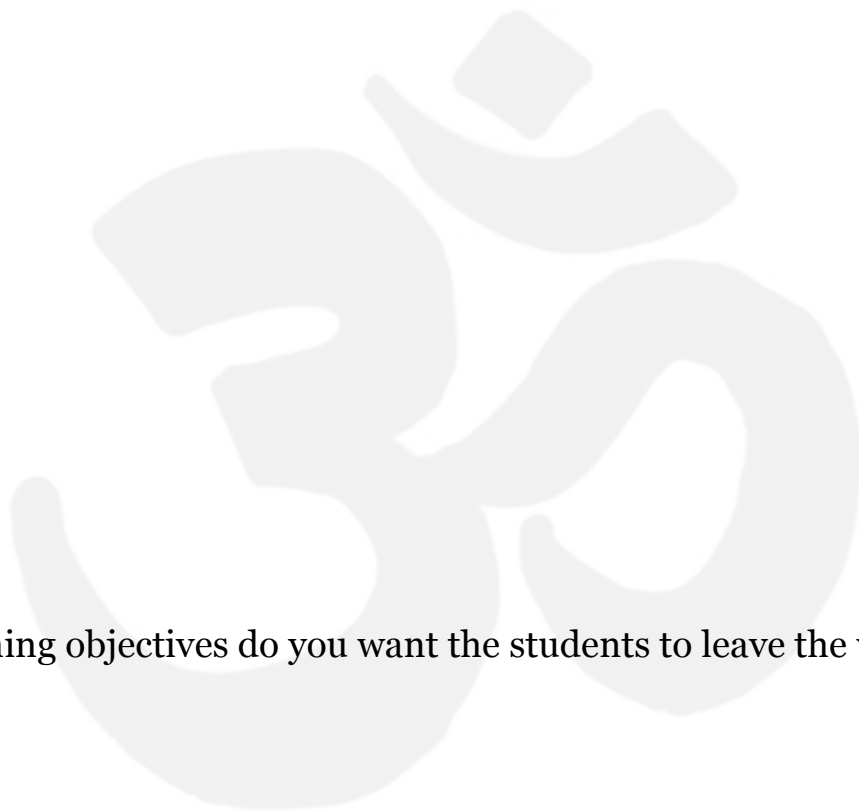
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?

What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

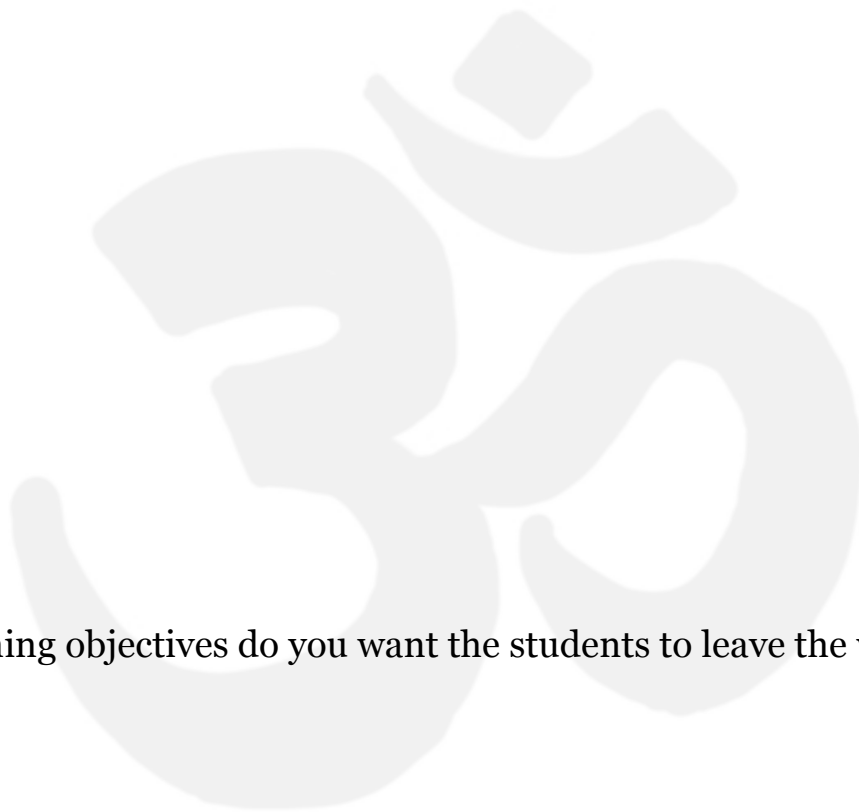
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

- Grammarly.com check
- Promote social media
- Schedule with venue
- Follow-up with venue
- Prepare materials
- Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS





Workshop Name:

Syllabus Section:

Yoga Alliance Category:

Purpose of Workshop:

Workshop Theme:

Workshop Date:

Venue Details:

Location:

What do you need provided?

What do you need to bring?

Tuition:

Class Minimum/Maximum:

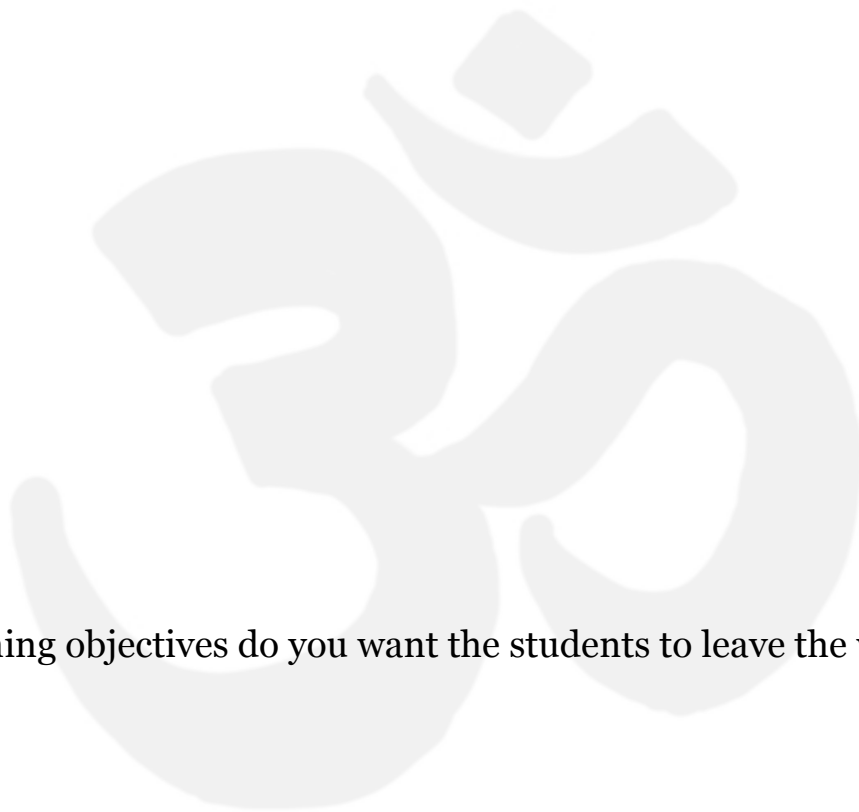
Workshop Description:

INSPIRATION

Is this lecture, practice or both?

Who is your audience?

What are you passionate about sharing?



What learning objectives do you want the students to leave the workshop with?

SCHEDULE



POST WORKSHOP CHECKLIST

Grammarly.com check

Promote social media

Schedule with venue

Follow-up with venue

Prepare materials

Follow-up to attendees (Thank you cards, email, survey, etc.)

NOTES



CREATE A CLASS



