

Lecture Contact Hours: 32-36; Outside-of-Class Hours: 64-72;
 Laboratory Contact Hours: 48-54; Outside-of-Class Hours: 0;
 Total Student Learning Hours: 144-162

CUYAMACA COLLEGE COURSE OUTLINE OF RECORD

Exercise Science - 281 Yoga Teacher Training Cultivation

2 hours lecture, 2 units
 3 hours of laboratory, 1 unit
 Total units: 3

Course Description

This course provides students with the tools and experience to design and teach intelligently sequenced inclusive, and thematically cohesive yoga classes for all levels. Emphasis is placed on verbal clarity, adaptive teaching methods, and integration of breathwork, meditation, and yogic philosophy into class design. Topics include advanced sequencing, subtle body anatomy, pranayama, meditation, alignment-based modifications, and professional ethics in yoga teaching. Students refine communication skills, deepen self-awareness, and cultivate confidence to lead yoga classes safely and effectively.

Prerequisite

None

Recommended Preparation

“C” grade or higher or “Pass” in ES 280 or equivalent, or concurrent enrollment

Course Content

- 1) Advanced Asana Techniques and Sequencing
 - a. Intelligent sequencing to achieve specific energetic, physical, or thematic effects
 - b. Progressive flow design (warm-up, peak, counterpose, integration)
 - c. Adaptation for mixed-level and specialized populations
 - d. Thematic class development integrating asana, pranayama, and meditation
 - e. Safe cueing and hands-off adjustments
 - f. Observation, feedback, and refinement of personal teaching style
- 2) Pranayama and Subtle Body Applications
 - a. Historical and energetic framework of pranayama
 - b. Review and refinement of techniques: Ujjayi, Kapalabhati, Nadi Shodhana
 - c. Additional practices: Bhastrika, Brahmari, Viloma, Sama Vritti
 - d. Energetic anatomy: prana vayus, chakras, nadis, and koshas
 - e. Application of breath and energy flow in sequencing and class design
 - f. Contraindications and adaptations for safe practice
- 3) Meditation, Mantra, and Mudra
 - a. Overview of meditation methods across yoga lineages
 - b. School’s chosen meditation approach in teaching practice
 - c. Integrating short meditations into yoga classes
 - d. The role of mantra, chanting, and mudra in teaching and self-practice
 - e. Cultivating presence and mindfulness as a teacher

- 4) Anatomy and Biomechanics
 - a. Functional anatomy for complex asanas and transitions
 - b. Joint stability, mobility, and load-bearing awareness
 - c. Common misalignments and corrective teaching strategies
 - d. Injury prevention, contraindications, and progressive training principles
 - e. The nervous system and breath regulation: vagal tone, relaxation response
- 5) Yoga Philosophy and Ethics in Professional Practice
 - a. Application of yogic philosophy in class design and teaching presence
 - b. The teacher as facilitator vs. authority: trauma-informed and inclusive approaches
 - c. Review of Yoga Sutras (Yamas and Niyamas) in professional context
 - d. Ethical Commitment, Scope of Practice, and Code of Conduct
 - e. Cultural awareness, accessibility, and equity in yoga spaces
 - f. Lifelong learning, continuing education, and professional organizations
- 6) Teaching Methodology and Professional Development
 - a. Verbal, visual, and kinesthetic cueing refinement
 - b. Use of props and environmental setup for accessibility
 - c. Observation and peer feedback techniques
 - d. Marketing, professional presentation, and liability awareness
 - e. Business and ethics of teaching yoga (insurance, waivers, self-care)
- 7) Practicum
 - a. Peer-led teaching labs and mentorship feedback
 - b. Designing and leading a 60-minute yoga class incorporating:
 1. Asana sequencing
 2. Pranayama
 3. Meditation or theme integration
 - c. Reflection and feedback process

Course Objectives

Students will be able to:

- 1) Design and teach inclusive, intelligently sequenced yoga classes for diverse populations.
- 2) Integrate pranayama, meditation, and philosophical themes into cohesive class experiences.
- 3) Apply advanced alignment and anatomical principles to support safe and effective teaching.
- 4) Demonstrate verbal clarity, observation, and adaptability in teaching methods.
- 5) Evaluate and modify yoga practices for safety, accessibility, and individual needs.
- 6) Analyze the relationship between yoga philosophy, ethics, and the professional role of the teacher.
- 7) Demonstrate competency in planning, leading, and reflecting on full-length yoga classes.

Method of Evaluation

Grades are based on demonstrated proficiency in the subject matter as determined by multiple measures of evaluation. Assessment frameworks may include alternative, equity-minded approaches to grading, such as ungrading, labor-based grading, or contract grading. The instructor provides regular, timely, and strengths-based feedback so that students can improve their practice and teaching skills. Feedback emphasizes growth and inclusivity, and the instructor proactively addresses concerns with attendance and assignments before the student is at risk of failing.

Methods of evaluation may include:

- 1) Demonstration of yoga poses (asanas), including safe entry, alignment, and modifications.
- 2) Application of breathing techniques (pranayama) in personal practice and teaching demonstrations.
- 3) Written assignments such as observation reports, reflections, evaluations of teaching practice, and short essays on yoga philosophy and history.
- 4) Participation in class discussions, group practices, peer feedback activities, and inclusive classroom dialogue.
- 5) Development and presentation of a basic yoga sequence as a culminating project, including alignment principles and safety considerations.
- 6) Self-assessments, journals, and reflection activities addressing personal growth, challenges, and strategies for working with students of varying abilities.
- 7) Consistent engagement in lab practice and contribution to a supportive, equitable learning environment.

Special Materials Required of Student

- 1) Exercise attire which allows for free range of motion

Minimum Instructional Facilities

- 1) Smart classroom with a computer, digital projector, screen, and remote audio equipment
- 2) Open floor space and wall-mounted body-length mirrors
- 3) Adjustable lighting
- 4) Yoga mats, blocks, straps, blankets, storage space

Method of Instruction

- 1) Instructor lecture and demonstration of yoga poses (asanas), breathing techniques (pranayama), and meditation practices
- 2) Guided practice sessions in which students learn, refine, and apply skills under instructor supervision
- 3) Observation, analysis, and discussion of yoga practice, teaching demonstrations, and peer-led activities
- 4) Small group activities such as collaborative sequencing, feedback exchange, and practice teaching
- 5) Independent reading and study of assigned texts, OER materials, and reflective writing activities
- 6) Use of multimedia resources such as videos, images, and online platforms to support visual and kinesthetic learning. Instruction is supported by strengths-based instructor and peer feedback designed to promote improvement, confidence, and inclusivity.

Out-of-Class Assignments

- 1) **Reading:** course materials to prepare for in-class discussions, demonstrations, and collaborative activities; study and review of yoga philosophy, anatomy, pranayama, and teaching foundations.
- 2) **Writing:** assignments to prepare for in-class discussions and collaborative activities; written reflections, observation reports, and development of basic yoga sequences and teaching plans using correct terminology, alignment principles, and safety considerations.
- 3) **Other:** personal yoga practice to apply alignment, breathing, and sequencing principles; observation and evaluation of yoga classes to expand understanding of instructional methods and inclusive practices; preparation for teaching demonstrations and practical examinations.

Texts and References

- 1) Required (representative examples):
 - a. Ambrosini, D. M. (2026). *Instructing Hatha Yoga: A guide for teachers and students*. 3rd ed. Human Kinetics.

- b. Adele, D. (2009). *The Yamas & Niyamas: Exploring yoga's ethical practice*. On-Word Bound Books.
- 2) Supplemental:
 - a. McGonigle, A., & Huy, M. (2022). *The Physiology of Yoga*. Human Kinetics.

Student Learning Outcomes

Upon successful completion of this course, students will be able to:

- 1) Teach an inclusive 60-minute yoga class that safely integrates breathwork, meditation, and philosophical themes.
- 2) Apply sequencing and alignment strategies to meet diverse student needs.
- 3) Demonstrate professional and ethical teaching practices consistent with Yoga Alliance standards.