

Course Syllabus

From Learning to Leading

Nicky Eker – Nicky_The Yoga Coach

Total Hours	In-Person Hours	Live Streaming Hours	Hours Taught by SYT	Non-Contact Hours
35	21	7	ALL (ETY)	6

Content	Description
Focus of the course	This mentorship bridges the gap between training and teaching, providing real practice, reflection, and guidance. You'll grow your skills, deepen your understanding of leading a teaching space and find your authentic teaching voice.
Overall Aim	A practice-based mentorship for developing confident, thoughtful and skillful teachers who can Lead the room. It is designed to help yoga teachers refine their voice, strengthen their sequencing and communication skills, and teach with greater clarity, integrity and adaptability.
What will the graduate be able to do	Participants will: Teach with greater confidence and clarity Build coherent and intentional sequences Deliver classes with clearer energetic and philosophical themes Adapt language and cueing to different students Understand communication and learning styles for students Understand distinctions between Hatha, Vinyasa, Yin and Restorative approaches [In relation to sequencing, leading & language styles] Integrate philosophy with integrity and relevance Give and receive constructive teaching feedback Refine their authentic teaching voice
How will the course be assessed	The course is assessed continuously using Mentor and Peer feedback, with guidance and support given throughout all sessions. There will also be a 121-session offered as part of the contact sessions to discuss any questions that arise throughout the mentorship for the graduate.
Teaching Practice and Methods	This course puts a lot of emphasis on teaching using a combination of teaching practice, 'show me' workshops and self study.

	<p>Watch > Do > Feedback > Repeat</p> <p>Each session will include a combination of Mentor led ‘teaching’, practical teaching from the mentee and a workshop style ‘show me’ where we can look at and break down any topics.</p> <p>This will include as a summary: Using the voice – Intention, tone, clarity Understanding communication styles and demonstrating Understanding Learning styles and demonstrating Understanding sequencing methods and demonstrating</p>
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Course Breakdown

Module	In-Person hours	Live Streamed Hours	SYT contact Hours	Non-Contact Hours
<p>Phase 1 – Being the Teacher (Identity and Clarity)</p> <p>Session 1 – The role of teacher as leader [4 Hours]</p> <p>Session 2 – Communication and learning styles [4 hours]</p>	4	4		
<p>Phase 2 – Building the Class (Skill Building)</p> <p>Session 3 – Sequencing and Energetic Arcs [4 hours]</p> <p>Session 4 – Movement Philosophies Hatha & Vinyasa [3 Hours]</p>	10			

Session 5 – Movement Philosophies – Yin & Restoratives [3 hours]				
Phase 3 – Integration and Mentorship (Teaching and Feedback) Session 6 – Philosophy and Integrity [3 hours] Session 7 – Adaptive teaching and Real-world scenarios [4 hours] Session 8 – Final Practicum and Integration [3 hours]	7	3		
Self-Study Component <ul style="list-style-type: none"> • Observe 2 yoga classes • Build 3 class plans • 2 hours reflection and journalling • Own practice reflections • 1 hour reading and resource engagement 				6
Mentor 121 session	1			