



200 Hour Wild Feminine Yoga Uk Teacher Training– Syllabus Document

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Course Overview

200 Hour Foundation in Wild Feminine Yoga™ Training 2025.

Fully Accredited by Yoga Alliance Professionals.

New 2025 dates

Fully Accredited by Yoga Alliance Professionals.

Earth Element ~ 25th/26th Jan - 22nd/23rd Feb ~ 22nd/23rd March 2025

Water Element ~ 26th/27th April ~ 24th/25th May ~ 14th/15th June. 2025

Fire Element ~- ~ July – 26th/27th ~ 23rd/24th Aug ~ 21st/22nd Sept. 2025

Air/ Space Element ~ Integration & Assessments ~ 25th/26th Oct ~ 29th/30th Nov ~ 13th/14th Dec 2025

This course is for yoga students who wish to expand their knowledge, skills, and desire to teach yoga.

For Teachers who would like to add to their knowledge base and inspire themed Classes and Workshops.

The course is also an option to students who may not wish to teach Yoga classes but want to deepen their Yoga Knowledge.

Students will learn more about the Spiritual aspects of Yoga and find their authentic voice as a Yoga Teacher.

Learn Asanas, Sequences, Anatomy and Physiology associated with the Elements.

Learn to teach Elemental Yoga – Mudra & Meditation.

Learn about the Subtle body and Chakras and how they relate to life plus how to be aware of them when facilitating and teaching Yoga.

The **USPs** of this Course are:

1. The whole content of the Course will be guided around the **Elements, the Moon Cycles, the wild feminine wisdom wheel and Seasons.**
2. The Course will focus on the **Spiritual growth of the Student Teacher** encouraging them to know and accept themselves through the Training and to Teach from an authentic and confident place using their **uniqueness** to guide safe practices in Yoga.
3. I will encourage and introduce **Ayurvedic selfcare practices** to help keep their energy levels high while Teaching Yoga.
4. I will also offer ongoing **Mentoring programme** for all our Student Teachers during, and after the course is complete, to support their Teaching journey and create a Community of Teachers and friends. These meetings will be held at regular intervals throughout the Year.
5. I will also be offering ongoing CPD Courses and Workshops plus **Advanced Teacher Training** in

100hours Wild Feminine Wisdom Circle Holder Training.

100 hours Wild Goddess Wisdom Training

Wild Feminine Trainee Hub with Monthly support Circle Online.

Growing a thriving Yoga business, how to Niche, how to run Retreats & Workshops etc.

Students will.

Learn about their strengths and their personal Elements and how this can be supportive in Teaching Yoga.

Learn about the Elements, Seasons and Moon cycles and how they relate to teaching Yoga.

Learn to teach safely, with modifications Asana and Sequences that are related to the Elements, Seasons & Moon Cycles.

Learn how the body works through A&P also related to the Elements.

Learn to care for their own energy and wellbeing through Nutrition and Diet, related to Elements.

Learn about Ayurveda and its relevance to Yoga and life.

Learn the Art of Yoga, plus running a thriving Yoga business.

Find their voice as a Yoga Teacher, gain confidence as a Yoga Teacher, learn to theme and run Classes & Workshops in line with the environment, Seasons, Moon cycles.

Pre-requisite – Regular practice with a Qualified Yoga Teacher – A basic understanding of Yoga Asana and application through the Moon cycles and seasons.

Training will be held over 12 months over monthly weekends throughout 2024.

I require 100% Attendance by the end of the course to Qualify - Missed hours must be made up on alternative catch up days if weekends are missed.

Course curriculum.

Who are you?

Learn about learning styles and which you are.

Learn your Ayurvedic Dosha and your Element type and how this relates to Teaching Authentic Yoga.

Learn the foundations of Ayurveda, the Elements and how they are related to You.

Yoga Techniques and Training

Learning about the Elements and how they relate to Yoga and Teaching.

Guided practices

Deconstructing Asanas

Key refinement and safe approaches.

Anatomy and Physiology

Having a basic understanding of key anatomical structures and functions is an important part of the yoga teaching path.

Understanding body structures including muscles, bones, joints and organ systems in relation to the elements.

The nervous system and its relationship to Yoga.

Yogic Philosophy and Ethics

Introduction to yoga and leading a yogic lifestyle.

Introduction to important yogic texts.

An introduction to Ayurveda

Diet & Nutrition – Eating natural foods and their relation to the Elements.

Subtle Body awareness

Learning about the Subtle body – The Chakras -Vayus & Koshas and how to incorporate these into your Classes and Teaching.

The Art of Teaching Yoga

Finding your voice

Teaching the Elements ~ Archetypes & Wild Feminine Wisdom Wheel in Yoga Asana and sequences

Teaching in line with the Moon Cycles and the Seasons.

Guiding Relaxation and the importance of Relaxation in Classes.

How to teach Asana through directed language skills.

How to create a class infused with movement, pranayama, meditation and much more.

Teaching and being yourself.

Teaching one to ones.

Self Care while Teaching.

Grow a thriving Yoga Business.

At the end of this Course Students will be able to confidently hold regular Classes sequenced around the Seasons and Moon Cycles – They will be able to lead safe Practices and modify where needed – Understand the basic principles of Ayurveda – Look after themselves while Teaching – Deliver great Classes infused with Asana – Sequences – Pranayama – Mudra, Relaxation & Meditation all in line with the environment, Elements and Seasons.

Total – 192 - SYT Contact Hours

144 Non Contact Hours

Self practice, Reflection Sheets and Assignments - 80 Hours

Assignments will be set throughout the Course on The Chakras – Yoga Philosophy – The Elements – Ayurveda – Grow your Yoga Business plus Monthly Reflection sheets will be given for Asanas – Pranayama – Mudra

Assessments will be carried out during the Course with an independent Assessor present.

Module 1 Weekends 1 & 2	Subject: Setting the Foundations Earth Element. SYT Contact Hours - 32 Non Contact Hours – 12 Total Hours – 44 - Over 2 consecutive weekends	Overview and objectives	Learning outcomes
1.1	Introduction to the course.	An overview of the course content. Setting ground rules, responsibilities and boundaries. Creating a safe learning environment. How to ask for additional support.	Setting student expectations.

		The importance of taking notes.	
1.11	A Guided Earth Element Class	Experience a guided Earth Element Yoga Class	An experiential session to assess how an Earth class would be experienced by themselves and a Student.
1.2	Introduction to Yoga and leading a Yogic lifestyle	Discussion about Yoga and lifestyle.	Students can explain the importance of self care and leading a Yogic lifestyle. Students will understand the principles of Yoga.
1.3	Who are you?	A quiz to gain knowledge of personality and learning types.	Students can select their Dosha types, their personal Element and their learning style and how these characteristics can be used to help them recognize their strengths and weaknesses.

1.4	Earth Element and its correspondences. Chakra, Season and Moon Cycle.	A discussion about the Element of Earth and how this relates to Yoga and life.	Students can explain the Earth Element, how it relates to the body and the effects it has, positive and negative and when to use it. Which Season and Moon Cycle.
1.5 1.1.5	Earth Element Asanas Standing, Lying and Seated Anatomy and physiology.	Principles and practice. Alignment points and modifications. Contraindications - Guide each other in groups to present Yoga Asana and Sequences Muscles and bones tendons and ligaments. Discussion, power point presentation and pictures Quiz	Students will demonstrate how to safely teach and guide Asana practices with alignment points and modifications, plus how to use language to guide their students safely in and out of Asana and recall contraindications. A&P - The bones and muscles. Students will be able to identify the Muscles and bones through pictures, power point and discussion. Students will complete an end of topic quiz to demonstrate their learning. This will help them to identify any weak areas for further study.

1.6	Introduction to Ayurveda & Ayurvedic Philosophy	Kapha Dosha	Students will identify where Kapha Dosha sits in the Elements and Seasons and explain how to work with the other Elements to maintain balanced Kapha.
1.7	The Relaxation Response & The Nervous System	We study the human nervous system, the sympathetic and para-sympathetic nervous system and their roles in fear, stress, anxiety, fight or flight and relaxation, rest & digest.	The student can explain the mechanisms for human relaxation and how we can be conditioned towards stress and anxiety.
1.8	An Introduction to the Earth Mudras & Meditation	Learn Hand Mudras for Grounding & guide a Meditation with language around the Element.	Students can explain how the Hands and fingers relate to the Chakras and Elements. The Student can demonstrate Mudras that relate to the Element and how to apply them within a Class plus guide a short Meditation around the Element.
1.9	An Introduction to Pranayama	Learn and be guided through the Deep Yogic Breath. Contraindications and Modifications.	Students can explain the importance of safe Pranayama Practice, they will build this into their own practice and demonstrate how to guide a safe and gentle Pranayama within their Class.

1.10	Introduction to the Chakras	Learn about the Root Chakra and its correspondences and its relevance to Yoga	Students can explain the Chakras through describing their own experiences within a guided class and home study. They will demonstrate how these can be applied and used as themes in Classes.
Module 2 Weekends 3 & 4	Subject: Setting the Foundations Water Element. SYT Contact Hours - 32	Overview and objectives	Learning outcomes

	<p>Non Contact Hours – 12</p> <p>Total Hours – 44 - Over 2 consecutive weekends</p>		
2.1	Introduction to the Element of Water	Experience a Guided Water Element Class	An experiential session to feel into how a Water element class would be experienced by themselves and a Student.
2.2	Water Element and its correspondences. Chakra, Season and Moon Cycle.	A discussion about the Element of Water and how this relates to Yoga and life.	Students can explain a clear understanding of the Water Element, how it relates to the body and the effects it has, positive and negative and when to use it. Which Season and Moon Cycle.
Assess 2.3	Water Element Asanas Standing, Lying and Seated, side bending.	Principles and practice. Alignment points and modifications. Contraindications Anatomy and physiology.	Students will demonstrate how to safely teach and guide Asana practices with alignment points and modifications, plus how to use language to guide their students safely in and out of Asana, learn contraindications.

		<p>Guide each other in groups to present Yoga Asana and Sequences</p> <p>Complete home reflection sheets</p>	
2.4	Anatomy & Physiology	<p>The Circulatory System.</p> <p>A presentation of pictures, power point and discussion.</p> <p>Students will complete a Quiz to reflect on how they have understood, their strong areas and weaker ones they can focus on in home study and completing home reflection sheets.</p> <p>Quiz</p>	<p>A&P - The Circulatory System</p> <p>Students will be able to identify the Circulatory system through pictures, power point and discussion.</p> <p>Students will complete an end of topic quiz to demonstrate their learning. This will help them to identify any weak areas for further study.</p>

2.5	An Introduction to the Water Element Mudras & Meditation	Learn Hand Mudras for balance. Learn to guide a Meditation around the Element.	Students can explain how the Hands and fingers relate to the Chakras and Elements. The Student can demonstrate Mudras that relate to the Element and how to apply them within a Class plus guide a short Meditation around the Element.
2.6	An Introduction to Pranayama	Learn and be guided through the Alternate Nostril Breathing. Contraindications and Modifications.	Students can explain the importance of safe Pranayama Practice, they will build this into their own practice and demonstrate how to guide a safe and gentle Pranayama within their Class.
2.7	Introduction to the Chakras	Learn about the Sacral Chakra and its correspondences and its relevance to Yoga	Students can explain with a good understanding of the Chakras through their own experiences within a guided class and home study. They will demonstrate how these can be introduced and used as themes in Classes
2.8	Interim Assessment	Students will get into Groups and will be assessed teaching a short Elements practice	Students will be assessed on their learning so far. A chance to reflect on what was easy, what challenged them and be Mentored around this.

2.9	Student Care.	<p>Emotional responses to Yoga.</p> <p>In this lesson we will explore our duty of care to our Students, to ensure that we are delivering our sessions in line with best practices and in a safe environment.</p>	<p>The student can explain that we treat every participant as an individual. That every person will have a different response to Yoga, and that there is no right or wrong response. Whatever the Student experiences is true for them in that moment.</p> <p>We must not judge.</p>
2.10	Self Care	<p>Self care practices from Ayurveda</p> <p>Self massage</p> <p>Face massage</p> <p>Relaxation.</p>	<p>Students can explain and demonstrate care for their own health and energy levels, by following the principles of Ayurveda, they will explain how self care, daily relaxation and setting energetic boundaries help to maintain their own energy and wellbeing.</p>

<p>2.11</p> <p>Module 3</p> <p>Weekends</p> <p>5 & 6</p>	<p>Holding safe space</p> <p>Subject: Setting the Foundations</p> <p>Fire Element.</p> <p>SYT Contact Hours - 32</p> <p>Non Contact Hours – 12</p> <p>Total Hours – 44 - Over 2 consecutive weekends</p>	<p>How to create a safe and harmonious space for Yoga to occur. We will discuss how to handle a Student that experiences a shift.</p> <p>Overview and objectives.</p>	<p>The student will also explain how to handle situations. The student will gain a good understanding of their professional boundaries.</p> <p>Learning Outcomes</p>
<p>3.1</p>	<p>Introduction to the Element of Fire</p>	<p>Experience a Guided Fire Element Class</p>	<p>An experiential session to assess how a Fire element class would be experienced by themselves and a Student.</p>

3.2	<p>Fire Element and its correspondences.</p> <p>Chakra, Season and Moon Cycle.</p>	<p>A discussion about the Element of Fire and how this relates to Yoga and life.</p>	<p>Students can explain a clear understanding of the Fire Element , how it relates to the body and the effects it has, positive and negative and when to use it. Which Season and Moon Cycle.</p>
3.3	<p>Fire Element Asanas</p> <p>Standing, Lying and Seated, back bending.</p>	<p>Principles and practice.</p> <p>Alignment points and modifications.</p> <p>Contraindications</p> <p>Anatomy and physiology.</p> <p>Guide each other in groups to present Yoga Asana and Sequences</p> <p>Complete home reflection sheets</p>	<p>Students can demonstrate how to safely teach and guide Asana practices with alignment points and modifications, plus how to use language to guide their students safely in and out of Asana, learn contraindications.</p>
3.4	<p>Anatomy & Physiology</p>	<p>The Digestive System.</p> <p>A presentation of pictures, power point and discussion.</p> <p>Students will complete a Quiz to reflect on how they have understood, their</p>	<p>A&P – The Digestive System</p> <p>Students can explain about the Circulatory system through pictures, power point and discussion.</p>

		<p>strong areas and weaker ones they can focus on in home study and completing home reflection sheets.</p> <p>Quiz</p>	<p>Students will complete an end of topic quiz to demonstrate their learning. This will help them to identify any weak areas for further study.</p>
3.5	An Introduction to the Fire Element Mudras & Meditation.	<p>Learn Hand Mudras for increasing energy and reducing excess Fire.</p> <p>Learn to guide a Meditation around the Element</p>	<p>Students can explain how the Hands and fingers relate to the Chakras and Elements.</p> <p>Students can demonstrate Mudras that relate to the Element plus how to apply them within a Class and guide a short Meditation around the Element.</p>
3.6	An Introduction to Pranayama	<p>Learn and be guided through the Kapplabatti Breath</p> <p>Contraindications and Modifications.</p>	<p>Students can explain the importance of safe Pranayama Practice, they will design and build into their own practice and demonstrate how to guide a safe Pranayama within their Class.</p>
3.7	Introduction to the Chakras	<p>Learn about the Manipura Chakra and its correspondences and its relevance to Yoga</p>	<p>Students can explain the Chakras describing their own experiences within a guided class and home study. They will</p>

			demonstrate how these can be introduced and used as themes in Classes.
3.8	Ayurveda & Philosophy	Learn about the qualities of Pitta Dosha, the philosophy around Ayurveda and living.	Students will explain how and where Dosha sits in the Elements and Seasons and how to work with the Elements to maintain balanced Pitta.
3.9	Diet & Nutrition	We will discuss foods related to the Elements and health Recipes and examples will be included for home practice.	Students will explain how to follow a simple Yogic diet, how different foods can affect their Dosha types and the Elements.

<p>Module 4</p> <p>Weekends</p> <p>7 & 8</p>	<p>Subject: Setting the Foundations</p> <p>Air Element.</p> <p>SYT Contact Hours - 32</p> <p>Non Contact Hours – 12</p> <p>Total Hours – 44 - Over 2 consecutive weekends</p>	<p>Overview and outcomes</p>	<p>Learning objectives</p>

4.1	Introduction to the Element of Air	Experience a guided Air Element Class	An experiential session to assess into how a Air element class would be experienced by themselves and a Student.
4.2	Air Element and its correspondences. Chakra, Season and Moon Cycle.	A discussion about the Element of Air and how this relates to Yoga and life.	Students can explain their understanding of the Air Element , how it relates to the body and the effects it has, positive and negative and when to use it. Which Season and Moon Cycle.
4.3	Air Element Asanas Standing, Balances, back bending.	Principles and practice. Alignment points and modifications. Contraindications Anatomy and physiology. Guide each other in groups to present Yoga Asana and Sequences	Students will demonstrate how to safely teach and guide Asana practices with alignment points and modifications, plus how to use language to guide their students safely in and out of Asana, learn contraindications.

		Complete home reflection sheets	
4.4	Anatomy & Physiology	<p>The Respiratory System.</p> <p>A presentation of pictures, power point and discussion.</p> <p>Students will complete a Quiz to reflect on how they have understood, their strong areas and weaker ones they can focus on in home study and completing home reflection sheets.</p> <p>Quiz</p>	<p>A&P – The Respiratory System</p> <p>Students will identify the Circulatory system through pictures, power point and discussion.</p> <p>Students will complete an end of topic quiz to demonstrate their learning. This will help them to identify any weak areas for further study.</p>
4.5	An Introduction to the Air Element Mudras & Meditation	Learn Hand Mudras for increasing energy and reducing excess Air.	<p>Students can explain how the Hands and fingers relate to the Chakras and Elements.</p> <p>Students can demonstrate Mudras that relate to the Element plus how to apply them within a Class and guide a short Meditation around the Element.</p>

4.6	An Introduction to Pranayama	Learn and be guided through the Equal Ratio Breath Contraindications and Modifications.	Students can explain the importance of safe Pranayama Practice, they will design and build into their own practice and demonstrate how to guide a safe Pranayama within their Class.
4.7	Introduction to the Chakras	Learn about the Anahata Chakra and its correspondences and its relevance to Yoga	Students can explain the Chakras describing their own experiences within a guided class and home study. They will demonstrate how these can be introduced and used as themes in Classes
4.8	Ayurveda & Philosophy.	Learn about the qualities of Vata Dosha, and the philosophy through Ayurveda.	Students will explain how and where Dosha sits in the Elements and Seasons and how to work with the Elements to maintain balanced Vata.
4.9	Stress and the Stress Response	Through discussion we will talk about Stress, how it affects us, and our students. The fight or flight response and the importance of Relaxation.	Students will gain a good knowledge of their own responses to stress and how others may feel and how they can benefit from a regular Yoga practice to combat 21 st century life.

<p>4.10</p> <p>Module 5. Weekends 9 & 10</p>	<p>Interim Assessment</p> <p>Subject: Setting the Foundations Spirit Element. SYT Contact Hours - 32 Non Contact Hours – 12 Total Hours – 44 - Over 2 consecutive weekends</p>	<p>Students will get into Groups and will be assessed teaching a short Elements practice.</p> <p>Overview and outcomes</p>	<p>Students will be assessed on their learning so far. A chance to reflect on what was easy, what challenged them and be Mentored around this.</p> <p>Learning objectives</p>
<p>5.1</p>	<p>Introduction to the Element of Spirit</p>	<p>Experience a guided Spirit Element Class</p>	<p>An experiential session to assess how a Spirit element class would be experienced by themselves and a Student.</p>

5.2	<p>Spirit Element and its correspondences.</p> <p>Chakra, Season and Moon Cycle.</p>	<p>A discussion about the Element of Spirit and how this relates to Yoga and life.</p>	<p>Students will explain a clear understanding of the Spirit Element , how it relates to the body and the effects it has, positive and negative and when to use it. Which Season and Moon Cycle.</p>
5.3	<p>Spirit Element Asanas</p> <p>Inversions</p>	<p>Principles and practice.</p> <p>Alignment points and modifications.</p> <p>Contraindications</p> <p>Anatomy and physiology.</p> <p>Guide each other in groups to present Yoga Asana and Sequences</p> <p>Complete home reflection sheets</p>	<p>Students will demonstrate how to safely teach and guide Asana practices with alignment points and modifications, plus how to use language to guide their students safely in and out of Asana, learn contraindications.</p>
5.4	<p>Anatomy & Physiology</p>	<p>The Endocrine System</p> <p>A presentation of pictures, power point and discussion.</p>	<p>A&P – The Endocrine System</p> <p>Students will identify the Endocrine system through pictures, power point and discussion.</p>

		<p>Students will complete a Quiz to reflect on how they have understood, their strong areas and weaker ones they can focus on in home study and completing home reflection sheets.</p> <p>Quiz</p>	<p>Students will complete an end of topic quiz to demonstrate their learning. This will help them to identify any weak areas for further study.</p>
5.5	An Introduction to the Spirit Element Mudras & Meditation	<p>Learn Hand Mudras for Meditation.</p> <p>Students will learn to use sound through Mantra & Mala and chants to enhance stillness and Meditation</p>	<p>Students will demonstrate Mudras, chants and mantra that relate to the Element to use within a Class and guide a short Meditation to focus around the Element.</p>
5.6	An Introduction to Pranayama	<p>Students will learn the Bramari Breath, Humming bee breath.</p>	<p>Students will explain the importance of safe Pranayama Practice, they will experience and build into their own practice and learn how to guide a safe and gentle Pranayama within their Class.</p>
5.7	Introduction to the Chakras	<p>Learn about the Visshuha – Ajna & Sahasrara Chakras and their</p>	<p>Students will explain the Chakras through their own experiences within a guided class and home study. They will</p>

		correspondences and relevance to Yoga & Meditation	demonstrate how these can be introduced and used as themes in Classes.
5.8	Mindfulness & Spirituality	<p>Students will learn about Mindfulness and being present in the moment, In life and while teaching.</p> <p>We will explore the 8 Limbs of Yoga and how they relate to modern life.</p> <p>Students will explore their own Spiritual beliefs through discussion and sharing our own experiences, the importance of not pushing our own Spiritual beliefs on others</p>	<p>Students will identify their own Spiritual leanings and the importance of allowing others to have their own without judgment.</p> <p>To understand that we are all one and are all connected in our own unique ways.</p> <p>Students will be able to explain the 8 Limbs of Yoga, the Yamas and niyamas and experience them through home practice, reflection and observances.</p>

<p>Module 6. Weekend 11</p>	<p>Subject: Setting the Foundations The Subtle Body SYT Contact Hours - 16 Non Contact Hours – 12 Total Hours 28</p>	<p>Overview and outcomes</p>	<p>Learning Outcomes</p>
<p>6.1</p>	<p>The 5 Layers of Human Experience</p>	<p>We will discuss the Subtle body and how it relates to our Yoga practices.</p>	<p>The Student can describe the Subtle body and how it is affected by Yoga.</p>

6.1.1	The 5 Kosha	We will use power point, pictures discussion. Learn how to use language to work through the 5 Layers of experience.	Students will demonstrate how to guide, through language an Asana, Relaxation, Meditation including the 5 Koshas
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6.1.2	The Vayus	We will use power point, pictures discussion, and learn how energy moves in the body and how Yoga Asana and Pranayama affects it	Students will examine the movements of energy and how Yoga manipulates energy movement
6.1.3	The Chakras	We will look at the Chakra system again in its wholeness through discussion and reflection on how our system has changed throughout the course and complete a Chakra evaluation to see if we are in balance.	The Students will evaluate themselves and how balanced, or unbalanced they are.

W/end 12	Final Assessment	An independent Assessor will be present to observe and assess the Students as they demonstrate the safe delivery of a full Elements Class.	Students will be able to demonstrate a good understanding of the Element. Deliver a safely guided Yoga Session including; Asana- Pranayama Mudra and Meditation session.
Module 7 Weekend 12	Subject: Setting the Foundations Growing a Yoga Business SYT Contact Hours - 16 Non Contact Hours – 12 Total Hours 28	Overview and outcomes	Learning Outcomes

7.1	Designing Your Yoga Business Model	<p>We will talk about Yoga as a business, marketing, growing your data base.</p> <p>Working in Corporate</p> <p>Running Classes</p> <p>Running Workshops</p> <p>Teaching 1 to 1 Yoga</p>	Students will begin to creatively plan where they want their Teaching to take them.
7.2	Code of ethics, Best Practice and Professional Conduct.	We will consider all aspects of best practice. Such as record keeping, GDPR, Insurance, First Aid, being a member of a professional body.	The student can explain the importance of maintaining strict professional practices, conduct and code of ethics.
7.3	Round up of the Course	To complete the Course, reflect on the Students learning journey and celebrate them as Yoga Teachers.	Students recognize their achievements and appraises how far they have come.