



MAHA YOGA

MIND-BODY-SPIRIT WELLNESS FOR LIFE

200hr Yoga Teacher Training Curriculum

A 200HR YOGA IMMERSION/TEACHER TRAINING IS A POWERFUL WAY OF DEEPENING YOUR UNDERSTANDING AND INTEGRATION OF YOGA ON THE MAT, AND IN YOUR DAILY LIFE.

THIS PROGRAM IS CAREFULLY DESIGNED TO SERVE AS:

- A DEEP DIVE IMMERSION FOR CURIOUS STUDENTS WHO DON'T WISH TO TEACH BUT WHICH TO ESTABLISH AN EXCELLENT FOUNDATION TO PRACTICE WELL FOR LIFE WHILE DIVING DEEPER INTO ASPECTS OF THE YOGIC TEACHINGS AND LIFESTYLE NOT TYPICALLY SHARED IN AN ASANA CLASS.
- AND A 200HR TRAINING THAT MEETS ALL YOGA ALLIANCE REQUIREMENTS FOR YOU TO BE CERTIFIED AS A RYT-200 YOGA TEACHER. TO ACHIEVE YOUR CERTIFICATION YOU WILL BE REQUIRED TO COMPLETE THE FINAL 2 WEEK IN PERSON INTENSIVE.



PART 1 - PERSONAL PRACTICE: THE SEAT OF THE STUDENT



TECHNIQUES TRAINING & PRACTICE

Learning through direct experience (pratyaksha) is the foundation for authentic, informed, and powerful teaching. Students will:

Develop proficiency in the foundational poses - standing poses, standing balances, heating and cooling inversions, core work, arm balances, backbends, seated poses (twists, forward bends and hip openers and restorative poses) and savasana

Learn how these foundational poses support more advanced poses in terms of both flexibility, strength and neuromuscular conditioning

Explore how the breath, bandhas, drishti and sankalpa support the asana practice - physically, mentally and energetically

Use the asana practice to prepare the body for pranayama. Activate and strengthen the subtle body with introductory pranayama practices and kriyas and mudras

Discover the power of sound and vibration as healing with the chanting of the Yoga Sutras of Patanjali and other mantras

Practice a variety of guided meditation practices to cultivate mental focus and self inquiry.

PART 2 - MOVING TOWARDS THE SEAT OF THE TEACHER



TECHNIQUES TRAINING & PRACTICE

Learning through observation – The ability to observe is an invaluable teaching skills, crucial to teaching well. Observing senior teachers as they sequence, instruct, adjust and hold space in real time group class setting.

Seeing the Individual - observing their fellow students and students in public classes they will learn to "see and read" bodies in poses. Recognizing and honoring the individual expression of poses is a key teaching skill.

Supporting the Individual - Using clear verbal instruction, props, and variations (regressions / progressions) aspiring teachers will learn to support and deepen a students understanding and execution of the practice in a mixed level class environment.

Deeping the Individual Experience - learning to give safe and appropriate verbal and hands on adjustments is a necessary learned skill for being an effective teacher.

Sequencing for transformation — Learn the art and science of effective and transformative Vinyasa Krama - create sequences that are appropriately challenging, empowering and transformational, weaving together asana, pranayama and philosophy for a well rounded, inclusive and life affirming practice

PART 1 - JOURNEY THROUGH THE KOSHAS

FUNCTIONAL ANATOMY

ANNAMAYA KOSHA - PHYSICAL BODY

Uncover the “language of anatomy” and weave it into your teaching vocabulary in a fun and interesting way.

Study the Human Movement System (Skeleton, Muscular & Nervous) and learn how to move safely and well in your practice

Explore asana for strength, balance, co-ordination and injury prevention

Understand how movement affects the cardiovascular and lymphatic systems and how this relates to better health

Explore the Digestive System as the system which builds all the tissues in the body and its role in building stronger immunity

PRANAMAYA KOSHA - LIFE FORCE / BREATH BODY

Cardiovascular and Respiratory System - Understand how posture affect breathing and how affects health

Understand how breathing affects the Nervous System responses in the body and how to use breathing exercises to better manage stress, improve mood, enhance our energy and improve digestion and immunity

Explore different pranayama methods

Discussion of the 5 prana vayus and how they support different functions in the body

MANOMAYA KOSHA -

Learn the structures & function of the spine to support the body and the mind.

Explore the Nervous System as a command and control system for moving, motor control & learning, stretching and proprioception

Understand the stress response and how to activate vagal tone and the parasympathetic NS for stress release and better health and wellbeing

Explore the relationship between the Nervous System and the Endocrine System in stress, sleep, recovery and mood

VINJANAMAYA KOSHA & ANANDAMAYA KOSHA

Explore mindfulness, reflection, and meditation for self knowledge, mental and emotional health and inner peace



PART 2 - JOURNEY THROUGH THE CHAKRAS



ENERGETIC ANATOMY

Learn to work with the chakras in your yoga practice.

Chakras, literally meaning “spinning wheel” in Sanskrit, are places where consciousness, energy, thoughts/feelings, and the physical body merge. Our consciousness (mind) gets projected through these wheels, and this largely determines how we experience reality from our emotional reactions, our desires or aversions, our level of confidence or fear, even the manifestation of physical symptoms.

As “organizing principles” Chakras help us bring order and integration into our lives through investigation and understanding of our physical, mental, emotional and spiritual areas of life.

We gain greater levels of understanding, insight and energy to support our physical and spiritual health and begin the journey from the self to the Self and in doing so reach our highest potential.

We will work with these 7 energy centers throughout the training through asana, pranayama, mantra, mudra and self reflection journaling and group discussion.

BEYOND POSES - YOGA FOR PERSONAL GROWTH



YOGA HISTORY, PHILOSOPHY, LIFESTYLE

Yoga in context:

Introduction to the History of Yoga, and how these teachings came to the West

Lineages and schools of yoga being practiced today

Discussion of the primary branches of the yoga "tree" – Raja, Hatha, Bhakti, Karma and Jnana Yoga and how they support the yogic spiritual practice (sadhana) and overview of key texts and teachings

Introduction to Raja Yoga (Meditation) and The Yoga Sutras of Patanjali and Ashtanga Yoga Meditation as a practice for self knowledge and self realization

Exploration of the 4 pada's and key sutras
Ashtanga Yoga - the 8 Limbs of yoga and how to incorporate these into one's personal life
How to share these teachings (Yamas and Niyamas) in a classroom environment

The Bhagavad Gita - exploration of the key teachings relating to karma, dharma, bhakti and moksha.

Introduction to Ayurveda the sister Science of Yoga - supporting your individual physical, mental & emotional constitution for vibrant health and wellbeing.

THE BUSINESS OF YOGA - the Yoga Professional



CREDENTIALS

YOGA INSTRUCTION & SALES
1992-1994
Yoga Technician

YOGA TRAINING

Yoga Teacher
Kutir Ashrama

PERSONAL TRAINER 2006
Personal Trainer Institute
Africa

PERSONAL TRAINER 2013
Personal Trainer Association Sports
(NASM - USA)

CORRECTIVE EXERCISE
INSTRUCTOR 2014
Personal Trainer Association Sports
(NASM - USA)

YOGA TRAINING 2015
Maha Yoga, Hawaii

YOGA TRAINING 2015
Maha Yoga, Hawaii

YOGA & WELLNESS
2021
Personal Trainer Institute - USA

YOGA NUTRITION
2022
Personal Trainer Institute - USA

karin-kuhn.com

KARIN KUHN

E-RYT 500 YOGA
TEACHER
PERSONAL TRAINER &
CORRECTIVE EXERCISE
SPECIALIST
NUTRITION & HEALTH
COACH

With a passion for helping my students and clients create a wellness lifestyle and rock solid foundation of vibrant health so they can get into the best shape of their lives, enjoy boundless energy, show up confident, creative and productive and live a wildly successful life.



karin@karin-kuhn.com

EXPERIENCE

BUSINESS OWNER -
2005 - CURRENT
• Events For Afrika - 2005
• Karin Kuhn Yoga - 2005
• MAHA Yoga & Wellness - 2018 - current

STUDIO OWNER:
• Balance Point Yoga, Maui
2005 - 2007

• MAHA Yoga, Maui Hawaii
2018-2021

YOGA SCHOOL DIRECTOR
MAHA Yoga, Maui Hawaii
2018-current

STUDIO MANAGER
• Studio Maui - 2010 - 2013

• Maui Yoga Shala - 2013

SKILLS

• Business Management
• Marketing
• Curriculum Content Creation
• Team Management
• Community Building
• Public Classes and on-site
• Lead Teacher 200hr Teacher
Trainings - Anatomy, Physiology,
Sequencing, Methodology,
Philosophy

CLIENT TESTIMONIALS

read client testimonials here

+1 808 870 7572

TEACHING METHODOLOGY

Professional Registration & Affiliations:

- Yoga Alliance Registration (Yoga Alliance)
- Logging teaching hours for credentialing
- Ongoing Education & CEU's - building on your training and experience

What it means to be an independent contractor

- Teaching insurance
- Invoicing and contracts
- Use of waivers

Ethics of Yoga - personal & professional integrity and scope of practice

Finding a Mentor / Mentorship Program

For support, guidance and ongoing training

Developing your online presence

- Being in alignment both in and outside of class
- Living and sharing the Yogic Lifestyle and values
- Website guidelines and tips
- Building an audience and email and SM marketing guidelines

Applying for a teaching position

- Identify what studios look for in a teacher
- Writing a resume

Preparing for an "interview class"



THE CONFIDENT & AUTHENTIC TEACHER



PRACTICUM & EXAMINATION

PRACTICUM TEACHING

teaching others is a highly effective way of helping you to retain all the information and experiences. Students will be required to teach 5 x 1hr "classes" to fellow students, and providing a written synopsis of their teaching experiences - sharing what they learnt, their insights from teaching others, identifying their strengths and where they are seeking more support. Self reflection is a key skill in teaching well. 1 of these "classes" will need to be recorded for assessment and feedback purposes prior to the final practicum exam.

CLOSED BOOK EXAMINATION

Students will be tested on their proficiency of the Sanskrit names of the poses, mudras, chakras and koshas. They will be required to display basic knowledge of the bones, joints, planes and directions of movement as pertain to asana and list all the key systems of the body. They will know the major muscle groups and what movements they create/limit at the joints

PRACTICUM TEACHING EXAM

Teaching to each other, senior teachers and invited members of the public and family, students will be assessed on sequencing, the use of variations and props, giving adjustments, communication and presentation skills. At the end of their practicum class there will be time for feedback and suggestions on how to further improve their teaching skills.

WHAT YOU WILL RECEIVE IN THIS TRAINING



WHAT WE OFFER:

- Small classes — a maximum of 15 - 20 students ensures as much personal guidance and mentorship as possible
- Highly experienced teachers who have devoted their lives to the study, practice and teaching of Yoga
- Small teaching faculty — too many teachers with varied styles and personal methodology can leave students overwhelmed with what may appear contradictory information and techniques. In this training a small faculty ensures alignment and consistency in the presentation of material
- A good balance between learning through doing, learning through watching and learning through teaching
- Clearly defined teaching method you can explore and draw from to support and cultivate your personal teaching style
- Well rounded and comprehensive curriculum that will help you teach with confidence
- Well planned curriculum that lays a solid foundation for ongoing 300hr study
- Ongoing mentorship opportunities

WHAT YOU WILL LEAVE WITH AFTER THIS TRAINING



PERSONALLY you will:

- have laid the foundation for a powerful personal practice
- have refined the fundamentals of the practice to allow for personal breakthroughs to the next level so you can lead students confidently and well
- go beyond asana to integrate the wisdom teachings of yoga for personal growth, healing and transformation
- come to know yourself better so you can make better lifestyle choices, engage intentionally in your relationships, navigate your busy life and daily stressors and remain healthy, vibrant and positive
- gain greater confidence in public speaking and leading groups

PROFESSIONALLY you will:

- enter into the exciting and expanding Health & Wellness Industry, helping to change people's lives for the better
- lay the foundation to become a successful full time yoga teacher
- receive an internationally recognized certification
- be able to register with Yoga Alliance as a RYT-200 teacher and gain access to many benefits such a ongoing education CEU's and industry offers and discounts
- become a leader in your community
- be able to sequence for mixed level classes
- know how to:
 - "break down" poses to teach them confidently and well
 - approach peak postures through intelligent sequencing
 - address common challenges that students face in every posture group
 - introduce pranayama, meditation and yoga philosophy in a group class setting

HOW IT ALL WORKS

PART 1 - ONLINE Mastering Foundations

PART 2 - IN PERSON INTENSIVE Preparing to Teach

THIS PART OF THE PROGRAM IS DESIGNED TO LAY A SOLID FOUNDATION IN

- MASTERY OF ASANA FOUNDATIONS ACROSS ALL FAMILY OF POSES - STANDING, BALANCES, CORE, INVERSIONS, ARM BALANCES AND SEATED POSES
- FUNCTIONAL ANATOMY AND BIOMECHANICS AS THEY RELATE TO INTELLIGENT SEQUENCING
- ENERGETIC ANATOMY (KOSHAS and THE CHAKRAS)
- YOGA BEYOND POSES - STUDY OF KEY TEACHINGS OF THE YOGA SUTRAS OF PATANJALI AND BHAGAVAD GITA as a roadmap to self knowledge, inner peace and living with purpose
- INTRODUCTION TO PRANAYAMA, MUDRA, MANTRA AND MEDITATION
- THE YOGA WELLNESS LIFESTYLE (AYURVEDIC PRINCIPLES & ROUTINES)

EACH WEEK YOU WILL RECEIVE 3 PRE-RECORDED ASANA CLASSES; VIDEO LECTURES ON ANATOMY, SEQUENCING, AYURVEDIC LIFESTYLE AND YOGIC PHILOSOPHY; HANDOUTS AND READING ASSIGNMENTS

AT THE OF THE WEEK YOU WILL NEED TO SUBMIT ALL HOMEWORK (JOURNALS, QUIZZES, VIDEO SUBMISSIONS, ESSAYS, READING COMMENTARY) TO YOUR PRIVATE STUDENT PORTAL.

WEEKLY GROUP "OFFICE HOURS" VIA ZOOM TO ANSWER QUESTIONS, SHARE INSIGHTS AND be in support and community with YOUR FELLOW STUDENTS. (RECORDINGS AVAILABLE)

2 WEEK IN PERSON INTENSIVE :
REQUIRED FOR TEACHER TRAINING CERTIFICATION
HELD EITHER:
ON MAUI, HAWAII OR
IN CAPE TOWN, SOUTH AFRICA

IN THESE FINAL 2 WEEKS YOU WIL:

- PRACTICE INTENSIVELY WITH YOUR FELLOW STUDENTS WORKING ON ADVANCED EXPRESSION OF FOUNDATIONAL POSES AND TRANSITIONS
 - OBSERVE AND TEACH OTHERS - TAKING THE SEAT OF TEACHER
 - REFINE YOUR SEQUENCING, VERBAL AND HANDS ON ADJUSTMENT SKILLS,
 - COMPLETE YOUR PRACTICUM EXAM
 - WRITE YOUR FINAL EXAM
- AND GRADUATE!!!

MEET YOUR TEACHER - Karin Kuhn

“Let the beauty of
what you love be
what you do” -
Rumi



My first yoga teachers were my grandmothers. One practiced Hatha Yoga, the other deeply fascinated with Ayurveda and living a conscious wellness lifestyle.

My entrepreneurial journey began in my early 20's running an Events Management company but when I found my way to a yoga mat in 2002 it was love at first down dog. I completed my first of many trainings, at the Ananda Kutir Ashrama in Cape Town in 2004, opened a small studio and have been teaching full time ever since.

It was in the Ashram, where all 3 of my teachers were in their 80's, living well, fit and happy, that laid the foundation for my belief that yoga, if learnt, and practiced correctly will offer benefits for the rest of your life.

After graduating I opened my first Yoga Studio and went on to deepen my training in functional anatomy and human movement at the Sport Science Institute of South Africa.

My move to the USA in 2007 afforded me the incredible opportunity to take additional Yoga Teacher Trainings and study with renowned teachers such as Maty Ezraty, Chuck Miller, Nicki Doane and Eddie Modestine.

I also certified with the National Association of Sports Medicine in **CORECTIVE EXERCISE** and later on as a **NUTRITION & HEALTH COACH**.

I have owned and managed studio's in Cape Town and on Maui, Hawaii. I have been blessed to teach thousands of students from around the world and to guide aspiring teachers on their journey of certification for over 10 years.

[READ MY STORY HERE](#)



MAHA YOGA

Mind-Body- Spirit Wellness for Life



**IN SANSKRIT, THE
LANGUAGE OF YOGA,
MAHA MEANS
"GREAT, MIGHTY,
STRONG"**

THIS SPEAKS TO THE POWERFUL
TRANSFORMATION THE PRACTICE BRINGS TO
OUR LIVES AND OUR COMMITMENT TO SEE
IT BEAR FRUIT.

MAHA YOGA IS MY SIGNATURE TEACHING
STYLE AND METHODOLOGY EVOLVED OVER
20 YEARS OF PERSONAL PRACTICE AND
TEACHING STUDENTS FROM ALL AROUND
THE WORLD.

MAHA YOGA IS A FUSION OF YOGA ASANA
AND THE WISDOM TEACHINGS OF YOGA TO
DEEPEN OUR UNDERSTANDING OF
OURSELVES, OTHERS AND THE WORLD
AROUNDS US - TRANSFORMING WHO WE ARE
AND HOW WE SHOW UP IN THE WORLD

My student's practice journey, their challenges,
and successes have molded my ever evolving
teaching methodology and passion for the
practice. We have both learnt to be better
students and teachers together.

I remain deeply curious about how best to
"learn" and apply the practice in a way that is
systematic, progressive and most importantly
sustainable, nourishing and healing at any age or
stage of life.

[LEARN MORE ABOUT MAHA YOGA HERE](#)

MY TEACHING STYLE & METHO- DOLOGY

YOGA DOESN'T JUST TRANSFORM THE WAY WE MOVE OUR BODIES, BUT HOW WE MOVE THROUGH LIFE

MY TEACHING STYLE:

Is inspired by the deeply disciplined and athletic system of Ashtanga yoga but moderated and made more adaptable through the intelligence of “alignment through props” as inspired through Iyengar yoga. It is also highly influenced by my training in Functional Anatomy and Human Movement.

You will not find weights, goats or beer in my classes. You will not “rock it out” to loud music, you will not tap your toes or sing along to the latest hits.

I offer a more traditional, systematic, progressive alignment based practice with the use of props, clear instructions and gentle adjustments to support and enhance your experience of the practice. You will be appropriately challenged but you will also receive the deeply nourishing wisdom teachings of yoga. You will chant and you will also be in silence. You will leave feeling uplifted, with a positive mindset and deep appreciation of the gift of life.



WHAT STUDENTS SAY

"She teaches with kindness and patience and has a knack for taking philosophical or esoteric knowledge and making it accessible." When I was offered the opportunity to attend Karin's 200 hr teacher training I jumped at the chance. I already knew her to be a teacher of rare intelligence and intuition, and was excited for a more comprehensive exploration into both my practice and the history/philosophy of yoga. Karin far surpassed any expectations I had!! Beautifully designed classes allowed me to understand not only "how", but "why?"—both in asana and in functional anatomy. The mastery and passion she instilled into every lesson was inspiring, motivating, and for me, life-changing. I am so, so happy to have had the chance to study under her and am grateful to have her as teacher, mentor, and friend. - Leah Honma

I decided to go through the YTT with Karin because of two main reasons, The first was wanting to take my practice deeper and learn about the human anatomy. The second reason was because I knew Karin was going to run it. Looking back this training gave me much more than I expected. The anatomy I hoped for was there, but it came alongside the practice and the philosophy of Yoga which I knew nothing about so it all made so much sense.

My mind was blown away countless times during this 6 months course. Karin, as always, over delivered and built a program that was so brilliantly placed starting with taking us back to basics and with so much patience and dedication built our strength and filled up our pool of knowledge without overwhelming us as we progressed through the training.

The funny thing is, I never intended to teach yoga when I joined the training but I am now confident I have the tools and passion to instruct a full well rounded correct Yoga class. - Ido Cohen

"You have made me fall in love with the practice of yoga more than I ever could have imagined and I have discovered yoga in a completely different light"

First off I want to say thank you. Thank you for the most amazing experience I have ever had in my 28 years of living. You brought me and my career goals back to life. I went into this program with some fear of the unknown. I was very hesitant and nervous going into it but fortunately I built up enough courage to just shoot for the stars and go after what I have always dreamt of. I can honestly and truly, from the bottom of my heart, say that I couldn't have asked for a better teacher and mentor. . You are an inspiration not only to me but everyone who attends your practices. - Karissa Allbery



MAHA YOGA

MIND - BODY - SPIRIT WELLNESS FOR LIVING YOUR BEST LIFE

"Good teaching cannot be reduced to technique but is rooted in the identity and integrity of the teacher. Good teaching takes myriad forms but good teachers share one trait: they are authentically present in the classroom, in community with their students and their subject. They possess "a capacity for connectedness" and are able to weave a complex web of connections between themselves, their subjects, and their students, helping their students weave a world for themselves. The connections made by good teachers are held not in their methods but in their hearts — the place where intellect, emotion, spirit, and will converge in the human self — supported by the community that emerges among us when we choose to live authentic lives." Extracted from "The Courage to Teach" by Parker J. Palmer

Hi, I'm Karin. Founder of Maha Yoga & Wellness



Yoga student first, passionate teacher second, Nutrition and Health Coach, I passionately share Yoga as a practice and lifestyle of profound transformation helping students show up as their healthiest, happiest and most empowered selves!

I guide and mentor aspiring teachers to deepen their understanding and application of the practice so they can take the seat of teacher confidently, authentically, and professionally, and build a thriving teaching career doing what they love while making a huge impact changing lives for the better along the way.

INTERESTED IN TAKING A TRAINING? [BOOK YOUR EXPLORATORY CALL HERE](#)



[DOWNLOAD YOUR FREE GUIDE: "How to Choose the Best Teacher Training for you"](#)

