



**House of Hot Yoga**  
**Vinyasa Teacher Training Curriculum**  
200-Hour Certification Program

## **Introduction**

- Welcome to the House of Hot Yoga's Vinyasa Teacher Training. This program is designed to deepen your personal practice, expand your knowledge of yoga philosophy and anatomy, and help you develop the confidence and skills to guide safe, inspiring, and compassionate classes in a heated environment.
- This curriculum provides a clear outline of the training journey, balancing technical study with practical teaching experience so you graduate ready to share yoga with integrity and authenticity.

## **1. Techniques, Training & Practice**

- Study foundational and intermediate asanas with emphasis on alignment and modifications for hot yoga.
- Explore breath-to-movement sequencing to create safe and creative vinyasa flows.
- Practice pranayama techniques (e.g., ujjayi, nadi shodhana, kapalabhati) and learn how to integrate them into heated classes.
- Develop familiarity with Sanskrit names, drishti (gaze), and the use of bandhas (energy locks).
- Learn a core set sequence to build teaching confidence, while also developing the skills to adapt, substitute, and introduce new postures so classes remain safe, accessible, and creative.

## **2. Teaching Methodology & Ethics**

- Learn effective cueing that is clear, concise, and inclusive.
- Practice class sequencing, pacing, and building energetic arcs.
- Gain experience with demonstration techniques and hands-on assists, including safety and consent.
- Understand professional boundaries, hot studio safety, and how to create a supportive yoga community.

## **3. Anatomy & Physiology**

- Focus on key musculoskeletal areas: spine, shoulders, hips, knees, and core.
- Explore injury prevention and safe movement patterns in heated environments.
- Study hydration, circulatory responses, and other heat-specific considerations.

## **4. Philosophy & History**

- Learn the Eight Limbs of Yoga and the yamas/niyamas as a foundation for yogic living.
- Study the history and evolution of vinyasa flow.

- Explore the roots and lineage of hot yoga traditions.

## **5. Teaching Lab & Practice**

- Sequence and lead full-length hot vinyasa classes.
- Receive and provide peer feedback on teaching style, pacing, and cueing.
- Practice adapting classes for different student needs with compassion and clarity.
- Gain confidence teaching in heated environments.

## **6. Business of Yoga**

- Explore pathways for teaching in studios, leading workshops, and running retreats.
- Learn the essentials of building a sustainable yoga career, including marketing, self-promotion, and financial planning.
- Understand professional standards for teaching in diverse settings.

## **7. Homework, Readings & Self-Study**

- Assigned readings and journaling to deepen understanding of yoga philosophy and teaching practice.
- Reflective writing to support personal growth as a teacher.
- Practice teaching assignments outside of scheduled training hours.

## **8. Final Assessment & Certification**

- Written and practical teaching evaluations to demonstrate knowledge and readiness.
- Requirement to lead a full 75-minute hot vinyasa class.
- Upon successful completion, graduates receive Yoga Alliance-approved 200-hour certification.