



RYS200 Teacher Training Core Syllabus 2024

| TECHNIQUES, TRAINING, PRACTICE | ANATOMY & PHYSIOLOGY | YOGA HUMANITIES | PROFESSIONAL ESSENTIALS |
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| 90 hours | 30 hours | 30 hours | 50 hours |
| Asana, Pranayama, Meditation | Anatomy, Physiology, Biomechanics | History, Philosophy, Ethics, Mantra | Teaching Methodology, CPD, Practicum |
| Introduction to the traditional kriyas of hatha yoga. | How the body is constructed from micro to macro. Cell/tissues/organs/systems. | The ethics of teaching yoga | Creating a yoga space for practice and teaching |
| 64 core asana covered in depth. How to enter, maintain and exit each pose. How to cue verbally, how to assist verbally and physically (with permission). Contraindications for each pose. Modifications for each pose for various illnesses, ailments and injuries. | Anatomy of bones and joints. | A history of yoga from Indus Valley seals to the modern day. | Teaching skills. How to manage nerves. How to use the voice skillfully. |
| How to practice and teach preparations for pranayama. Posture for pranayama and hand mudras. How to practice and teach Surya Bhedana, Chandra Bhedana, Ujjaya, Sitali, Sitkari, Brahmari, Nadi Shodana, with benefits and contraindications. | An overview of important muscles. Different types of muscle fibres and how they relate to yoga and other movement disciplines. | An overview of the gurus of yoga | The business of teaching yoga, how to manage a yoga business, including insurance, taxes, liability, advertising, social media and more. |
| Posture for meditation, and basic meditation practice | An overview of the brain and nervous system, and how the yoga effects the nervous system. The vagus nerve, the sympathetic and para-sympathetic nervous system. | Patanjali's Yoga Sutras | Class sequencing for various effects: restorative yoga, gentle or relaxing practice, strength, hip opening, shoulder opening, tension releasing, backbending, forward bending, balancing, etc. |
| How to teach Savasana, how to modify Savasana with props. How to verbally and physically adjust Savasana | The circulatory nervous systems and the internal organs | Patanjali's Astanga Yoga | The language of teaching yoga, how to verbally cue. |
| How to guide into Yoga Nidra with sample scripts. | Clinical trials which document the benefits of yoga practice | Prana and the subtle body | Why and how to physically adjust. Natural handles on the body. Permission. How to know when to not adjust. |
| Introduction to trauma informed yoga | Three planes of movement, movement terms. | Chakra systems | Basic Sanskrit, an awareness of the meaning of asana names and yogic terms |
| | Types of stretching: passive, active and dynamic stretching. PNF, reciprocal inhibition and the muscle spindle. | Sacred texts (The Vedas, the Upanishads, The Bhagavad Gita, The Hatha Yoga Pradipika) | Basics of how to care for pregnant students in a general class |
| | Types of muscular contraction: isometric, isotonic, concentric and eccentric. | Mantra and chanting | Basics of chair yoga and yoga for seniors |
| | | An introduction to Ayurveda | Mentoring, assisting in group public classes. |