



RYS 200 CORE CURRICULUM

TECHNIQUES, TRAINING, PRACTICE



Asana

- Historical context
- Poses specific to RYS's lineage—must include sukhasana and savasana
- Complete sequencing (asana, pranayama, meditation) to achieve particular effect safely
- Shared anatomical and alignment principles plus contraindications

Pranayama & Subtle Body

- Historical context
- Effects of pranayama on anatomy and subtle body
- Complete sequencing of pranayama safely, including alternatives and adaptations
- Ujjayi, Nadi Shodhana, Kapalabhati, among others
- Koshas, kleshas, chakras, nadis and prana vayus

Meditation

- Key meditation terms
- Meditation methods by lineage
- Ability to practice school's chosen meditation practice
- Chanting, mantras, and mudras

ANATOMY & PHYSIOLOGY



Anatomy

- Skeletal system, incl.:
- Major bones
 - Types of joints
 - Major muscles involved in asana
 - Types of muscle contraction

Physiology

- Nervous system, incl. 'fight, flight, freeze' stress response, vagal theory, overall mind-body connection
- Cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice
- Respiratory system, incl. muscles that affect breathing, involuntary vs voluntary breath, how air enters and leaves body

Biomechanics

- Types of joint movements
- Joint stabilization
- Safe movement as it pertains to balancing, stretching, awareness, and physical limitations
- Contraindications, misalignments, adaptations

YOGA HUMANITIES



History

- Term 'yoga'
- School's lineage, style, and methodology
- Dates and key ideas such as the Vedas, Vedanta, Hatha, Colonial, Modern

Philosophy

- Definition of yoga and key terms
- Relationship between asana, pranayama, meditation per school's approach
- Familiarity w/ major yogic texts (i.e., Yoga Sutras, Bhagavad Gita, Upanishads, Hatha Yoga Pradipika)
- Self-reflection on how philosophy relates to practice

Ethics

- Awareness of Yoga Sutras or similar yogic ethical precepts
- Relationship to Yoga Alliance Ethical Commitment including Scope of Practice, Code of Conduct, and Equity Position Statement
- Comprehension of and responsibility to increase equity in yoga
- Accountability measures
- Self-reflection on how yoga ethics relate to practice and teaching

PROFESSIONAL ESSENTIALS



Teaching Methodology

- Sequencing
- Pace
- Environment
- Cueing (verbal, visual, physical)
- Class management

Professional Development

- Yoga-related professional organizations, including the Yoga Alliance credentialing process
- Ethical Commitment, including Scope of Practice, Code of Conduct and Equity Position Statement
- Lifetime of learning and continuing education
- General professionalism, including timeliness, consistency, cleanliness
- Marketing and promotion
- Liability insurance, waivers, invoicing

Practicum (Practice Teaching)

- Knowledge, skills, experience across 12 key competencies
- Mentorship component, incl. apprenticeship, feedback

Plus Elective Hours (maximum of 15 classroom hours)
Elective hours must fall under the above Core Curriculum categories

To see a list of acceptable elective hour topics, view our **Elective Hours Facts Sheet**