



200 RYT Yoga Teacher Training Syllabus

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Module One- “What is Yoga & What Defines the Ethics of Yoga?”

Yoga Philosophy/Lifestyle Ethics

This section uses lecture and discussion of class materials to cover the definition of yoga and its eight limbs. We will delve into the yamas and niyamas and discuss how we can incorporate them into our lives, our practice, and our future teachings. We will also discuss the main styles of yoga that predominate today and key teachers in each. Our conversations will include socratic seminars discussing the true meaning of each yama and niyama and how to embody yoga ethics as teachers. It is required for students to read books on, complete exercises for, and actively pursue their own self-development in order to facilitate absorption of true yoga teachings. Students will also be led through 5+ yoga practices demonstrating different styles of yoga: Yin/Restorative, Ashtanga, Vinyasa, Hatha, and Kundalini.

Objectives

- Demonstrate a solidified knowledge of the meaning of the 8 limbs of yoga
- Memorize and have a personal understanding of the yamas and niyamas
- Develop a plan to incorporate all limbs and yamas and niyamas into your life
- Cultivate an understanding of the major styles of yoga and their lineages

Module Two- “Yoga History & Philosophy”

Yoga Philosophy/Lifestyle Ethics

This section covers the development of yoga and its history from inception to present day. Students will read Patanjali's Yoga Sutras as well as the Bhagavad Gita and will discuss in class. We will also talk about the morphing of yoga from East to West. Socratic seminars and meditations will be led on several of the more important Sutras and use of the yoga practice will be implemented to better live and understand the teachings of Patanjali.

Objectives

- Memorize and know the key dates surrounding yoga
- Understand what led to the development of yoga and what other philosophies and traditions made a contribution
- Trace a chronology of yoga and be able to discuss the differences between traditional yoga of the East and modern yoga in the West. Have a historical knowledge of Patanjali and be able to read and critically analyze the sutras in the context of their creation.

Module Three- “Asana”

Techniques, Training, and Practice

Substantial hours will be spent practicing asana but all major asanas will also be discussed and taught. We will go over standing, seated, supine, and prone positions and those in between. The benefits of each asana will be discussed as well as the definition and place of asana in a well-rounded yoga practice. Differences in asana between major styles of yoga will be discussed and practiced as well. This section will also go over the english and sanskrit names of each asana.

Objectives

- Ability to self-instruct and know the english and sanskrit names for each asana.
- Cultivate a regular asana practice as well as a sensory understanding of what each asana does for your personal body and mind.

Module Four- “Meditation”

Techniques, Training, and Practice

Students will discuss and practice various meditation techniques such as: Yoga Nidra, chakra balancing meditation, visualization, mantra meditation, music/sound meditation, loving kindness/metta meditation, Tonglen meditation, japa meditation, and moving meditation. Meditation will be defined multidimensionally and lectured on and students will practice leading meditation. Students will also read and discuss texts written on meditation and explore the science of meditation.

Objectives

- Be able to successfully guide several different styles of meditation to various levels of meditation practitioners.
- Identify potential roadblocks for meditation students.
- Understand the role meditation plays in a balanced yoga practice.

Module Five- “Pranayama, Mantra, & Chanting”

Techniques, Training, and Practice

The majority of this section will be on Pranayama, or breath work. The role of pranayama in a balanced yoga practice will be discussed and students will practice lion's breath, ujjayi, three part breath, kapalabhati, and alternate nostril breathing along with others. Students will experience, learn, and practice instructing each breath paired with asana or kriya. Major mantras and chants will be translated and taught and students will pick their personal mantra for regular use. Students will experience a mini kirtan as well.

Objectives

- Be able to instruct pranayama on its own as well as incorporating it in an asana practice.
- Identify a useful personal mantra and use it to practice.
- Be able to accessibly lead mantra and chant.

Module Six- “Anatomy & Physiology”

Students will learn proper static and dynamic alignment and modifications in asana and pranayama for their own bodies. Students are required to read about and know from lecture all the major muscle groups and bones in the body as well as the workings of each bodily system in how it relates to yoga- specifically the nervous and endocrine systems. Students will practice identifying muscles, tissues, modifications and misalignments with classmates and on themselves using props, videos, and mirrors. This section will also discuss contraindications and common variations/expressions for each major asana and pranayama- especially in regards to those who have pain, major injuries, surgeries, or conditions, or who are pregnant

or those in the post-natal period. Finally, students will explore the chakra system, bandhas, and koshas to become familiar with their own energy anatomy and integrate it with their understanding of kinesiology and movement.

Objectives

- Know all the major muscle groups and bones of the body and be able to identify them.
- Know how to provide variations for any position to achieve similar results
- Be able to quickly and accurately identify a misalignment that could lead to injury and correct it.
- Understand the role of props in the yoga classroom.
- Learn how to provide safe and diplomatic assists to students.
- Develop a somatic and intellectual understanding of energy anatomy and explain it to each learning style as well as teach towards it.
- Use energy anatomy to teach body awareness and healthy movement patterns that constitute a sustainable practice.

Module Seven- “Teaching Methodologies”

We will discuss and learn the major ways in which people learn and students will learn to cue to visual, auditory, and kinesthetic learners as well as to each dosha. Students will practice teaching to each type. Effective sequencing will be discussed in terms of general rules of thumb and how to teach towards a peak pose, specific purpose, or theme. Students will practice putting together yoga sequences and will later practice teaching them to a large yoga class. Students will use constructive criticism to help each other become more effective teachers. Students will learn and practice how to use their throat chakras and individual voices to work towards their purpose and to give safe assists. A fair amount of time will be spent on expanding vocabulary and using effective imagery.

Objectives

- Be able to use several different words and images to convey a similar meaning, to effectively teach all learning styles simultaneously
- Be able to identify what types of learners are in the room
- Develop unique and effective sequencing
- Feel comfortable teaching large and small groups of people

Module Eight- “Finding Your Style/Yoga Business”

Students will craft the beginnings of a business plan potential and learn how to use social media and other forms of marketing to bolster their teachings. They will learn to properly identify their markets and reduce liability and embed yoga ethics and

accessibility into their business and add value to their teachings. Finally, trainees will get in touch with who they are passionate about teaching, what workload they can handle, find what sets them apart from others, and set out to achieve their goals with a plan in mind. We will also go over common pitfalls for new teachers.

Objectives

- Identify the qualities which make you a unique teacher
- Have an in-depth knowledge of how to use social media and other marketing materials to work for you
- Know how to add value to your yoga teaching and create a sustainable business.

*****Over the course of the training, we will also touch on subjects such as: thai yoga massage, massage, myofascial release, ayurveda (the sister science to yoga), aerial yoga, acro yoga, yoga for mental health, and how to teach chair pre/post natal and children's yoga.*****