**CORE CURRICULUM**

Current RYS 200 vs New RYS 200

### Hours-Based by Educational Category vs Hours + Competencies-Based Model

#### Current RYS 200

- **TECHNIQUES, TRAINING, PRACTICE**
  - Minimum contact: 75 hours
  - Total: 100 hours

- **ANATOMY & PHYSIOLOGY**
  - Minimum contact: 30 hours
  - Total: 50 total
  - 10 contact
  - 20 total

- **YOGA HUMANITIES**
  - Formerly Yoga Philosophy, Lifestyle, & Ethics
  - Minimum contact: 30 hours
  - Total: 50 total
  - 20 contact
  - 30 total

- **PROFESSIONAL ESSENTIALS**
  - Includes merged Educational Categories of Teaching Methodology and Practicum (Practice Teaching)
  - Minimum contact: 20 hours
  - Total: 50 total
  - 20 contact
  - 50 total

- **ELECTIVE HOURS**
  - To support any of the other 12 competencies
  - Minimum contact: 15 hours

**COMPETENCIES**

- Asana
- Pranayama & Subtle Body
- Meditation

- Anatomy
- Physiology
- Biomechanics

- History
- Philosophy
- Ethics

- Teaching Methodology
- Professional Development
- Practicum (min. 10 hours)

#### New RYS 200

- **TECHNIQUES, TRAINING, PRACTICE**
  - Minimum contact: 75 minimum classroom
  - Total: 100 total

- **ANATOMY & PHYSIOLOGY**
  - Minimum contact: 30 minimum classroom
  - Total: 50 total
  - 10 contact
  - 20 total

- **YOGA HUMANITIES**
  - Formerly Yoga Philosophy, Lifestyle, & Ethics
  - Minimum contact: 30 minimum classroom
  - Total: 50 total
  - 20 contact
  - 30 total

- **PROFESSIONAL ESSENTIALS**
  - Includes merged Educational Categories of Teaching Methodology and Practicum (Practice Teaching)
  - Minimum contact: 20 contact
  - Total: 50 total
  - 50 minimum classroom

- **ELECTIVE HOURS**
  - To support any of the other 12 competencies
  - Minimum contact: 15 minimum classroom

- **TOTAL**
  - 200 minimum classroom hours

**Elective (contact) and 20 Flexible hours (contact or non-contact)**

### Key

- **Current RYS 200 standards**
- **New RYS 200 standards**

Core Curriculum classroom hours may not include: excursions, meals, breaks, volunteer work (seva), public classes, personal or private practice, reading assignments, and/or homework.