**RYS 200 CORE CURRICULUM**

**TECHNIQUES, TRAINING, PRACTICE**
- 75hrs
- 20 of which can be online

- **Asana**
  - Historical context
  - Poses specific to RYS’s lineage—must include sukhhasana 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**
  - 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

**ANATOMY & PHYSIOLOGY**
- 30hrs
- 20 of which can be online

- **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

**YOGA HUMANITIES**
- 30hrs
- 20 of which can be online

- **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

**PROFESSIONAL ESSENTIALS**
- 50hrs

- **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