

Yoga Teacher Training Outline

Techniques, Training and Practice: 100 Hours

Minimum Contact Hours: 75 hours

Minimum Contact Hours w/ Lead Trainer(s): 50 hours

1. Vinyasa Asanas
2. Other yoga Styles
 - a) Ashtanga
 - b) Yin
 - c) Yoga Nidra/Meditation

Topics in this category could include, but are not limited to: asanas, pranayamas, kriyas, chanting, mantra, meditation and other traditional yoga techniques. These hours must be a mix between: 1) analytical training in how to teach and practice the techniques, and 2) guided practice of the techniques themselves. Both areas must receive substantial emphasis.

Teaching Methodology: 25 Hours

Minimum Contact Hours: 15 hours*

Minimum Contact Hours w/ Lead Trainer(s): 10 hours

Topics in this category could include, but are not limited to:

Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries.

How to address the specific needs of individuals and special populations, to the degree possible in a group setting.

Principles of demonstration, observation, assisting and correcting.

Teaching styles.

Qualities of a teacher.

The student learning process.

Business aspects of teaching yoga (1 hr).

Anatomy and Physiology: 20 Hours*

Minimum Contact Hours: 10 hours

Minimum Contact Hours w/ Lead Trainer(s): 0 hours

1. Anatomy Lecture (4 hrs)
 - a) Basic anatomy
 - b) Functional Anatomy- use of Visible Body to see how the body moves
 - c) Standing Alignment/ Postural Analysis

2. Common Body Misalignments (2 hrs)
 - a) Feet: Supination, pronation
 - b) Lower Limbs: Knee hyperextension, knocked knees, bow legs, femur rotation, patella tracking
 - c) Spinal/ Pelvic: Scoliosis, anterior/posterior tilt, lordosis/ kyphosis, pelvic hike
 - d) Upper Body: hyperextension of the ribs, winging scapula, elevated scapula, hyperextended elbows
3. Body Alignment Observations: Identifying misalignments in yoga (3 hrs)
 - a) Observe other trainees standing, kneeling, and within static poses
 - b) Observe during a class setting clients movement patterns (one student teaches a 5 minute sequence- one student performs the sequence- others observe movement pattern), Discuss
4. Osteoporosis and Disc issues: Contraindications and modifications (1 hr)
5. Pre-Natal/ Post Natal Yoga (2-3 hrs)
Bring in an outside instructor to lecture (1-1.5 hours) then teach a class (45mins- 1hr.)
6. Take an Iyengar Class (outside studio) with a group discussion to follow as to how that style address alignment and anatomical cuing. (3 hrs)
7. Homework- anatomical worksheet identifying bones, muscles, movement patterns and corrections/ modifications/ cuing for common misalignments (3 hrs)
8. Chakras- Energetic anatomy (1 hr)

*** This section would couple with Teaching Methodology Hours*** (5 hrs)

1. Use of props to promote optimal alignment within asanas
2. Cuing to a group class to prevent/ correct observed misalignments
3. Practice teaching focusing on props and cuing, modifications

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers: 30 hours

Minimum Contact Hours: 20 hours*

Minimum Contact Hours w/ Lead Trainer(s): 0 hours

1. Philosophy
2. Lifestyle
3. Ethics (must be at least 2 hours)
 - a. Hands on Assists/ Adjustments
 - b. Student relationships
 - c. Community relationships

Topics in this category could include, but are not limited to:

The study of yoga philosophies and traditional texts (such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita)

Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma

Practicum: 10 Hours

Minimum Contact Hours: 5 hours*

Minimum Contact Hours w/ Lead Trainer(s): 5 hours

Topics in this category include:

Practice teaching as the lead instructor (does not include assisting, observing or giving feedback).*

Receiving and giving feedback.

Observing others teaching.**

Assisting students while someone else is teaching.

*Special Requirement: Each trainee must spend a minimum of 5 Contact Hours actively practice teaching as the lead instructor. Time spent assisting, observing others teaching, or giving feedback to others is excluded from these hours.

**Evaluation or observation of yoga classes outside of the RYS Teacher Training constitutes Non-Contact Hours.

Remaining Contact Hours and Elective Hours:

The Standards detailed above ensure that all trainees of a RYS 200 receive training and instruction in five Educational Categories for at least 180 hours with 125 hours of those being Contact Hours. Any remaining required curriculum contact and Non-Contact Hours (totaling 200 hours in all) are to be distributed among the five Educational Categories, but the hours may be allocated at the discretion of each RYS based on their training's focus.