



## RYT 200 Hour Hatha Yoga Syllabus

### Vinyasa Yoga (Asana)

#### Description

Students will learn: Asana poses and sequences. Breath with movement. Mindfulness. Proper alignment cues and transition cues. How to modify for different body types. The use of props and the importance of props for varying bodies. How to structure a Vinyasa yoga class, according to the standards set by Peaceful Living School of Yoga. #1 Beginning Sequence: meditation, mantra, pranayama, and warm up asana. #2 Middle Sequence: Sun Salutations A, B, B+, #3. End Sequence: cool down asana and savasana. How to create Vinyasa class plans.

#### Learning Objective

Students will understand: The importance of mindfulness in an asana practice. The benefits of breath with movement. The 3 parts of a Vinyasa yoga class according to the standards set by Peaceful Living School of Yoga. Students will demonstrate: Proper alignment of asana poses and sequences in their own body. Breath with movement. When to use props for their own body. Students will verbalize: Appropriate alignment cues, transition cues and cues for modifications and adjustments. Non Contact Hours: Students will be required to attend a minimum of 4 60+ minute Vinyasa yoga classes each month (with the exception of the Yin month), teacher to initial and date card, student to journal about experience and turn in a monthly report. Students will be assigned a practice teaching assignment and are expected to practice and be prepared to teach the following month. Students to observe 2 Vinyasa yoga classes and fill out an Observation Handout.

### Vinyasa Anatomy

#### Description

Students will learn: The mechanics of the body in vinyasa yoga poses. Major muscles, bones, and joints and how they move and function in each pose. What muscles are being activated in

each pose. Proper alignment for their own body and other students varying bodies. The body's limitations, including compression, tension, proportion and orientation.

### **Learning Objective**

Students will understand: Basic principles of the mechanics of the body in yoga poses. Major muscles, bones, and joints and how they move and function in each pose. What muscles are being activated in each pose. Proper alignment for their own body and other students varying bodies. The body's limitations, including compression, tension, proportion and orientation. Students will demonstrate: Proper alignment for their own body. Students will verbalize: How to safely guide others through asana poses, teaching to varying bodies. Non contact hours: Students will have homework after each anatomy class. They will have reading assignments and handouts to complete. Handouts will be “special cases” where students get a body with a specific limitation, and have to offer proper modifications for that person.

## **Vinyasa Teaching Tools**

### **Description**

Students will learn: Qualities of a good yoga teacher. How to find their own teaching style and voice. How to hold space for their students. Know your environment. Delivery. Effective communication, and appropriate volume for your voice. Time management. The importance of seeing your students. How to give gentle and safe adjustments. How to weave in a spiritual/philosophical theme into a Vinyasa class. Sanskrit pronunciation.

### **Learning Objective**

Students will understand: Qualities of a good yoga teacher and how to teach an inspirational class. How to find their own teaching style and voice. What it means to hold space for their students. The importance of time management when preparing for and teaching a class. Students will verbalize: Proper alignment cues for adjustments. The benefits of common yoga poses. Proper pronunciation of the Sanskrit names for each pose. Students will demonstrate: How to weave an inspirational/philosophical theme into their class. Non contact hours: Students will have homework after each Vinyasa Teaching Tools class. They will have reading assignments and handouts to complete.

## **Vinyasa Practicum**

### **Description**

Students will experience: Hands on Vinyasa Yoga class sequencing. Practice teaching as the lead teacher throughout the training. Write a final 60 minute Vinyasa Yoga class plan that they will teach as their final practicum.

### **Learning Objective**

Students will demonstrate: Leading a class in meditation, mantra, and pranayama. Leading a class through all 3 parts of a yoga Vinyasa Yoga class: beginning sequence, middle sequence, and end sequence. How to create a Vinyasa Yoga class sequence. Teach a 60 minute vinyasa Yoga class, which includes all components; as taught by Peaceful Living School of Yoga.

**\*\*Students will rotate teaching in front of the entire class as well as in small groups to ensure a minimum of 5 hours of teaching per students. Non contact hours: Students will be expected to skype or meet with assigned group for a minimum of 4 hours to prepare for their final practicum.**

## Yin Yoga (Asana)

### Description

Students will learn: The basic tenets of Yin Yoga (practice with relax muscles, long holds, etc). The 7 archetypal poses and the related target areas. How to teach variations. The use of props. Making adjustments.

### Learning Objective

Students will understand: The basic tenets of a Yin Yoga practice. The importance of relaxing muscles in long holds. The 7 archetypal poses and the related target areas is the key to teaching variations, using props, and making adjustments. Students will demonstrate: Variations of the 7 archetypal poses and the use of props in their own body. Non contact hours: Students will be required to attend a minimum of 4 60+ minute Yin yoga classes, teacher to initial and date card, student to journal about experience and turn in a report for the month. Students to observe 1 Yin yoga classes and fill out an Observation Handout.

## Yin Philosophy

### Description

Students will learn: The theory of Yin vs Yang. Aesthetic vs Functional yoga practice. The theory of exercise.

### Learning Objective

Students will understand: The theory of Yin vs Yang. Aesthetic vs Functional yoga practice. The theory of exercise.

## Yin Anatomy

### Description

Students will learn: Anatomy teachings from Paul Grilley's Yin Yoga book. The characteristics of connective tissue vs muscle tissue. The modern meridian theory. Skeletal variations, proportions, and joint variations.

### **Learning Objective**

Students will understand: Basic principles of the the mechanics of the body in yin yoga poses. The difference between connective tissue vs muscle tissue, and modern meridian theory.

## **Yin Teaching Tools**

### **Description**

Students will learn: Qualities of a good yoga teacher. How to find their own teaching style and voice. How to hold space for their students. Know your environment. Delivery. Effective communication, and appropriate volume for your voice. Time management. The importance of seeing your students. How to sequence a Yin Yoga class or practice. How to offer variations. How to weave in a spiritual/philosophical theme into a Yin yoga class.

### **Learning Objective**

Students will understand: Qualities of a good yoga teacher. How to find their own teaching style and voice. What it means to hold space for their students. The importance of time management when preparing for and teaching a class. Students will verbalize: How to teach each Yin yoga pose. Alignment cues for adjustments. The benefits of the 7 archetypal poses. Multiple variations for the 7 archetypal poses.

## **Yin Yoga Practicum**

### **Description**

Students will experience: Hands on Yin Yoga class sequencing and practice teaching as the lead teacher.

### **Learning Objective**

Students will demonstrate: How to create a class sequence and teach a Yin Yoga class. Together with the teacher, they will create a 2 hour Yin Yoga class sequence. Each student will be assigned a pose or target area to assist the teacher in teaching a 2 hour Yin Yoga class, open to the public.

## **Mantra, Pranayama, Meditation**

### **Description**

Students will be learn: How to meditate. The benefits of meditation, including Yoga Nidra. The importance of establishing a personal practice, and how meditation can affect your life. Hindu mantras and their benefits. A brief overview of Sanskrit and the vibrations that are held in each syllable. What is Pranayama? How to do each of pranayama practice. The benefits of each pranayama practices. Students will experience: Meditation, mantra, and pranayama in their own body, so that they will be able to teach from knowledge as well as experience.

### **Learning Objective**

Students will understand: The benefits of mantra, meditation and pranayama, including the energetic experience in their own body. Students will demonstrate and verbalize: proper mantra, meditation and pranayama practices. Verbalize appropriate instructions for leading a class through mantra's, pranayama, and meditation.

## **Arm Balances & Inversions**

### **Description**

Students will learn: The foundations of a successful arm balance and inversion practice. We will break down a series of common arm balances along with shoulder stand, handstand and supported headstand variations and include detailed alignment cues. Step-by-step instructions and modifications will be taught to find suitable and safe posture for all different body types.

### **Learning Objective**

Students will demonstrate: proper alignment in arm balances and inversions or proper modifications for your body. Students will verbalize: appropriate cues for modifications and alignment adjustments. Students will understand: safety when teaching and practicing arm balances and inversions.

## **Prenatal Yoga**

### **Description**

Students will learn: What yoga poses should be avoided, or modified based on which trimester they are in. What breathing techniques are best for pregnant women. Students will experience: A prenatal vinyasa yoga practice, so that they can experience the adjustments and modifications necessary for pregnant women.

### **Learning Objective**

Students will demonstrate and verbalize: Safe teaching practices for pregnant women based on the trimester they are in. Alignment cues, adjustments, modifications of poses, and the use of props.

## **Trauma Yoga**

### **Description**

Students will learn: How to utilize trauma informed yoga practices in every class they will ever teach. Because we have all been touched in some way by trauma, whether first hand or through

a friend or family member. Students will be encouraged to look deep within themselves for the need for healing before they can begin to try and impact others that are suffering.

### **Learning Objective**

Students will understand: Their own need for healing. The relationship between their healing and the healing of others. Tools to support those with trauma in their class through a better understanding of triggering asana, pranayama, and meditation. How to identify potential triggered students in their classes. Tools to support those that need extra support in class and methods of handling situations as they arise.

## **Chakras**

### **Description**

Students will learn: What is a Chakra? Names of the 7 main Chakras. Location in the body and the effects they have on particular aspects of the human system. Bij Mantra. Life Lessons of Each. Mental/Emotional connection. Physical dysfunctions they can cause/represent. Color. Connection to Prana. Connection to Elements. Taste. Qualities brought when balanced. Qualities brought when imbalanced.

### **Learning Objective**

Students will have an understanding of: Yoga's relationship to these energy wheels. Asanas related to support/balance each chakra. Primary fears/Primary strengths of each chakra. The particular qualities of each chakra, and how it's color, location, sound etc. relates to yoga.

## **Ayurveda**

### **Description**

Students will learn: An overview Ayurveda. The history of Ayurveda. The four Paths of Ayurvedic life. The Philosophy of Ayurveda. Prakriti and Vikriti. The 3 Constitutions of Ayurveda - The 3 Doshas: Vata, Pitta, Kapha. Food and its relationship to the elements and the doshas. The 6 Tastes. The 7 Dhatus. The Three Gunas. Their relationship to the elements, doshas, food, and our mind. Non Contact Hours: Students will be required to read the required Ayurveda text.

### **Learning Objective**

Students will have an understanding of: The translation of Ayurveda and the history of its philosophy and science. The four paths of Ayurvedic life choices. The 3 constitutions of Ayurveda. What the three doshas are, how food, environment, and lifestyle affect those doshas. Prakriti and Vikriti's affects/reasoning. The Gunas in daily life. What the 6 tastes are and how we can use them to help understand our food and our bodies better. The 7 Dhatus and how they nourish the body. Non Contact Hours: Students will be required to read the required Ayurveda text.

## History of Yoga

### Description

Students will learn: What is Yoga? Students will learn about the meaning of Yoga, it's philosophy, and history in India. They will learn about the Origins of Yoga, the 5 Causes of Suffering, and the Four Paths of Yoga.

### Learning Objective

Students will have an understanding of: The meaning of the practices of Yoga, the history of it's philosophy, relation to Hinduism, and spirituality, how it became and what it is today. Students will also understand the Reasons Yoga was Practiced then, and why we should practice now. What the Five Causes of Suffering are according to Vedanta. What the Four Types of Yoga are and how they can be/and are practiced today.

## Patanjali Yoga Sutras

### Description

Students will learn: Who was Patanjali? What is a Sutra? History of Maharishi Patanjali. The breakdown and understanding of the text layout and how to use it. Why are these texts important for our Practice and Teaching of Yoga? A selection of the Sutras, their translation, and their relationship to yoga, teaching yoga, and practicing yoga from each chapter.

### Learning Objective

Students will have an understanding of: How to use the philosophy of these Sutras as guides for their daily life. A few sutras that relate to them as new teachers, as practitioners of yoga, and as students of the philosophy. Translation of Sanskrit terms useful for their own individual growth as well as to support their students in their growth in their practices. Non Contact Hours: Students will be required to read the required Yoga Sutra text.

## Patanjali's 8 Limbs of Yoga

### Description

Students will learn: The Eight Spiritual Practices that are the bases of Yoga according to Patanjali, Yama - The Ethical, Moral, and Social Restraints, Niyama - Personal Virtues, and Practices to Create Inner Integrity, Asana - Postures/Poses, Pranayama - Breath Control, the Practice of Harnessing the Breath, Breath Regulation, Pratyahara - The Withdrawal of the Senses, Dharana - Concentration, Dhyana - Meditation, Samadhi - Enlightenment, Union, Oneness.

### **Learning Objective**

Students will have an understanding of: The depth of our Yoga practice beyond Asana. More paths/ways/practices of the philosophy of Yoga and its teachings. Each Limb of Ashtanga Yoga. As well as a Sutra and reason for the particular practice or path. How these were used to move one closer toward the path of liberation/enlightenment. The union of the limbs = Ashtanga Yoga. Non Contact Hours: Students will be required to read the required 8 Limbs of Yoga text.

## **Bhagavad Gita**

### **Description**

Students will learn: It's history and use in yogic philosophy. The Translation of the name of this book and it's meaning. An understanding of the story of Rama and Arjuna and it's deeper relationship and meaning to everyone on their journey to follow their Dharma, Yoga, and moving toward Liberation. When it was first translation from Sanskrit to English, and by whom. That it is a teaching of Lord Krishna.

### **Learning Objective**

Students will have an understanding of: That it is a portion of teachings from the Mahabharata. The lessons learned by Arjuna in this epic battle. The meaning and importance of following our dharma in this world. Difference of following our greed and desires vs. our "important" role in this world. Non Contact Hours: Students will be required to read the required Bhagavad Gita text.

## **Yoga Ethics & Living Your Yoga**

### **Description**

Students will learn: What the ethics of a 'Yogi' are, what ethics we can begin to build into our lives as teachers of yoga, the daily Sadhanas one can take to pursue a living yogic experience, what practices we can bring into our daily life to live in alignment with our teaching.

### **Learning Objective**

Students will have an understanding of: What ethics mean, according to yogic philosophy, ethics to ponder as new teachers of yoga, the meaning of Sadhana and the ways we can build sadhana into our lives for a more yogic experience of life, particular practices that align us with the teachings of yoga.