



# NEW RYS CORE CURRICULUM

## TECHNIQUES, TRAINING, PRACTICE



### Asana

- Historical context
- Poses specific to RYS's lineage—must include sukhasana and savasana
- Complete sequencing (asana, pranayama, meditation) to achieve particular effect safely
- Shared anatomical and, alignment principles and 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

### Meditation

- Knowledge of key terms such as pratyahara, dharana, dhyana, and samadhi
- Any additional meditation methods by lineage
- Ability to practice school's chosen meditation practice
- Chanting, mantras, and mudras

## ANATOMY & PHYSIOLOGY



### 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, trauma
- Contraindications, misalignments, adaptations

## YOGA HUMANITIES



### 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 Scope of Practice and Code of Conduct
- Comprehension of and responsibility to increase equity in yoga
- Accountability measures
- Self-reflection on how yoga ethics relate to practice and teaching

## PROFESSIONAL ESSENTIALS



### Teaching Methodology

- Sequencing
- Pace
- Environment
- Cueing (verbal, visual, physical)
- Class management

### Professional Development

- Yoga-related professional organizations, including Yoga Alliance
- Credentialing process
- Scope of Practice and Code of Conduct
- 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 13 key competencies
- Mentorship component, incl. apprenticeship, feedback

**Plus Elective Hours** (maximum of 15 classroom hours)  
elective hours must fall under the above educational categories