

# 200 Hour Curriculum Course Requirements

## YOGA ASANA TECHNIQUES – 100 hours

At the completion of this course, the student will competently:

### DEMONSTRATE:

- Standing
- Seated
- Balance
- Prone
- Supine and Twists
- Inverted Poses
- Backbends
- Recite the Sanskrit name of postures learned
- Sequence postures for a 60-minute beginners class
- Develop a daily personal sadhana practice
- Demonstrate pranayama. Breathing exercises
- Demonstrate mudra hand positions
- Describe three kriyas used in yoga for cleansing the body
- Use descriptive language appropriate for the yoga class
- Utilize appropriate music for yoga class
- Write a creative visualization script

## STUDENT PRACTICUM – 10 HOURS

Ten (10) hours of documented practice teaching

## YOGA HOMEWORK

- Homework assignments may be assigned by faculty
- Yoga philosophy and states of mind
- Body awareness and the Koshas
- Anatomy and Physiology
- Chakras and the subtle energy system
- Sutra

## YOGA ANATOMY AND PHYSIOLOGY – 30 HOURS

At the completion of this course, the student will competently:

- Describe the subtle energy system
- Locate specific organs in the body
- Locate specific muscles in the body
- Locate specific bones in the body
- Describe the anatomy of human movement as it applies to Asana
- Describe the systems of the body as it applies to Asana

# 200 Hour Requirements (continued)

## YOGA PHILOSOPHY – 30 HOURS

At the completion of this course, the student will be able to:

- Describe a brief history of yoga
- Describe at least four branches of yoga
- Describe at least four styles of yoga
- Describe the eight fold-path of Pantanjali
- Describe the general content of Book I and II of Pantanjali's Sutras
- Describe the three doshas in Ayurveda

## YOGA METHODOLOGY – 30 HOURS

At the completion of this course, the student will be able to introduce the following methods of teaching yoga:

- Partner Yoga (yoga postures with a partner)
- Restorative Yoga (yoga with props held for periods of time)
- Yogassage (yoga posturing in a surrendered state)
- Prenatal Yoga
- Seniors Yoga
- Children's' Yoga
- Yin Yoga
- Power Yoga and Chair Yoga