



Investing in Youth & Women

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RYT-300 Course Agenda (Self-Paced):

Introduction (1 Hour)

1. Welcome
2. RYT-300: Course Agenda
3. Techniques, Training, & Practice
4. Anatomy & Physiology
5. Yoga Philosophy, Lifestyle, and Ethics for Yoga
6. Professional Essentials
7. Electives

General Background (2 Hours)

1. Welcome Letter
2. Introduction to ShareLove.Fund
3. Meet Our founder
4. Meet Our Instructors
5. Meet Our Community
6. RYT-300 Syllabus
7. RYT-300 Manual
8. Policies and Procedures
9. Ethical Guidelines & Liability Waiver

Module 1 - Techniques, Training, Practice (100 Hours)

50 Hours required by Yoga Alliance

- Asana: 70 Hours
- Pranayama 10 Hours
- Meditation: 20 Hours

Asana: 70 Hours

Techniques, Training and Practice: Asana: Overview (4 Hours)

1. Introduction
2. Asana Foundations
3. Foundations of Standing Poses
4. Foundations of Forward Bends
5. Foundations of Backbends

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6. Foundations of Twists
7. Foundations of Inversions

Techniques, Training and Practice: Asana: Sun Salutation (4 Hours)

1. Introduction
2. Sun Salutation A Review
3. Sun Salutation B
4. Sun Salutation C
5. Review & Practice Sun Salutations

Techniques, Training and Practice: Asana: 84 Hatha Poses (62 Hours)

1. Standing Poses (7 Hours)
2. Forward Bends (6 Hours)
3. Backbends (12 Hours)
4. Twists (3 Hours)
5. Balancing Postures (7 Hours)
6. Arm Balance (8 Hours)
7. Inversions (3 Hours)
8. Seated Postures (12 Hours)
9. Supine Postures (4 Hours)

Pranayama: 10 Hours

Techniques, Training and Practice: Pranayama & Subtle Body: Overview (2 Hours)

1. Introduction
2. Pranayama and The Subtle Body
3. Energy Systems
4. Review of Breathing Anatomy
5. Pranayama in Your Yoga Class

Techniques, Training and Practice: Pranayama & Subtle Body: Techniques (3 Hours)

1. Introduction
2. Thoracic Chest Breathing
3. Diaphragmatic Inhalation
4. Costal Inhalation
5. Exhalation
6. Breathing With Asanas

Techniques, Training and Practice: Pranayama & Subtle Body: Practice (5 Hours)

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1. Lung Exercises
2. Shining Skull Breath
3. Cooling Breath
4. Three-Part Yogic Breath
5. Suryabheda Pranayama
6. Vritti Pranayama
7. Kumbhaka Pranayama
8. Anulom Vilom and Pratiloma Pranayama

Meditation: 20 Hours

Techniques, Training and Practice: Meditation: Techniques (3 Hours)

1. Meditation Techniques
2. Meditation Techniques
3. Loving Kindness Meditation
4. Mindfulness Meditation
5. Vipassana Meditation
6. Gazing Meditation
7. FAQs

Techniques, Training and Practice: Meditation: Practice (4 Hours)

1. Yoga Flow In Preparation for Meditation
2. Meditation Technique Breath Focus
3. Meditation Technique using Chakras
4. Meditation Techniques Using Counting
5. Meditation Technique using Light Visualization
6. Meditation Techniques Using Mantras
7. Meditation Techniques Using Mala Beads

Techniques, Training and Practice: Yoga Nidra: Overview (3 Hours)

1. Introduction
2. The History & Origin of Yoga Nidra
3. Why Yoga Nidra
4. How Yoga Nidra Works
5. Yoga Nidra and the PNS
6. Yoga Nidra and Neuroscience
7. The Mechanics of Yoga Nidra
8. Yoga Nidra, the Self, and Visualization
9. Sankalpa

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10. Yoga Nidra Teaching Tips

Techniques, Training and Practice: Yoga Nidra: Practice (5 Hours)

1. Guided Relaxation Using Image Visualization
2. Guided Relaxation with the Earth Element
3. Guided Relaxation Internal Safe Haven

Techniques, Training and Practice: Mantras (2 Hours)

1. Planning Mantras For Your Class
2. How to Use Mantras In Your Class
3. Benefits of Mantras
4. Chanting and Mantras

Techniques, Training and Practice: Mudras (3 Hours)

1. Introduction
2. Anjali Mudra (Namaste Mudra)
3. Apana Mudra (Digestion Mudra)
4. Gyan Mudra (Knowledge/Wisdom Mudra)
5. Prana Mudra (Lifeforce Mudra)
6. Prithvi Mudra (Mudra of the Earth)
7. Shunya Mudra (Mudra of Heaven)
8. Varuna Mudra (Mudra of Water)
9. Vayu Mudra (Mudra of Air)

Module 2 - Anatomy & Physiology (87 Hours)

15 Hours required by Yoga Alliance

- Anatomy: 80 Hours
- Physiology: 4 Hours
- Biomechanics: 3 Hours

Anatomy (80 Hours)

Anatomy and Physiology: Anatomy: Review (3 Hours)

1. Anatomy Overview
2. Anatomy and Yoga
3. Anatomical Planes
4. Anatomical Directional Terms

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5. Movement Terms

Anatomy and Physiology: Anatomy: Skeletal System (5 Hours)

1. Overview of The Skeletal System
2. Axial Skeletal System
3. Appendicular Skeletal System
4. Conditions That Impact The Skeletal System
5. Exercise, Nutrition, Hormones, and Bone Tissue

Anatomy and Physiology: Anatomy: Muscular System (5 Hours)

1. Overview of the Muscular System
2. Major Muscle Groups
3. Exercise & Muscle Performance
4. Yoga Poses By Muscle Group

Anatomy and Physiology: Anatomy: Joints (5 Hours)

1. Overview of Joints
2. Synovial Joints
3. Types of Synovial Joints
4. Joint Stability
5. In-Depth Look At Select Joints

Anatomy and Physiology: Anatomy: Yoga Anatomy (62 Hours)

1. Yoga Anatomy (4 Hours)
2. Anatomy of Specific Poses: Sun Salutation (5 Hours)
3. Anatomy of Specific Poses: Standing Poses (6 Hours)
4. Anatomy of Specific Poses: Forward Bends (5 Hours)
5. Anatomy of Specific Poses: Backbends (11 Hours)
6. Anatomy of Specific Poses: Twists (2 Hours)
7. Anatomy of Specific Poses: Balancing Postures (6 Hours)
8. Anatomy of Specific Poses: Arm Balance (7 Hours)
9. Anatomy of Specific Poses: Inversions (2 Hours)
10. Anatomy of Specific Poses: Seated Postures (10 hours)
11. Anatomy of Specific Poses: Supine Postures (3 Hours)

Physiology (4 Hours)

Anatomy and Physiology: Physiology (4 Hours)

1. Physiology Overview

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2. Homeostasis
3. Exercise Physiology
4. Physiology of Yoga

Biomechanics (3 Hours)

Anatomy and Physiology: Biomechanics (3 Hours)

1. Biomechanics Overview
2. Core Principles Of Biomechanics
3. Force, Load, and Stress

Module 3 - Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers (55 Hours)

30 Hours required by Yoga Alliance

- History: 5 Hours
- Philosophy: 45 Hours
- Ethics: 5 Hours

History (5 Hours)

Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers: Yoga History (5 Hours)

1. Introduction to Yoga History
2. History of the Term “Yoga”
3. Timeline of Yoga
4. Yoga In The West
5. Yoga Lineages
6. Types of Yoga
7. Sanskrit

Philosophy (45 Hours)

Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers: Yoga Philosophy: Introduction & Chapters 1-6 (15 Hours)

1. Introduction
2. Bhagavad Gita Chapter 1
3. Bhagavad Gita Chapter 2
4. Bhagavad Gita Chapter 3
5. Bhagavad Gita Chapter 4

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6. Bhagavad Gita Chapter 5
7. Bhagavad Gita Chapter 6

Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers: Yoga Philosophy: Introduction & Chapters 7-12 (15 Hours)

1. Bhagavad Gita Chapter 7
2. Bhagavad Gita Chapter 8
3. Bhagavad Gita Chapter 9
4. Bhagavad Gita Chapter 10
5. Bhagavad Gita Chapter 11
6. Bhagavad Gita Chapter 12

Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers: Yoga Philosophy: Introduction & Chapters 13-18 (15 Hours)

1. Bhagavad Gita Chapter 13
2. Bhagavad Gita Chapter 14
3. Bhagavad Gita Chapter 15
4. Bhagavad Gita Chapter 16
5. Bhagavad Gita Chapter 17
6. Bhagavad Gita Chapter 18

Ethics (5 Hours)

Yoga Philosophy, Lifestyle, and Ethics for Yoga Teachers: Yoga Philosophy: Ethics & Lifestyle (5 Hours)

1. Introduction to Yoga Ethics
2. Yamas and Niyamas
3. Ethics In The Studio
4. Subtle Bodies In Yoga
5. Ayurveda

Module 4 - Professional Essentials (45 Hours)

35 Hours required by Yoga Alliance

- Teaching Methodology: 7 Hours
- Professional Development: 8 Hours
- Practicum: 30 Hours

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Teaching Methodology: 7 Hours

Professional Essentials: Teaching Methodology (7 Hours)

1. Sequencing Overview
2. Teaching Asana
3. More Than Asana
4. Specialty Classes
5. Example Sequence

Professional Development: 8 Hours

Professional Essentials: Personal Development (8 Hours)

1. Introduction
2. Having A Personal Practice
3. Body Acceptance
4. Positive Lifestyle & Mindset
5. Inspiration
6. Creative Visualization
7. Self Care & Burnout
8. Attraction of Yoga
9. Developing Confidence
10. Discovering Your Teaching Style
11. Great Qualities of a Yoga Teacher
12. Business & Marketing
13. Elements Of A Good Resume
14. Expanding Beyond Yoga

Practicum: 30 Hours

Practicum: Practicum (30 Hours)

1. Written Exam
2. Observation & Feedback
3. Teaching Practice
4. Final Practicum

Module 5 - Elective (10 Hours)

Elective: Partner Yoga (10 Hours)

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1. Introduction
2. Partner Yoga Breathing
3. Partner Yoga Asanas
4. Sample Sequence

Bonus: Yoga for Seniors

1. Introduction
2. Benefits of Yoga For Seniors

Course Completion & Registration Instructions

1. Yoga Alliance Registration Instructions
2. Course Feedback
3. Thank You
4. Stay Connected

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