

The Owls Nest Yoga Teacher Training Program

Program Curriculum

The Foundation	The Asana (posture or pose)	The Teacher
History - YH (101, 102, 103)	Asana - TTP (601, 602, 603, 604)	Practicum [Practice Teach] - PE (901, 902, 903)
Philosophy - PH (201, 202, 203, 204)	Pranayama - (the practice of breath control in yoga) & Subtle Body- TTP (701, 702, 703, 704, 705)	Teaching Methodology - PE (1001, 1002, 1003, 1004, 1005)
Anatomy - AP (301, 302, 303, 304)	Meditation - TTP (801, 802, 803, 804)	Professional Development - PE (1101, 1102, 1103)
Physiology - AP (401, 402, 403)		Ethics - YH (1201, 1202, 1203, 1204, 1205, 1206, 1207)
Biometrics - AP (501, 502, 503)		

Course Descriptions

Anatomy & Physiology	
Anatomy	Skeletal system – Major bones
	Skeletal system – Types of joints
	Skeletal system – Major muscles involved in asana
	Skeletal system – Types of 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, and how air enters and leaves the body
Biomechanics	Types of joint movement
	Joint stabilization
	Safe movement as it pertains to balancing, stretching, awareness, and physical limitations
	Contraindications, misalignments, adaptations
Techniques, Trainings, Practice	
Asana/Postures	Historical context

	Poses specific to RYS's lineage—must include sukhāsana and savāsana
	Complete sequencing (āsana, prāṇāyāma, meditation) to achieve particular effect safely
	Shared anatomical and alignment principles plus contraindications
Prāṇāyāma (the practice of breath control in yoga) & Subtle Body	Complete sequencing of prāṇāyāma safely, including alternatives and adaptations
	Effects of prāṇāyāma on anatomy and subtle body
	Historical context
	Ujjāyī, Nāḍī Shodhana, Kāpalabhātī, among others
	Kośhas, kleśhas, chakras, nāḍīs, and prāṇa vāyus
Meditation	Key meditation terms
	Meditation methods by lineage
	Ability to practice school's chosen meditation practice
	Chanting, mantras, and mudras
Yoga Humanities	
History	Description Term 'yoga'
	School's lineage, style, and methodology
	Dates and key ideas such as the Vedas, Vedānta, Hatha, Colonial, Modern
Philosophy	Definition of yoga and key terms
	Relationship between āsana, prāṇāyāma, meditation per school's approach
	Familiarity w/ major yogic texts (i.e., Yoga Sūtras, Bhagavad Gītā, Upanishads, Hatha Yoga Pradīpikā)
	Self-reflection on how philosophy relates to practice
Ethics	Description Awareness of Yoga Sūtras or similar yogic ethical precepts
	Relationship to Yoga Alliance's Ethical Commitment
	Comprehension of and responsibility to increase equity in yoga
	Accountability measures
	General professionalism, including timeliness, consistency, cleanliness

	Marketing and promotion
	Liability insurance, waivers, invoicing
Professional Essentials	
Practicum [Practice Teach]	Description Knowledge, skills, experience across 12 key competencies
	Mentorship component, incl. apprenticeship, feedback
Teaching Methodology	Description Sequencing
	Pace
	Environment
	Cueing (verbal, visual, physical)
	Class management
Professional Development	Yoga-related professional organizations, including the Yoga Alliance Credentialing Process
	Ethical Commitment, including Scope of Practice, Code of Conduct, and Equity Position Statement
	Lifetime of learning and continuing education

Program Goals

Anatomy & Physiology

Physical Anatomy & Physiology - Upon completion of the program the student will be exposed to the various organ systems of the body as well as the effects of stress on those systems. The student will be familiar with anatomical terms describing bones, muscles, and movement. Greater emphasis will be placed on applied kinesiology (understanding how the bony structure of the body is intended to move). Discussions will focus on safety and sustainability in yoga postures. Energetic (Subtle) Anatomy & Practices - Upon completion of the program the student will be familiar with the anatomy of beings from a yogic view, which includes shariras, koshas, pranavayus, chakras, and nadis. Energetic practices will also be covered, including bandhas, pranayama (three-part breathing, cooling and energizing breath practices), and mudra.

Yoga Humanities

History of Yoga, Philosophy & Ethics - Upon completion of the program the student will be familiar with the history of yoga, the story of the Bhagavad Gita, and the eight limbs of yoga

from Patanjali's Yoga Sutras, with a focus on the Yamas and Niyamas. The student will also be familiar with Yoga's relationship to Ayurveda. Furthermore, the student will learn about ethics and scope of practice for yoga teachers as well as yoga teacher self-care and nutrition. Upon completion of the program the student will be familiar with the history, purpose and benefits of meditation, how to practice and teach a simple 5-step meditation, and how to incorporate other meditation practices into daily life.

Techniques, Training, Practice

Asana/Posture/Pose Breakdown - Upon completion of the program, the student will have a solid understanding of the different aspects of a posture and how to teach the posture using that information, which includes, but is not limited to: physical and energetic alignment, proper cues, modifications and variations, use of props, preparatory postures, hands-on assists, counterposes, benefits and contraindications.

Yoga Class & Sequencing Breakdown - Upon completion of the program the student will be able to properly create and sequence a purposeful and effective class, using the proper organization of the sections that make up a class (including, but not limited to, warm-ups, body of class, peak pose, counterposes, closing, savasana, etc.) and understand the details about what postures and information is included in each section, as well as the time it takes to move through each section of yoga class.

Professional Essentials

Teaching Methodology, Professional Essentials - Upon completion of the program the student will understand how to properly structure a class, how to manage time and energy within a class, how to properly cue and use voice, including volume and inflection, how to establish priorities of observing, demonstrating, and assisting, and how to create themes and use music. Students will also understand the basic business aspects of teaching yoga.

Practicum (Practice Teaching)

Student Practice Teaching - By practice teaching, upon completion of the program, the student will develop a solid understanding of how to teach postures and sequences. This will include, but will not be limited to, developing solid skills for giving proper direction/instruction/cues, what modifications to offer, how to demonstrate, and how to use hands-on assists.

Personal Growth - In addition to the skills directly related to teaching yoga, the student is likely to enhance his or her own personal yoga practice, improve their communication skills, and understand personal and business ethics.

Program Schedule/Required Time

All classroom hours and online course work. Students are required to attend all hours above, so it is important to keep that part of your schedule clear and not expect early dismissal. See program director for requirements for make up hours, should it be necessary. Students should be in appropriate attire for yoga and movement. Students should have all ready books and materials by the start of each session. It is suggested that students arrive 10-15 minutes early to allow for time to prepare.

Lunch/Break Times

Students can bring food for lunch and/or breaks. Students will be given a short break during each morning, afternoon and evening session. Students are given a 45 minute break on Saturday and Sunday for lunch. They may stay at the studio or leave for lunch. Food is not provided, but there is a refrigerator and microwave for student use. *Once studio re-opens