

Ravvi's School of Yoga

Course Curriculum

Prerequisite – RYT 200

SYT Hours - 260 Hours

Module 1: The fundamentals of Yoga practices

- Asanas in different positions – standing, sitting, proline and supine, inversions.
- Focus on breathing, alignment, techniques during practice
- Restricted and recommended practices according one's needs and abilities
- Connectivity between the asanas
- Traditional Yoga practices
- Yoga practice sequences
- Assignments

Contact hours with SYT: 70

Non-contact: 10

Total: 80

Asanas in different positions – standing, sitting, proline and supine.

During the practice introduce students with different asanas and its variations explaining benefits, each body part position in the posture and which main muscles are involved in particular posture.

Standing postures. Introducing standing postures as Drute Utkatasana (dynamic energy pose), standing asanas for **stretching** as Sirsha Angusta Yogasana (head to toe pose), Trikonasana and its variations (Utthitha, Parvritta, Parsva), **back bending** postures as Prishthasana (back pose), Chakrasana from standing pose, forward bending postures as Utthitha Janu Sirshasana (standing head between knees pose), **balancing** postures as Eagle, Natarajasana (Lord Shiva's pose), Utthitha Hasta Padanghustasana (raised hand to big toe poste), Ardha Badha Padmottanasana (half lotus forward bending), Pada Anghustasana (tiptoe pose), Astavakrasana (eight-twist pose). Introducing Astanga style Sun Salutations and different variations.

Sitting postures. **Twisting** sitting postures as Poorna Matsyendrasana (full spinal twist pose), legs **stretching** postures as Hanumanasana (Hanuman's pose – split), **strengthening** postures as Brahmacharyasana (celibate's pose), **balancing** postures as Niralamba Paschimottanasana (unsupported back stretching pose), Utthitha Hasta Merudandasana (raised hand and spine pose) and it's variations, **forward bending** postures as Koormasana (tortoise pose), **relaxing** postures.

Proline postures. Relaxing postures, back bending postures as Poorna Bhujangasana (full cobra pose), Poorna Dhanurasana (full bow pose), Poorna Shalabasana (full Locust pose).

Supine postures. Relaxing postures, backward bending postures as Chakrasana (Wheel pose) and it's variations.

Inverted postures. Moordhasana (crown based pose), Padma Sarvangasana (shoulder stand lotus pose), Sirshasana (headstand pose), Salamba Sirshasana (supported headstand pose), Oordhwa Padmasana (headstand lotus pose),

Focus on breathing, alignment, techniques during practice.

Teaching how to combine asanas with breathing, when inhalation and exhalation is in particular postures. Big focus on alignment of the students and how to correct the postures. Explaining each posture technique – how to come in the posture, where should be focus and each body part different position effects on the posture.

Restricted and recommended practices according one's needs and abilities

Depending on one's needs and abilities, students will be able to adjust the practice by knowing benefits and contradictions of each posture. Students will be able to make a flow of asanas for people with back problems, ones who need to strengthen the core, arms, legs or back muscles, ones who has tension in the neck and shoulders, ones who need to develop more flexibility, ones who needs hips opening, weight loss, balance and stability, strength. Will be informed who needs to avoid backwardbends in the practice.

Connectivity between the asanas

Students will be explained about the flow in the class. Starting class with warm ups, stretching, continuing with standing postures, moving to sitting postures and to lying postures (both proline and supine). The asanas that helps to connect the asanas and to keep body temperature high – Downward Dog, Upward Dog, Plank, Chaturanga, Dolphin. Which combination of asanas to use if one wants to do standing postures after sitting. Explanation of energy flow in the class – that relaxation can't be led after postures that makes one hyper and active, which asanas will let the practitioner to calm down. Explanation of backward bends and forward bends connectivity, about asanas that should be practiced in pairs as completing each other and balancing the body.

Traditional Yoga practices

Teaching about depth of Patanjali Yoga (eight limbs or Astanga Yoga): Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi. Studying Patanjali sutras, the three Gunas: Sattva, Rajas and Tamas meaning and explanation, explanation of different Yogic Kriyas and its techniques.

Yoga practice sequences

Students will be taught how to make a sequence of the class – the percentage of time should be spent to warm up, for standing, sitting and lying postures and how much time to leave for the final relaxation. How to select the postures for the class and make sure all body parts were involved.

Assignments

Each of the students should be able to explain the benefits and contradictions of the postures, the technique of the posture, breathing during practice, make a certain length Yoga practice sequence and know how to connect asanas. Each of them will be asked to lead the class.

Module 2: Practices for specific purpose

- Hips opening practice
- Weight loss practice
- Developing core strength
- Developing flexibility
- Practice for strength and stability
- Practices for balance
- Assignment

Contact hours with SYT: 70

Non-contact: 10

Total: 80

Hips opening practice

Particular asanas to increase **hips flexibility**: Padmasana (lotus pose), Gupta Padmasana (hidden lotus pose), Saithalyasana (animal relaxation pose), Ardha Padma Paschimottanasana (half lotus back stretching pose), Bharadvaja's twist, Baddha Konasana (bound angle pose), Balasana (child pose with knees separated), Gomukhasana (Cow face pose), Sukhasana (easy pose), Eka Pada Rajakapotasana (one-legged King Pigeon pose), Supta Baddha Konasana (Reclining Bound angle pose), Upavistha Konasana (Wide-angle seated forward bend), Marichyasana I, Prasarita Padottanasana (Wide-leg forward bend).

Weight loss practice

The main points for **weight loss** practice – particular postures as Warrior I and II and its variations, Tree posture and its variations, Naukasana (boat pose), Chaturang dang pose, Uttkatasana (chair pose), Setu Bandh (bridge pose), Dhanurasana (bow pose), Shalabasana (locust pose), Budjangasana (the cobra pose), Chakki Chalan (Grinding pose), Pavanamuktasana (knees to chest pose), importance of repetition, holding duration and breathing.

Developing core strength

Particular asanas to strength the core and explanation why its important. Asanas: Naukasana (boat pose), Uttapadasana (raised legs pose), Plank and its variations, Makarasana (Dolphin pose), Three-legged Downward facing Dog, Knee to arm plank, knee to arm Chaturanga Dandasana (four-limbed staff pose), Dandayamna Bharmanasana (Balancing Table pose), Purvottanasana (Inclined plane pose).

Developing flexibility

Asanas to develop flexibility and importance of holding the posture for longer period of time. Asanas: Padangusthasana (forward bend big toe pose), Adho Muka Svanasana (downward facing dog pose), Uttana Shishoasana (extended puppy pose), Utthita Trikonasana (extended Triangle pose), Ardha Bhekasana (half frog pose), Janu Sirshasana (head to knee forward bend), Parsvottanasana (Intense side stretch pose), Kapotasana (backward bend pigeon pose), Supta Virasana (Reclining Hero pose), Urdhva Prasarita Eka Padasana (Standing Split).

Practice for strength and stability

Asanas to develop strength and stability and how it should be practiced. Asanas: Tadasana (Mountain pose) and it's variations, Makarasana (Dolphin pose), Gomukasana (Cow face pose), Lolasana (swinging lotus pose), various postures for tights strength.

Practices for balance

Asanas to develop balance and focus points. Asanas: Baka Dhyanasana (patient crane pose), Eka Pada Baka Dhyanasana (one-legged crane pose), Dwi Hasta Bhujasana (two hand and arms pose), Santolanasana (balancing pose and it's variations), Vashishtasana (Sage Vashishtasan's pose), Merudandasana (spinal column pose), Mayurasana (Peacock pose), Padma Mayurasana (lotus peacock pose).

Assignments:

Each student will be asked to give example, explanation of the postures for particular need, students need to be able to tell posture contradictions, benefits and technique.

Module 3: Yoga Practices for Health

- Anatomical and physiological effects of Yoga practice
- Yoga practices for digestive and immune system
- Yoga practices for nervous and endocrinal system
- Yoga practices for cardiovascular and respiratory system
- Yoga practices for excretory system
- Assignment

Contact hours with SYT: 30

Non-contact: 10

Total: 40

Anatomical and physiological effects of Yoga practice

Explanation about anatomical and physiological effects of Yoga Practice – why is good practice Yoga, who can practice Yoga, what effect it brings to body, mind, emotions, how it affects internal organs health. Explanation during Yoga asanas practice about each asana effect both anatomical and physiological level.

Yoga practices for digestive and immune system

Students will be taught which particular asanas and Pranayamas stimulates digestive and immune system and which organs are affected during particular asana, e.g. effects on Paschimottanasana (stimulates pancreas and kidneys so metabolism is increased), Sharvangasana (stimulates Thyroid gland that is responsible for metabolism and circulation processes), Pavanamuktasana (helps to release gas from intestines). Special Pranayamas for digestive system (Kaphalhati, Bhastrika – increases digestion power).

Yoga practices for nervous and endocrinal system

Students will be taught which particular asanas and Pranayamas stimulates nervous and endocrinal systems, e.g. Viparita Karani (legs to wall pose), Saarvangasana (shoulder stand pose), Halasana (plow pose), Balasana (Child's pose), Ananda Balasana (happy child's pose), Shavasana (corp pose) for **nervous system**. Asanas to improve **endocrine system**: Sasangasana (Rabbit pose – stimulates Thyroid and Parathyroid glands), Paschimottanasana (balance sugar level, stimulates Thyroid, Thymus, pancreas and kidneys). Pranayamas sitting in Sudhasana (easy pose) – calm deep breathing, Ujjayi pranayama, Omkar pranayama, Alternative breathing.

Yoga practices for cardiovascular and respiratory system

Students will be taught which particular asanas and Pranayamas stimulates cardiovascular and respiratory systems. Asanas to stimulate cardiovascular system: Utthita Lolasana (swinging the upper body), Meru Pristhasana (Rotating the Upper Body), Surya Namaskar (Sun Salutation), Omkar pranayama. Yoga practices for respiratory system: Ardha Chakrasana (half Wheel pose), Matsyasana (fish pose), Chakrasana (wheel pose), Ustrasana (Camel pose), Kapalhati kriya, Jala Neti kriya, Kunjar Kriya, different Pranayamas.

Yoga practices for excretory system

Special Yoga practices to stimulate the organs responsible for eliminate waste from human body (kidneys, the ureters, urinary bladder, urethra and skin). Asanas: Navasana (boat pose), Bhujangasana (cobra pose), Bitilasana (Cow pose), Adho Muka Svasana (downward facing dog), Ardha Matsyendrasana (half spinal twist), Janu Sirshasana (head to knee forward bend), Kapotasana (backward bending Pigeon pose), Parrivrita Janu Sirshasana (Revolved head to knee pose).

Assignment

Students should be able name the Yoga postures and Pranayamas which are good for particular body system. Explain the effects, benefits and contradictions of any Yoga practice, as well as design the sequence of the postures for each bodily system.

Module 4: Yoga Philosophy and Ethics

- Sivananda 5 points of Yoga
- Explanation of Patanjali Yoga Sutras
- Study of Shrimad Bhagawad Gita
- Assignment

Contact hours with SYT: 60

Non-contact: 10

Total: 70

Sivananda 5 points of Yoga

Explanation of Sivananda Yoga, Yoga Master Swami Sivananda biography and main 5 points of Sivananda Yoga – Proper Exercise, Proper Breathing, Proper Relaxation, Proper Diet, Positive thinking & Meditation. Explanation of the depth and reason of every point. Discussion about Philosophy and Teachings of Swami Siwananda: Serve, Love, Give, Purify, Meditate, Realize. Be good, do good, be kind, be compassionate. The explanation about essential points of Yoga – truthfulness and compassion for every live being.

Explanation of Patanjali Yoga Sutras

Explanation about Patanjali and his *Sutras*. Discussion on a topic “What is Yoga?” – Explanation given by Patanjali – Chitta vrtti nirodha. Explanation of five cause of pain and pleasure, distractions and obstacles that hinders the aspirant’s Yoga practice, the importance of constant and determined practice and the key of Freedom.

Study of Shrimad Bhagawad Gita

The Bhagavad Gita is a dialog between Lord Krishna and Arjuna, narrated in Indian epic *Mahabharata*. The 18 chapters of the epic is talking about Yogic values and Spiritual Truths reveal by Lord Krishna. Students will read all 18 chapters and later discussion will be held on each of it.

Assignment

Students will be asked to write about studied topics. What they understood about each subject and what is the importance of studying and understanding Sivanandas’ 5 points of Yoga, Patanjalis’ sutras and Bhagawad Gita.

Module 5: Teaching and establishing Yoga Business

- Practice of leading classes
- Setting up as a Yoga teacher
- Teaching methodology and ethics
- Yoga promotions
- Safety Guidelines
- Assignment

Contact hours with SYT: 30

Non-contact: 10

Total: 40

Practice of leading classes

After completing 2/3 of the training, students will be asked to conduct classes. Each of the student will have more than one chance to design the class and lead it from the beginning until the end. Students will be given different duration so to see how they adjust the class.

Setting up as a Yoga teacher

Discussion with the students about first steps how to set up as a Yoga teacher.

Teaching methodology and ethics

Discussion about different teaching methodologies and cultural differences.

Discussion on Social and Personal ethics are the rules which we must live by for our survival as a society and civilization, and in yoga these are known as Yama and Niyama.

Yoga Promotions

Discussion and advises how to promote Yoga studio or classes, how to form your students circle and what marketing is effective.

Safety guidelines

Discussion about safety rules in class considering different cultures people, warning about interaction with different sex in the class, proper manner of adjustments of posture in the class.

Assignment

Students will be asked to write a paper about discussed topics.

The SYT will be teaching a minimum of 80% of the course

Prerequisites: Practitioners should be **RYT 200hr** from any registered yoga school.

The course consists of 42 tuition days normally through 5 modules. The course is residential and classes will start 7am till 7pm with small breaks in between (in total 7 hours per day).

Accreditation: This course training has met the stringent requirements set by the Yoga Alliance UK, demonstrating that the course is of the highest standard and that our graduates may use the title 'Registered Yoga Teacher' RYT as a sign of quality training when they register themselves with the Yoga Alliance UK.

In this course all Yoga Asanas and breathing techniques are designed in Intermediate or Advanced level so the practitioners should have at least Intermediate Yoga practice level before applying for this training.