



RYT 200 Teacher Training Curriculum

October to December, 2018

ASANAS
PRANAYAM
RAJA YOGA - 8 LIMBS OF YOGA (ASHTANGA YOGA) YOGA
PHILOSOPHY KARMA YOGA
THE BHAGAVAD GITA
THE UPANISHADS
THE YOGA SUTRAS OF PATANJALI
CHAKRAS, NADIS, ENERGY BODY - KUNDALINI YOGA TAI CHI
YOGA, ENERGY MEDICINE, REIKI
SOUND YOGA AND BHAJAN
MEDITATION
ANATOMY AND PHYSIOLOGY
KRYIAS
NUTRITION AND LIFE STYLE

MORE YOGA
AUM YOGA CLASS
PARTNER YOGA
RESTORATIVE YOGA
FAMILY YOGA
PRENATAL YOGA / POSTNATAL YOGA
INTRO TO THERAPEUTIC YOGA
OPEN
YOGA ETHICS, PSYCHOLOGY AND YOGA, MANAGEMENT