

# Course Curriculum

Oct 2026-May 2027 | OYS 200 Hour Yoga Teacher Training

## UNIT 1: YOGA HUMANITIES (35 HOURS TOTAL) & UNIT 2: INTRO TO ASANA

### MODULE 1.1-1.4

Module 1.1 Meaning of yoga  
Module 1.2 Yoga timeline and key ideas  
Module 1.3 Classical yoga & post classical yoga  
Module 1.4 Vinyasa's roots - OYS lineage, style & methodology.  
*\*bathroom breaks available as needed at anytime throughout entire training\**

### MODULE 1.5-1.12

Module 1.5 Key yogic terms  
Module 1.6 Relationship between asana, pranayama, meditation.  
Module 1.7 Pantanjali's eight-limbed path  
Module 1.8 Yamas & Niyamas  
Module 1.9 Bahgavad Gita  
Module 1.10 Dharma  
Module 1.11 Self-reflection on how philosophy relates to practice.

### MODULE 2.1-2.2

Module 2.1 Deep dive into asana (part 1)  
Module 2.2 History of asana  
Module 2.3 Vinyasa yoga

### MODULE 1.13-1.18

Module 1.13 Code of ethics & code of conduct  
Module 1.14 Equity position statement  
Module 1.15 Creating equity in yoga  
Module 1.16 Accountability as an instructor  
Module 1.17 Ethics for yoga teachers  
Module 1.18 Self-reflection on how yoga ethics relates to practice and teaching.

## UNIT 2: - TT& P: ASANA, PRANAYAMA, SUBTLE BODY & MEDITATION (80 HOURS TOTAL)

### MODULE 2.4-2.5

Module 2.3 Vinyasa Yoga  
Module 2.4 Complete Sequencing & Theming (part 1)

### MODULE 2.4-2.7

Module 2.4 Complete sequencing and Theming (part 2)  
Module 2.5 Form cueing and safety  
Pranayama & Subtle Body  
Module 2.6 Historical context  
Module 2.7 Energetic anatomy

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## UNIT 2: ASANA, PRANAYAMA, SUBTLE BODY & MEDITATION

### MODULE 2.8-2.9

Module 2.8 Pranayama in relationship to anatomy and subtle body.  
Module 2.9 Pranayama practices (part 1)

### MODULE 2.9-2.10

Module 2.9 Pranayama practices (part 2)  
Module 2.10 The 5 Koshas as a model for the practice of multi-dimensional asana. (Part 1)

### MODULE 2.10-2.11

Module 2.10 The 5 Koshas as a model for the practice of multi-dimensional asana. (Part 2)  
Module 2.11 Kleshas

### MODULE 2.12

Module 2.12 Chakras

### MODULE 2.13-2.14

Module 2.13 Prana vayus  
Module 2.14 Nadi's

### MODULE 2.15 -2.20

Module 2.15 Bandhas  
Module 2.16 Gunas  
Module 2.17 Key meditation terms  
Module 2.18 Meditation methods  
Module 2.19 Kundalini meditation  
Module 2.20 Chanting

### MODULE 2.21

Module 2.21 Mantras  
Vinyasa practice with mantras

### MODULE 2.22

Module 2.22 Mudras  
Vinyasa practice with mudras

### MODULE 2.23

Module 2.23 Kriyas  
Kundalini practice with Kriyas

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## UNIT 2 (CONT)

### MODULE 2.1 (PT. 2)

\*Restorative practice\*  
\*Yoga Nidra practice\*

### MODULE 2.12 (PT. 2)

\*Chakra based asana practice\*  
\*Create your own chakra practice\*  
\*Teach your chakra practice\*

### MODULE 2.4 (PT. 2)

\*Create a themed vinyasa practice\*  
\*Teach self-created sequences\*

### MODULE 2.9 (PT 2)

\*Pranayama practice\*  
\*Create your own pranayama practice\*  
\*Teach your pranayama practice\*

### MODULE 2.18 (PT 2)

\*Meditation Practice\*  
\*Create your own meditation\*  
\*Teach your meditation practice\*

## UNIT 3 - ANATOMY & PHYSIOLOGY - (30 HOURS TOTAL)

### MODULES 3.1-3.3, 3.5, 3.7, 3.14-3.16

Module 3.1 Skeletal system  
Module 3.2 Major bones  
Module 3.3 Types of joints  
Module 3.5 Types of muscle contractions  
Module 3.7 Nervous system  
Module 3.14 Respiratory system  
Module 3.15 Muscles that affect breathing  
Module 3.16 Involuntary vs voluntary muscles

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## UNIT 3 - ANATOMY & PHYSIOLOGY

### MODULE 3.4 & 3.5

Module 3.4 Major muscles involved in asana  
Module 3.5 Types of muscle contractions

### MODULE 3.6 & 3.7

Module 3.6 Knowledge of muscles activated in asanas  
Module 3.7 Nervous system (part 1)

### MODULE 3.7 & 3.8

Module 3.7 Nervous system (part 2)  
Module 3.8 Polyvagal theory & vagus nerve

### MODULE 3.9-3.11

Module 3.9 Mind-body connection  
Module 3.10 'flight, fight, freeze' stress response  
Module 3.11 Cardiovascular/circulatory system as it relates to yoga practice.

### MODULE 3.12-3.13

Module 3.12 Endocrine system as it relates to yoga practice.  
Module 3.13 Digestive system as it relates to yoga practice.

### MODULE 3.17-3.19

Module 3.17 Breathing process  
Module 3.18 Lymphatic system as it relates to yoga  
Module 3.19 Types of joint movement, joint stabilization

### MODULE 3.20

Module 3.20 Safe movement in relationship to balancing, stretching, awareness, and physical limitation(s). (part 1)

### MODULE 3.20-3.21

Module 3.20 Safe movement in relationship to balancing, stretching, awareness, and physical limitation(s). (part 2)  
Module 3.21 Healthy movement patterns

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## UNIT 4: PROFESSIONAL ESSENTIALS- TEACHING METHODOLOGY (55 HOURS TOTAL)

### **MODULE 4.1-4.8**

Module 4.1 Sequencing  
Module 4.2 Pace  
Module 4.3 Creating safe space  
Module 4.4 Trauma informed yoga  
Module 4.5 Cueing  
Module 4.6 Class management; group dynamics, time management.  
Module 4.7 Communication skills  
Module 4.8 Establishment of priorities and boundaries

### **MODULE 4.9-4.10**

Module 4.9 Specific needs of individuals and special populations.  
Module 4.10 Fundamentals of demonstration & observation.

### **MODULE 4.11-4.12**

Module 4.11 Principles of assisting and correcting  
Module 4.12 Teaching styles, qualities of teacher, student learning process.

## UNIT 4: PROFESSIONAL ESSENTIALS - PROFESSIONAL DEVELOPMENT

### **MODULE 4.13-4.19**

Module 4.13 Yoga Alliance credentialing  
Module 4.14 Scope of practice  
Module 4.15 Continuing education  
Module 4.16 General Professionalism  
Module 4.17 Marketing and Promotion  
Module 4.18 Liability insurance, waivers  
Module 4.19 Business aspects of Yoga teachers

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## UNIT 4: PROFESSIONAL ESSENTIALS- CODE OF CONDUCT POLICIES

### MODULE 6.1-6.18

Code of Conduct Policies  
Module 6.1 Purpose Statement  
Module 6.2 Harassment Against Members of Protected Class Policy  
Module 6.3 Sexual Harassment in the Workplace Policy  
Module 6.4 Sexual Misconduct  
Module 6.5 Anti Harassment Policy  
Module 6.6 Romantic Relationships Between Teachers and Students  
Module 6.7 Attendance Policy  
Module 6.8 Financial Practices  
Module 6.9 Professional Growth/Continuing Education \*also see section 4.15  
Module 6.10 Integrity  
Module 6.11 Scope of Practice  
Module 6.12 Inter-Professional Relationships  
Module 6.13 Advertising and Public Communications  
Module 6.14 Yoga Equity  
Module 6.15 Grievance Policy  
Module 6.16 Confidential Information  
Module 6.17 Payment and Refund Policy  
Module 6.18 Anti-Retaliation Policy

## UNIT 4: PROFESSIONAL ESSENTIALS - PRACTICUM

### MODULE 5.1

Theoretical and practical practicum preparation, testing, and presentation session.

### GRADUATION

Graduation ceremony 4-6pm