



LKY RYS200 Course Syllabus

Course Objectives

Trainees will become knowledgeable in various styles of yoga

Trainees will learn how to practice and teach asanas, pranayama, meditation, relaxation bandhas, mudras, mantras and kriyas

Trainees will learn the principles of sequencing & adjusting

Trainees will become knowledgeable about the roots and philosophy of yoga, including the Sutras of Patanjali, the Bhagavad Gita, the concepts & principles of Tantra and Ayurveda

Trainees will learn Sanskrit sufficiently enough to teach a class using the correct name for each posture

Trainees will become knowledgeable in setting up a yoga business, including Marketing, PR & Advertising

Trainees will become knowledgeable in Anatomy & Physiology, and how to apply it to asanas

Trainees will learn to embody yoga and how to integrate it into their lives

Next 200 hour training dates in **2019** are:

- 25-26 May
- 22-23 June
- 27-28 July
- 24-25 Aug
- 28 Sept-1 Oct
- 26-27 Oct
- 22-25 Nov
- 14-15 Dec
- 11-12 Jan 2020

Dates for the **2020** course are:

- 25-26 Jan
- 20-23 Feb
- 14-15 March
- 4-5 April
- 1-4 May
- 12-13 June
- 2-5 July
- 22-23 Aug 2020

RYT200 LKY - costs £2000 - held at The Haven, Stonehaven

Course is 22 days. Schedule is as follows:

8-8:30am	Guided Meditation
9:30-12pm	Masterclass - with Louisa or teacher from another lineage (themed)
12-12:15am	Break
12:15-1:30pm	Lecture (traditional texts/philosophy)
1:30-2:15pm	Lunch
2:15-3pm	Lecture (traditional texts/philosophy)
3-4pm	Practice & Teaching Practice
4-4:15pm	Break
4:15-5:45pm	Anatomy & Physiology/Methodology
5:45-6:30pm	Guided Relaxations

22 days - 185 hours

Non-contact hours: 16 hours (including homework)

Modules of LKY RYS200

Module 1 - contact hours 20.5, non-contact 2

What is Yoga?
Yoga History
Types of Yoga
Meditation

Module 2 - contact hours 20.5, non-contact 2

Developing a Personal Practice
Tantra
Ayurveda
Pranayama

Module 3 - contact hours 20.5, non-contact 2

Experiential Anatomy (Whole weekend)

Module 4 - contact hours 20.5, non-contact 2

Vinyasa Krama
Class Sequencing - designing and teaching a 20 mins sequence
Asanas (forward bends, backbends, laterals, twists, extensions and inversions)
Sanskrit

Module 5 - contact hours 20.5, non-contact 2

Energetics & Biodynamics of Asana
Yoga Sutras of Patanjali
Teaching Beginners
Teaching Safely - contraindications

Module 6 - contact hours 20.5, non-contact 2

Vayus
Mudras, Mantras & Bandhas
Bhagavad Gita

Module 7 - contact hours 20.5, non-contact 2

Chakras
Koshas
Adjusting

Module 8 - contact hours 20.5, non-contact 2

Anatomy & Physiology (the systems)
Yoga Nidra
Ethics of Teaching
Specialising - teaching children, teenagers, special needs, one-to-ones, specific issues such as chronic pain

Module 9 - contact hours 21, non-contact 0

Business - setting up as a yoga teacher, Advertising, PR & Marketing
Teaching methodology
Assessment - trainees will teach a yoga class, assist a yoga class, attend each other's classes
Feedback

LKY will try to adhere to these contact hours as much as possible knowing that all students must undertake at least 200 hours of training. Course Leader will be Louisa Craig (SYT500). Daniel Recomio (RYT500) will be assisting with Anatomy. There will also be experienced Yoga Instructors from various yoga lineages teaching Master Classes throughout the course.

Reading List

Yoga by Linda Sparrowe
Yoga Anatomy by Leslie Kaminoff
The Heart of Yoga by TKV Desikachar
Light on Life by BKS Iyengar
An Ordinary Life - Stephanie Rutt

Recommended: A New Earth by Eckhart Tolle

Attendance

Students must attend all tutorials (unless absence is explained or agreed prior).

If absent the time must be made up in one of the following ways. 1. Private tutorial at £40.00 per hour. 2. Attend the tutorial missed on the next available course.

£80% attendance required.

Assessment Criteria and Evaluation Procedures

Coursework must be completed and submitted on time. All coursework must be completed in order to be eligible to pass.

The pass mark on assignments - It is also important to clearly identify the process when a student doesn't pass.

The minimum pass mark on assignments is 'Satisfactory' 40%. In the event a fail is received, the student has two additional attempts to resubmit the assignment. If the student does not pass after the second attempt coaching will be given prior to the third attempt. After which a decision will be made as to the relevance of the assignment to the individual's ability to be a 'good' teacher.

Categories of marking criteria:

- I. Information and knowledge
- II. Addressing the question
- III. Understanding the topic
- IV. Reading of literature (beyond lectures)
- V. Originality/independent/creative thinking
- VI. Presentation - format, length, organisation, clarity, style and general fluency

Category	Good - 60 to 100%	Satisfactory - 40-59%	Fail (refer) <40%
Information and knowledge	Contains most of the information required with a few minor errors.	Contains the essential core of the information required with some minor errors and only a few, if any, major errors.	Contains very little or none of the information required and/or substantial factual errors.
Addressing the question	Addresses the question adequately. Little or no irrelevant material.	Does not address all aspects of the question. May contain some irrelevant material.	Largely/completely fails to address the question either because material is largely irrelevant or because there is little or no information.
Reading of literature (beyond lectures)	Shows evidence of having read some of the relevant literature and is able to use this in the answer. References cited.	May show evidence of having read some relevant literature but generally fails to demonstrate understanding of it or to use it correctly in the answer.	Little or no evidence of having read the relevant literature.

Category	Good - 60 to 100%	Satisfactory - 40-59%	Fail (refer) <40%
Presentation - format, length, organisation, clarity, style and general fluency	Ideas generally expressed coherently. Essay written logically and with appropriate structure, making connections between different arguments and ideas.	Some ideas expressed incoherently. Some faults in logic and structure of essay	Ideas expressed incoherently. Many faults in logic and structure of essay.

Written Assignments

Philosophy - written assignment 1 (400 words min)

What inspires you to become a yoga instructor? *To be handed in at least a week before the course begins.*

Philosophy - written assignment 2

Questions on yoga philosophy & history. *To be given out on day one, and should be handed in a week before course ends.*

Anatomy - written assignment 3

Questions on anatomy and physiology (and contraindications). *To be given out on day one, and should be handed in a week before course ends.*

Teaching - written exam 4

Plan a half hour pranayama/meditation/relaxation session. *To be handed in on last day.*

Teaching - written assignment 5

Plan an hour's yoga class lesson plan. *To be handed in on last day.*

Teaching - observational class assessment - trainees will be assessed whilst teaching their fellow trainees, which should include adjustments and use of Sanskrit.

Non-Contact Assignments

Non-Contact - Sanskrit study - students to learn Sanskrit translation of asanas in own time.

Non-Contact - Study sessions - students to be given reading of specific pages from books on the reading list to be read before specific dates.

Non-Contact - Microteaching preparation assignment - students to plan a half hour pranayama/meditation/relaxation session.

Non-Contact - Teaching experience assignment – students to plan an hour's yoga class, using adjustments (as required) and Sanskrit language as appropriate.

In order to maintain high standards and ensure that we keep our good reputation, it is important that you reach a certain minimum standard. Whenever we feel that this is not the case, we will talk to you personally and try to put things right or it may be necessary to receive extra tuition which can be arranged at £40 an hour. The assessment is on a continuous basis and you will receive feedback on your progress. Students who do not meet the required standards will be asked to improve on the areas of weakness, and demonstrate that they have done this, before being issued with a certificate. All successful students can be registered on the database of accredited teachers at Yoga Alliance.

Homework

Students will be asked to complete homework from the outset of the course. Students will be asked to read certain pages of the reading list book before certain modules begin; they will be advised at the beginning of the course. They will also have to revise Sanskrit language so that they have an understanding of every asana; this will be given to them at the beginning of the course.

Prerequisites

Students are required to have a minimum of 2 years strong yoga practice before they can be accepted on to this teacher training course. No exceptions can be made. It is also helpful for students to have a basic understanding of the philosophy of yoga. Successful applicants should be in good health and have stable personal circumstances to complete this course with the focus and dedication it requires.

Accreditation

This course is accredited by Yoga Alliance Professionals.

“Our teacher training course has met the stringent requirements set by Yoga Alliance Professionals.

Our graduates are trained to the highest standard and are eligible to register with Yoga Alliance Professionals.”

GDPR

GENERAL DATA PROTECTION REGULATION

Upon registration as a student of our training course, you consent to your contact details (name, email and phone number) being passed onto our partners, Yoga Alliance Professionals, so they can contact you directly and invite you to register as a Trainee and Teacher and that you understand that you have the option of opting out of this registration process.

LKY sometimes takes photos for promotional purposes. If any client objects to a photo being taken, they must let the teacher know at the beginning of class. Teacher trainees are encouraged to take photographs and videos throughout their training to aid them with personal development and feedback.