

# Curriculum Table

| Curriculum area description and examples             |   | Provide detail here and attach supporting documentation |
|--|---|---|
| <b>Anatomy and Physiology</b>                        | Study of the anatomy and functional physiology of bodily systems.   | <b>Hours and summary of subjects completed:</b>         |
| <b>Yogic Physiology</b>                              | Study of subtle yogic physiology and energy fields, such as: nadis, koshas, chakras, gunas. etc. (study of Ayurveda not counted)  | <b>Hours and summary of subjects completed:</b>         |
| <b>Philosophy, Ethics and Lifestyle</b>              | Study of the yogic philosophies and yoga educational texts, ethics for yoga teachers, yoga lifestyle. At least the following must be included:<br><br>> Yoga Sutras of Patanjali<br>> Hatha Yoga Pradipika<br>> Bhagavad Gita   | <b>Hours and summary of subjects completed:</b>         |
| <b>Techniques</b>                                    | Theory and practice of yoga techniques in traditional areas of yoga study. Yoga techniques such as: asana, pranayama, meditation, bandha, mudras, kriyas, shatkarma, etc, relaxation, chanting, and other traditional yoga techniques. Substantial emphasis must be given to both the theory and guided practice of, in a dedicated teacher training environment. | <b>Hours and summary of subjects completed:</b>         |
| <b>Teaching Methodology</b>                          | Study and practice of teaching methodologies such as: principles of demonstration, observation, communication, assistance, correction, adjustments, instruction, teaching styles, learning styles, etc.   | <b>Hours and summary of subjects completed:</b>         |
| <b>Integrative Practice and Teaching (Practicum)</b> | Such as: supervised teaching practice, observation of teaching, assistance in classes taught by a qualified teacher, receiving and giving feedback. This includes professional on-going mentoring and supervision under a more senior teacher.  | <b>Hours and summary of subjects completed:</b>         |
| <b>Remaining Hours/ Specialities</b>                 | May be distributed among the categories above or in an area of specialisation such as: therapeutic use of asana, pranayama, relaxation, meditation, cleansing practices, yoga for special needs groups such as children, pre/post natal, etc.   | <b>Hours and summary of specialities completed</b>      |

Signature: \_\_\_\_\_ Date: \_\_\_\_\_ Total hours: \_\_\_\_\_