

# TECHNIQUES, TRAINING, PRACTICE

## TECHNIQUES, TRAINING, PRACTICE OVERVIEW

Our RYS200 program provided a strong foundation across vinyasa asana, pranayama & subtle body, meditation, mantra, mudra.

In RYS300, we go further! Now that you have a strong foundation, we can go deeper into asana, pranayama, subtle body, meditation, other yoga techniques and learn more - taking your learning to a new dimension (deeper and broader).

### In Advanced Vinyasa Asana, you will learn:

- Warriors, Forward Folds, Hip Openers, Backbends, Balance, Core, Inversions, Arm Balances

### In Pranayama and Subtle Body (also referred to as Energy Anatomy as times), you will learn:

- Pranayama - we will explore advanced breathing techniques
- Subtle Body/Energy Anatomy - Introduction to kriyas, Introduction to Bandhas, Deeper dive into chakras

### We will go deeper into meditation, mantra, mudra:

- Meditation & Yoga Nidra
- Sanskrit Mantras & Mudras

### Other traditional yoga techniques you will explore:

- Yin Yoga
- Restorative Yoga
- Kid's Yoga
- Prenatal Yoga
- Chair Yoga
- Asana for Ayurveda

These hours will be a mix between: 1) analytical training in how to teach and practice the techniques and 2) guided practice of the techniques themselves. Both areas will receive substantial emphasis.

## ADVANCED VINYASA ASANA

In RYS200, we laid the foundation for Vinyasa. This included learning Sun Salute A, Sun Salute B. We learned how to float forward and back. We learned warrior poses, core poses, balance, forward folds, backbends, hip openers, twists. We reviewed easy pose, child's pose, savasana.

In RYS300, we will further explore the following categories of asana:

- Warriors
- Forward Folds
- Hip Openers
- Backbends
- Balance
- Core
- Inversions
- Arm Balances

Get ready to rollout your mat! We will demonstrate, learn, journal, take notes and so much more!

Then you will put together a sequence to teach - and you'll get practicum experience too!

## ADVANCED VINYASA ASANA: WARRIORS

### **Revolved Triangle: Parivrtta Trikonasana**

Form & Alignment:

Modifications:

NOTES:

## ADVANCED VINYASA ASANA: WARRIORS

### **Revolved Side Angle: Parivrtta Parsvakonasana**

(par-ee-vrt-tah parsh-vah-cone-AHS-anna)

parivrtta = to turn around, revolve

parsva = side, flank

kona = angle

#### Form & Alignment:

#### Modifications:

#### NOTES:

## ADVANCED VINYASA ASANA: WARRIORS

### **Revolved Crescent Lunge: Parivrtta Anjaneyasana**

Form & Alignment:

Modifications:

NOTES:

**ADDED BONUS:** Let's discuss BINDS and binding the arms in these variations

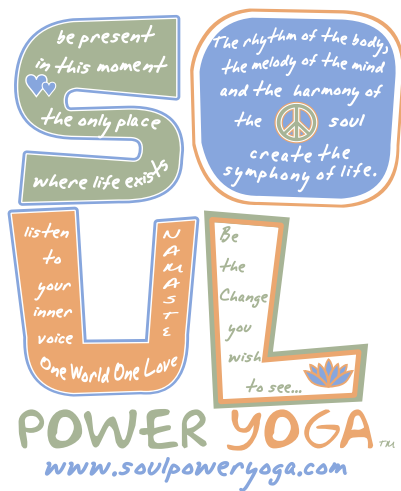
## ADVANCED VINYASA ASANA: WARRIORS

### **Flying Warrior: Visvamisrasana**

Form & Alignment:

Modifications:

NOTES:



# AYURVEDA - NUTRITION & SELFCARE RITUALS



## AYURVEDA - NUTRITION & SELF CARE RITUALS

In RYS200, through active discussion, use of the manual, and group discussion we did a general overview of the philosophy of Ayurveda. We discussed what Ayurveda is overall, discussed the 3 doshas, recognized the signs of balance and imbalance by dosha, understood the different Ayurvedic mental states by dosha and Ayurvedic physical traits by dosha.

In RYS300, we will review:

1. Ayurvedic nutrition by dosha.
2. How each season is governed by a dosha and how that impacts each one of us
3. SelfCare Rituals - key asanas, pranayama practices, meditation techniques for balancing each dosha.

What is Ayurveda? Ayur means life. Veda means knowledge. It is the Knowledge of Life. The sister science to yoga.

### 3 Doshas:

Kapha  
Pitta  
Vata

### Doshas by Season:

Kapha - winter and early spring

Pitta - late spring and summer

Vata - fall and early winter

What does this mean? Grab your journals for more space to reflect and write as we discuss!