Blank Worksheet for RYS 200, 300, 500, RCYS, and RPYS

If you are an existing RYS or plan to apply to become one, you will be asked to submit your school's syllabus. A "syllabus" is a high-level summary of your teacher-training program. *** This worksheet is for planning purposes only. Your school will need to cut and paste this information into the Syllabus Wizard in our online application form. DO NOT send this document to Yoga Alliance. ***

EXAMPLES

Session/Topic #	Title	Description	Learning Objective	Educational Category	Contact Hours	Non-Contact Hours	Taught By	Contact Hours with Lead Trainer	Total Hours		
Example #1											
2C	Use of Language and Voice	Lecture and discussion on active vs. passive language and the effective use of each; and habitual speech/communication patterns	Trainees will be able to identify active vs. passive language and correctly determine which style is best for a given set of teaching scenarios. Trainees will also be able to articulate a basic understanding of habitual speech/communication patterns based on reference materials discussed in class.	Teaching Methodology	3.0	2.0	Sally Trainer	3.0	5.0		
-			Example #2								
3rd Module, Day 2	Teaching Sun Salutations (A & B)	flexibility and strength in these	 a) Demonstrate proper alignment in sun salutations; b) Verbalize appropriate cues for modifications and corrections; c) Integrate energetic and physical alignment cuing. 	Techniques, Training and Practice	5.0	0.0	Priva Kapoor	3.0	5.0		

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