



Our RYS® 300 training is open enrolment and you can begin your advanced journey with us as soon as you register to the school.

There are a total of 8 sessions in our 300 Hour Advanced Training. Each session has 6 parts:

1. Mindfulness meditation practice
2. Energising vinyasa flow masterclass
3. Skill Development lectures and talks
4. Practicum of poses, variations and assist
5. Subtle masterclass (yin, nidra, restorative etc)
6. Self-Reflection/Study

At the end of each session you will be required to upload your self reflection/study back into the system. It is quite easy to do and will ensure you graduate with increased confidence in your abilities, yoga knowledge and teaching skills.

Our philosophy is deeply based on the origins of yoga dating back to the Vedas, the Upanishads, the Bhagavad Gita, and their applications in daily life. We place major emphasis on an advanced Vinyasa yoga practice, Vinyasa sequencing, and hands-on adjustments. Our training thrives on storytelling as it pertains to the asanas, creating a beautiful journey through advanced teachings of the asanas.

We aim our students to be proficient in teaching Vinyasa flow at intermediate and advanced levels. At the same time, we provide training in sequencing Yin Yoga, Restorative Yoga, Stretch Yoga, Yoga Nidra, and Trepsicore. We focus on teaching and threading dharma throughout classes. We also teach the incorporation of mandala movement within classes.

We offer a posture clinic, discussing alignment, adjustment, and teaching techniques as well as modifications and advanced variations. We encourage the use of props such as blocks, bolsters, straps, blankets, and walls in your and your students' yoga practice.

Upon completion of the RYS 300 training you will be a Registered Yoga Teacher RYT® 500.

Techniques, Training and Practice

What makes any physical posture a yogic posture? Many of the postures we perform in yoga are also performed in areas of motion that have no spiritual touch. For a posture to be considered an asana, it must be balanced, relaxed and performed out of quiet consciousness with a connection to breath and deep awareness.

An asana does not insist that your yoga pose be perfect. Quite the contrary—it insists that your approach to the practice is what counts (Sutra 2.46).

Analytical training in how to teach and practice traditional yoga techniques, along with a guided practice of the techniques themselves.

Meditation. Learn various meditation techniques, and make practice a daily habit.

Pranayama. Practice different breathing techniques. The yogic science for controlling and directing breathing patterns. You will learn about the source of breathing and the various forms of advanced breathing techniques and how to teach them. Proper pranayama produces peace of mind and allows concentration and clarity.

Ayurvedic Practice and the five basic elements found in the universe: space, air, fire, water, and earth, along with the most powerful of all three dosas - Vata Dosha.

Teaching Methodology

Find your authentic voice. We will help you become a more competent teacher, trainer, and inspirational yoga mentor. Learn different training techniques to ensure successful experiences for each and every student.

Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries.

Teaching vinyasa flow. What are the essential steps for sequencing and leading an advanced vinyasa yoga class? How can you open students to proper and intelligent work with the body? Depending on the needs, which postures to choose, which postures to give up, how to maintain a proper balance in the time frame for exercises, breathing, and meditation.

Principles of demonstration: Learn how effective demonstrations in class can help emphasise a physical and energetic alignment, or other focus for the specific pose or sequence.

Principles of observation, assisting and correcting.

Teaching styles, instruction guidelines and the qualities of a teacher.

Understand receiving and giving feedback.

Learning modalities. Identifying your dominant style, and learn how to teach based on others' learning styles. Understand the student learning process.

Voice projection and floor presence.

Anatomy and Physiology

Take an in-depth look into the anatomy of the human body, including energy anatomy (chakras, nadis, etc.), and its relation to yoga poses, along with its application to yoga practice: benefits, contraindications, healthy movement patterns, and more.

Get a better understanding of the anatomy surrounding each asana. It will not only improve your own practice, but is the building block of a strong yoga teacher.

Yoga Philosophy, Lifestyle and Ethics

Further and deeper study of yoga philosophies and traditional texts, such as the Yoga Sutras, Hatha Yoga Pradipika or Bhagavad Gita, than what was included in your school's 200 hour training syllabus content.

Where do asanas come from? What are the stories behind some of the most recognised asanas.

Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma.

Ethics for yoga teachers, such as those involving teacher – student relationships and community.

Understand the value of teaching yoga as a service and being of service to others through yoga (seva). Learn the art of giving and serving, and the importance of the right attitude.

A deeper look into yoga philosophy & history. The development of yoga from the beginning of Patanjali's yoga to the present day.

Foundation of Sanskrit (संस्कृत भाषा). Travel into the language of classical Hindu philosophy, and of historical texts of Buddhism and Jainism. Learn how to pronounce name of poses and bring the power of Sanskrit into your class.

Journaling. Create a personal journal of self-awareness to invite yourself to notice the subtle biases and beliefs that influence your thinking. Learn how to see things more clearly to begin to cultivate openness.

Get feedback every step of the way to improve your self-development.

Guided meditation and self awareness activities and discussion points on our live group calls.

Learn about the three Gunas: Satva, Rajas, Tamas.

Understand Kundalini and its origin.

Take an in-depth look into the Subtle body: Nadis, Chakra, Prana, Vayus.

Understand Samadhi, Moksha (Enlightenment).

Practicum

Practice teaching different styles of yoga as you journey through the training.

Get detailed personal feedback from the mentors that is automatically saved to your account for life long access.

Teach and observe others teaching in live group calls.

The Business of Yoga

How to develop your career as a yoga teacher.

Learn how to up your own studio, school or retreat centre. Our lead trainers have won over 40 awards during 25 years of serving the fitness and wellness industry in the United States. We will teach you everything from finding a suitable space for yoga to the opening and construction of a successful studio.

Learn ethics in yoga business.

Learn how to build your network with other yoga teachers.

Learn the power of branding. Branding requires that your image and likeness – your logos, who you are and what you represent – are clear and aligned with your yogic mission.

Sound and Music

Learn the power of Tibetan singing bowls, solfeggio sounds and teaching to music.

Learn how music can impact yoga and how to create meaningful authentic playlists to enhance your students experience.

Learn the power to create a vibe, how to take your students on a musical adventure and create a strong class experience.

In addition trainees get two complimentary advanced courses: [Yin Yoga Course](#) and [Restorative Yoga Course](#).

Namaste,

Drishti Beats