

## CYS Standards Checklist

Standards Criteria	Tick or X in box when done
Applied Anatomy and Physiology for the Yoga Teacher, including fundamental knowledge about how the body works and which movements mobilise joints and lengthen or strengthen key muscles.	
Safe practice and the modification of postures and practices to avoid injury or harm	
An understanding of the role of core strength and core stability in yoga and its relationship to bandha	
Detailed knowledge about a broad range of classical asanas (including mobilizing and preparatory practices and common Sanskrit names), breathing practices, methods of relaxation, and concentration and meditation techniques.	
How to construct a simple lesson plan and simple course plan (CYS examples of one-page lesson plans and one-page course plans are available to tutors free of charge). Other professional teaching skills, including knowledge of teaching strategies, methods of assessment and evaluation and the role of reflective practice in the ongoing development of the teacher. The legal and ethical framework of yoga teaching, safeguarding and simple risk assessment.	
Detailed knowledge of Patanjali's Yoga Sutras and its fundamental teachings about the purpose and practice of yoga and the nature of the mind	
Knowledge of the system of hatha yoga set out in the Hathayogapradipika.	
Background knowledge of the Yoga tradition, including the teachings of the Upanishads and the Bhagavad Gita	
The importance of yoga as a practice to help people cope with modern life and to promote self-development and Self-awareness.	
Opportunities to practice teaching via micro-teaching exercises in pairs, small groups and the peer group. An opportunity to teach at least a session containing the elements of a yoga class while being observed and afterwards receiving formal feedback as part of formative assessment	