200-Hour Ramapo Yoga Teacher Certification Program Overview
2013-2014 Sample Schedule
Director: Carol Bowman, Ed.D, ERYT 200, RYT 500
Co-Directors: Jim Morley, Ph.D., RYT 200, Fran Ubertini ERYT500

Prerequisite:

- At least 100 hours of previous yoga practice
- 200 word essay about yoga experience

Program Outline:

- Principles of Asana and Alignment
- Teaching Methodology
- Pranayama and Kriyas
- Philosophy: Yoga Sutras, Bhagavad Gita, Tree of Samkhya
- Anatomy & Physiology
- Other traditions of Contemplation
- Neuropsychology of Yoga
- Using Yoga in schools
- Introduction to Sanskrit
- Chanting, Meditation & Mudra
- Dharma Talks
- Teaching students with physical challenges
- How to Structure a Class
- Building on a Theme
- The Business of Yoga
- Presenting Yourself as a Teacher

Program Requirements:

- Techniques: 100 Hours
- Yoga Philosophy, Ethics & Lifestyle: 30 Hours
- Teaching Methodology: 25 Hours
- Anatomy & Physiology: 20 Hours
- Additional Requirements: 25 Hours

Attendance Requirements:

- One Fri. evening - Sat. day weekend, 6 full weekends
- Evening Fall semester. EDUC 205: Contemplative Practice in Education
- Attendance at 30 additional asana classes, 25 must be with the Program Faculty (Workshops count as 2 classes)

Spring Workshops: Dates TBA
Students may take the required academic course, EDUC 205, in a different semester than the Weekend Intensive.

Faculty:
Carol Bowman RYT 500, Jim Morley, RYT 200, Fran Ubertini ERYT 500, Betsy Ceva, ERYT 500, Raji Thron, E-RYT 500, Nancy Smith, ERYT 200.

Requirements for certification include:
Full participation in all six weekends, homework, readings, classes, testing, and all contact hour requirements including 3 workshops.
Successful completion of EDUC 205 with a grade of “C” or better
Upon completion of all requirements, students receive 200-hour yoga teacher certification by Ramapo College Yoga Teacher Certification Program, a Yoga Alliance registered school. Contact cbowman@ramapo.edu for more information