

# Syllabus

## Theory

- 1) Brief history and evolution of Yoga philosophy.
- 2) Principles and Fundamentals of Yoga
- 3) Yoga in different Scriptures (Geeta, Yoga Sutra, Hatha Pradipika, Shad Darshana)
- 4) Different Yogic Paths (Raj Yog, Bhakti Yog, Janana Yog, Karma Yog, Mantra Yog)
- 5) Discipline & Obstacles in Yoga
- 6) Life History & the Sadhana of Yogies
- 7) Introduction of Yogic Text Books
  - Yoga Sutras of Patanjali
  - The Bhagwat Gita
  - Hatha Pradeepika
  - Gherand Samhita
  - Shiva Samhita
- 8) Satkarma – Purification Techniques in Hatha Yoga & Mudras
- 9) Concept of Yogic Therapy
- 10) Fundamental Principles of Yoga
  - Chakras
  - Nadis
  - Pancha Koshas
  - Panch bhuta
  - Panch Prana
  
- 11) Yogic management of common diseases



## **Practical**

### **Asanas:**

- Asana Meaning and Definition
- Classification of Asana
- Sun Salutation, Traditional
- Sun Salutation A & B, Ashtanga Vinyasa
- Yoga postures with alignment, adjustments, and modifications
- Sanskrit Terms/Names, Benefits, and Contraindications of Asana
- Breathing basics in AsanaAsana

### **Pranayama (Breathing Exercises):**

- Basic Breathing observation and correction
- Breathing techniques to improve respiratory functioning
- Definition and meaning of pranayama
- Difference between breathing and pranayama
- Retention Ratio and practice of pranayama
- Breathing kriyas
- 8 Pranayamas

### **Mantra**

- Mantras with Meaning and significance
- Om meaning, recitation, the ratio of sound
- Mantras with their respective voice modulations

### **Meditation**

- Meaning and definition of Meditation
- Concentration Techniques
- Difference between Concentration
- Meditation Techniques
- Yoga Nidra

### **Kriyas**

- Details Shatkarmas
- Needs and benefits of Shatkarmas
- Precautions during and after practices.

### **Teaching Methodology**

- Code of Conduct or Ethical guidelines for a Yoga Teacher
- Lesson plan, Sequencing of practices, feedback, Progression.
- Class management
- Art of Demonstrations, Assistance, Instructions, and correction
- Concept of Alignment, at all the possible level

PDFs, Videos, and much other study material will be provided to you during the teacher training course and will be with you even after the course is over. You can refer to these teaching materials even after the course is over.