### DETAILED SYLLABUS

### 300 Hr Advanced Yoga Teacher Training Certificate Course

Module 1: Hatha Yoga (40 Hours)

Module 2: Ashtanga Yoga (20 Hours)

Module 3: Ashtanga Vinyasa Yoga (20 Hours)

Module 4: Vinyasa Yoga (30 Hours)

Module 5: Yoga Therapy (30 Hours)

Module 6: Yin Yoga (30 Hours)

Module 7: Restorative Yoga (20 Hours)

Module 8: Advanced Teaching Methodology (20 Hours)

Module 9: Techniques and Training (30 Hours)

Module 10: Yoga, Anatomy, Physiology,

Kinesiology, & Bio-Mechanism (30 Hours)

Module 11: Yoga Philosophy, Lifestyle and Ethics (30 Hours)

### Module 12: Practicum

### Module 13: Project Work

**Paper 1. Training, Practice and Techniques**

**Part – 1 Hatha Yoga**

**Chapter - 1**

**1. Yoga Mantra Chanting**

1.1. Introduction

1.Ganesha Mantra

2.Guru Stotra

3.Saraswati Prayer

4.Bhagavad Gita - Jnana Yoga Sloka

5.Bhagavad Gita - Dhyana Yoga Sloka

6.Bhagavad Gita - Bhakthi Yoga Sloka

7.Bhagavad Gita - Karma Yoga Sloka

**2. Yoga Mantra Chanting**

i) Gayatri Mantra

ii) Maha Mrityunjaya Mantra

iii) Shanthi Mantra

iv) Patanjali Mantra

v) Pranayama Mantra

vi) Surya Namaskar Mantra

vii) AstangaYoga Mantra

viii) Guru Mantra

ix) Vedic Mantras

x) Dhyana Mantra

xi)Pratahsmaranam

**Chapter – 2**

**Warm Up**

1. Warm Up Yoga Sequences

a. Is it necessary to warm up before yoga?

b. What kind of warm up yoga should one do?

c. How important it is to warm up before the yoga sequence or yoga practice?

2. Yoga Warm-Up

2.1. Asanas as Warm-Ups

2.2. Good Things Happen When You Warm Up Properly

a. Stimulation of Circulation

b. Synovial Fluid

c. Breathing

d. Concentration

e. The Value of Pauses

2.3. An Ideal Warm-Up Routine

2.4. Warming and Awakening the Body

2.5. Warming, General and Targeted

a. Ujjayi Pranayama

b. Kapalabhati Pranayama

c. Cat and Dog Tilts

d. Ashtanga Pranam

e. Surya Namaskara

f. Adho Mukha Svanasana (Downward-Facing Dog Pose)

g. Plank–Chaturanga–Up Dog–Down Dog

h. Salamba Sirsasana I (Supported Headstand)

i. Sustained Standing Asana Sequences

j. Core Activation

**Chapter - 3.** **Yogic Suksma Vyayama**

Science of Vyayama

**1.1. Yogic Suksma Vyayama**

1. Prarthana … Prayer

2. Uccarana-Sthala- Tatha- Visuddha-Cakra-Shuddhi (Clearing the Pharynx / throat)

3. Buddhi Tatha Dhrti-Shakti-Vikasaka (Developing the Mind and Will power

4. Smarana- Shakti- Vikasaka (Developing the Memory)

5 . Medha -Shakti-Vikasaka (Developing the Intellect)

6 . Netra-Shakti-Vikasaka (Improving the Eye-sight)

7. Kapola-Shakti-Vardhaka (Rejuvenating the Cheeks)

8. Karna-Shakti Vardhaka (Improving the power of Hearing)

9. Griva-Shakti-Vikasaka-1 (Strenghtening the Neck -1)

10. Griva-Shakti-Vikasaka-2 (Strenghtening the Neck -2)

11. Griva-Shakti-Vikasaka-3 (Strenghtening the Neck -3)

12. Skandha- Tatha- Bahu- Mula- Shakti- Vikasaka ( Shoulder-blades and joints)

13. Bhuja- Bandha- Shakti- Vikasaka (Strenghtening the Upper arms)

14. Kaphoni Shakti- Vikasaka (Strenghtening the Elbows)

15. Bhuja-Balli-Shakti-vikasaka (Strenghtening the Fore-arms)

16. Purna-Bhuja-Shakti-Vikasaka (Developing the Arms)

17. Mani-Bandha-Shakti-Vikasaka (Developing the Wrists)

18. Kara-Prstha-Shakti-Vikasaka (Developing the back of the Hand)

19. Kara-Tala-Shakti-Vikasaka (Developing the Palms)

20. Angula-Mula-Shakti-Vikasaka (Developing the Finger-Joints)

21. Anguli-Shakti-Vikasaka (strengthening the Fingers)

22. Vaksha-Sthala-Shakti-Vikasaka-1 (Developing the Chest -1)

23. Vaksa-Sthala-Shakti-Vikasaka-2 (Developing the Chest -2)

24. Udara-Shakti-Vikasaka-1 (Developing the Abdominal muscles-1)

25. Udara-Shakti-Vikasaka-2 (Developing the Abdominal muscles-2)

26. Udara-Shakti-Vikasaka-3 (Developing the Abdominal muscles-3)

27. Udara-Shakti-Vikasaka-4 (Developing the Abdominal muscles-4)

28. Udara-Shakti-Vikasaka-5 (Developing the Abdominal muscles-5)

29. Udara-Shakti-Vikasaka-6 (Developing the Abdominal muscles-6)

30. Udara-Shakti-Vikasaka-7 (Developing the Abdominal muscles-7)

31. Udara-Shakti-Vikasaka-8 (Developing the Abdominal muscles-8)

32. Udara-Shakti-Vikasaka-9 (Developing the Abdominal muscles -9)

33. Udara-Shakti-Vikasaka-10 (Developing the Abdominal muscles-10)

34. Kati-Shakti-Vikasaka-1 (Strenghtening the back -1)

35. Kati-Shakti-Vikasaka-2 (Strenghtening the back -2)

36. Kati-Shakti-Vikasaka-3 (Strenghtening the back -3)

37. Kati-Shakti-Vikasaka-4 (Strenghtening the back-4)

38. Kati-Shakti-Vikasaka-5 (Developing the strength of the back -5)

39. Muladhara-Cakra-Shuddhi (Toning up the Bowels)

40. Upastha- Tatha- Svadhisthana-Cakra-Shuddhi (toning up the bowels)

41. Kundalini-Shakti-Vikasaka (Developing the power of the Mystic Coil)

42. Jangha-Shakti-Vikasaka-1 (Developing the Thighs-1)

43. Jangha-Shakti-Vikasaka-2 (Developing the Thighs-2)

44. Janu-Shakti-Vikasaka (Strenghtening the Knees)

45. Pindali-Shakti-Vikasaka (Developing the Calves)

46. Pada-Mula-Shakti-Vikasaka (Developing the strength of the soles)

47. Gulpha-Pada-Prshtha-Pada-Tala-Shakti-Vikasaka (the Ankles and the Feet)

48. Padanguli-Shakti-Vikasaka (Developing the Toes)

**Chapter – 4 Surya Namaskara (sun salutation)**

**4.1. Surya Namaskara (sun salutation)**

4.2. Introduction

ii) Preparation

iii) General contra-indications

iv) General benefits

v) Time of practice

vi) Awareness

vii) Conclusion

viii) Duration

ix) Beeja mantras

Surya Namaskara Mantras

4.3. The Twelve Sun Mantras

4.4. Bija Mantras

4.5. Suryanamaskara Benefits

4.6. Suryanamaskara Benefits Effects on the Muscles

a. Strength

b. Balance

c. Composure

d. Erect posture

e. Enhancing posture

4.7. Interaction with the Vital Organs

i. Respiratory system

ii. Circulatory system

iii. Digestive system

iv. Urinary system

v. Skin

vi. Nervous system

vii. The Endocrine System

viii. Pituitary

ix. Pineal

x. Thyroid/parathyroid

xi. Thymus

xii. Adrenal glands

xiii. Pancreas

xiv. Reproductive organs

Summary

**2. Surya Namaskara (sun salutation)**

Beginners Level

Chapter - 4.1 Surya Namaskara (Sun Salutation) Sivananada School of Yoga Style

Chapter - 4.2. Surya Namaskara (Sun Salutation) Satyananada School of Yoga Style

Chapter - 4.3. Surya Namaskara (Sun Salutation) Vivekananada School of Yoga Style

**Intermediate Level**

Chapter - 4.4. Chandra Namaskara (Moon Salutation)

**Chapter – 5 Foundation of Asana**

**1. Foundation of Asana**

1. Hatha Yoga View on Asana

2. Patanjali concept on Asana

2.6. Classification of Asana

1. Beginners

2. Intermediate

3. Advanced

2.7. Isometric static & Dynamic Asana

1. Dynamic practices

2. Static practices

2.8. Perspective view on Asana

2. Introduction to Asana

1. Standing Asana

2. Forward Bending Asanas

3. Backward Bending Asanas

4. Vajrasana Group of Asanas

5. Sitting Asana

6. Meditation Asanas

7. Spinal Twisting Asanas

8. Relaxation Asanas

9. Supine and Prone Asana

10. Inverted Asanas

11. Core Asana

12. Hip Opening Asana

13. Balancing Asanas

**Chapter - 5.1. Standing Asana**

**Beginners Level**

1. Samasthiti(upright or still)

2. Tadasana – (mountain pose)

3. Ardhakati Cakrasana(half lateral wheel pose)

4. Vrksasana (tree pose)

5. Ardha Uttanasana(standing half forward bend)

6. Padahastasana (hand to foot pose)

7. Ardha Chakrasana (half wheel pose)

8. Utthita Vayu Muktasana(standing wind releasing pose)

**Intermediate Level**

9. Garudasana (eagle pose)

10. Utkatasana (mighty pose)

11. Utthita Trikonasana (extended triangle pose)

12. Parivritta Trikonasana (revolved triangle pose)

13. Utthita Parsvakonasana (extended side angle pose)

14. Parivritta Utthita Parsvakonasana (revolved extended side angle pose)

15. Parsvottanasana(side intense stretch)

16. Virabhadrasana -1 (warrior -1)

17. Virabhadrasana -2(warrior-2)

**Advanced Level**

18. Padangusthasana( holding the big toes)

19. Ardha Chandrasana (half moon pose)

20. Parivrtta ardha Chandrasana (revolved half moon pose)

21. Parivrtta Baddha Parsvakonasana (revolved bound side angle)

22. Urdhva Prasarita Ekapadasana(upward split one leg)

23. Virabhadrasana -3(warrior-3)

24. Ardha Baddha Padmottanasana (half bound lotus intense stretch)

25. Natarajasana(Lord of the dance Pose)

26. Prasarita Padottanasana(legs widespread intense stretch)

27. Utthita Hasta Padangusthasana(intense arms hold big toe)

28. Malasana (garland pose)

**Chapter - 5.2. Kneeling Asana**

**Beginners Level**

29. Vajrasana (diamond pose)

30. Balasana(Child’s Pose) or Shashankasana ( moon or hare pose)

31. Madukasana(Frog Pose) or Bhadrasana (gracious pose)

32. Marjaryasana(Cat Pose)

33. Vyaghrasana(Tiger Pose)

**Intermediate Level**

34. Virasana (hero pose)

35. Ustrasana(camel pose)

**Advanced Level**

36. Parighasana (gate pose)

37. Supta Virasana (recline hero pose)

**Chapter - 5.3. Sitting Asana**

**Beginners Level**

37. Sukhasana(Easy pose)

38. Dandasana (Staff Pose)

39. Swastik Asana(auspicious pose)

40. Siddhasana(adept pose)

41. Padmasana(lotus pose)

**Intermediate Level**

42. Janu Sirsasana (Head to Knee Pose)

43. Parivrtta Janu Sirsasana(revolved knee to head pose)

44. Paschimottanasana(ugrasana or brahmacharyasana)

45. Purvauttansana(east intense stretch pose)

46. Gomukhasana(cow face resembling)

47. Marichyasana(name of the sage mariachi)

48. Ardha Navasana (half boat)

49. Upavistha Konasana(wide angle seated forward bend pose)

50. Baddha Konasana(bounded angle pose)

51. Ardha Matsyendrasana (half spinal twist)

52. Yogamudrasana(yoga gesture or psychic union pose)

53. Simhasana(lion gesture)

54. Parvatasana(mountain pose)

**Advanced Level**

55. Ardha Padma Paschimottanasana(half lotus west intense stretch pose)

56. Ardha Baddha Padma Paschimottanasana(half bounded lotus west intense stretch pose)

57. Bharadvajasana(Bharadvaja was the father of drona)

58. Paripurna Navasana (complete boat pose)

59. Ubhaya Padangustasana(ubhaya - both, padangusta - big toe)

60. Merudandasana (spinal column pose)

61. Goraksasana(cowherd)

62. Simhasana - 2(lion pose)

63. Trianga Mukhaikapda Paschimottanasana(three limbs facing intense west stretch pose)

64. Hanumanasana(front full split or hindu monkey god)

65. Krounchasana(heron pose)

66. Urdhva Padmasana(Upward Lotus Pose) or Lolasana (swinging pose)

67. Akarna Dhanurasana(heel touches the ear as an archer pulls the bowstring)

68. Eka Pada Raja kapotasana(single leg king pigeon pose)

69. Eka Pada Sirasana(one leg behind head pose)

70. Kukkutasana(cockerel pose)

**Chapter - 5.4. Supine Asana (on back)**

**Beginners Level**

71. Shavasana(corpse pose)

72. Ananda Balasana (happy baby pose)

73. Supta Pawanmuktasana (wind relieving pose)

74. Setu Bandha Sarvangasana(bridge lock Sarvangasana)

**Intermediate Level**

75. Jathara Parivartanasana(abdomen twisting pose)

76. Salamba Sarvangasana(supported Sarvangasana)

77. Matsyasana(fish pose)

78. Supta Konasana(reclining angle pose)

79. Urdhva Cakrasana(upward wheel pose)

**Advanced Level**

80. Anantasana(Vishnu couch pose)

81. Eka Pada Setu Bandha Sarvangasana (single leg bridge pose)

82. Niralamba Sarvangasana (without support Sarvangasana)

83. Supta Padangusthasana(supine holding big toe)

84. Halasana(Plough Pose)

85. Karnapidasana(ear pressure pose)

86. Dwi Pada Viparita Dandasana(both feet reverse stick pose)

87. Eka Pada Urdhva Dhanurasana(single leg upward bow pose)

88. Pindasana in Sarvangasana(embryo or fetus pose)

89. Urdhva Padmasana in Sarvangasana (upward lotus pose in sarvangasana)

**Chapter - 5.5. Prone Asana (abdomen)**

**Beginners Level**

90. Makarasana (crocodile pose)

91. Ardha Shalabhasana(half locust pose)

92. Salabhasana (locust Pose)

93. Sarpasana(snake pose)

94. Bhujangasana(serpent pose)

95. Ardha Dhanurasana (half bow)

**Intermediate Level**

96. Dhanurasana(bow pose)

97. Urdhva Mukha Svanasana(upward facing dog pose)

**Advanced Level**

98. Parsva Dhanurasana(sideways bow pose)

99. Bhekasana(toad or frog pose)

**Chapter - 5.6.Arm Balancing and Head Standing Asana**

**Intermediate Level**

100. Phalakasana(plank pose) or Santolanasana (balancing pose)

101. Chaturanga Dandasana(four limbed staff pose)

102. Tolasana(scale pose)

103. Purvottanasana(east intense stretch)

**Advanced Level**

104. Bakasana(crane)

105. Mayurasana (mayura means a peacock)

106. Padma Mayurasana(lotus peacock pose)

107. Astavakrasana

108. Bhujapidasana

109. Eka Pada Bakasana

110. Eka Pada Galavasana

111. Eka pada Koundinyanasana(Single Leg Sage Koundinyan Pose)

112. Vasisthasana

113. Kukkutasana(lifted cockerel pose)

114. Pincha Mayurasana

115. Salamba Sirsasana

116. Salamba Sirsasana

**Chapter - 6. Pranayama**

6.1. Introduction

6.2. What is Prana?

6.3. Universal prana

6.4. Play of prana and chitta

6.5. Individual prana

6.6. Receiving prana

6.7. Experience of cosmic prana

6.8. Four aspects of pranayama

6.9. The Pranic body

6.10. Breath, health and pranayama

6.11. Breathing and life span

6.12. General notes for the practitioner

6.13. Guidelines for Pranayama

a. Diet

b. Place

c. Cleanliness

d. Sequence

e. The seat

f. Posture

g. Starting nostril

h. The nose

i. Flaring the nostrils

j. Breathing

k. Ratio of inhalation, retention and exhalation

l. Bandhas

m. Time unit

n. Fatigue

o. Illness

p. Pregnancy

q. Possible side effects

r. Regularity

s. Advice for pranayama Sadhana

t. Special diets

6.14. Importance of Kumbhaka

i. Classification of pranayama

ii. What is kumbhaka?

iii. Physiology of kumbhaka

iv. Kevala kumbhaka

v. Kumbhaka and Samadhi

vi. Thereby the covering of light disappears.

vii. Kumbhaka and kundalini

6.15. Natural breathing

6.16. Abdominal Breathing

6.17. Abdominal (or diaphragmatic) breathing

6.18. Thoracic Breathing

6.19. Thoracic breathing

6.20. Clavicular Breathing

6.21. Clavicular breathing

6.22. Full Yogic Breathing

6.23. Yogic breathing

6.24. Kapalabhati Pranayama (frontal brain cleansing breath)

Technique 2: Alternate nostrils

6.25. Bhastrika Pranayama (bellows breath)

Technique 2: Alternate nostrils

6.26. Nadi Shodhana Pranayama (psychic network purification)

6. 27. Ujjayi Pranayama (the psychic breath)

6. 28. Chandra Bhedana Pranayama (calming energy)

6.29. Surya Bhedana Pranayama (stimulating vitality)

6.30. Sheetali Pranayama(cooling pranayama)

6.31. Sheetkari Pranayama (hissing breath)

6.32. Bhramari Pranayama (humming bee breath)

**Chapter - 7. Mudra**

7.1. Introduction

7.2. Mudras and Prana

7.3. Mudras and the Elements

7.4. The Five Basic Finger Positions

7.5. Full yogic breathing Mudra

a. Chin Mudra while chanting ‘AAAA’

b. Chinmaya Mudra while chanting ‘OU’

c. Adi Mudra while chanting ‘MMMM’

d. Brahma Mudra while chanting ‘AUM’

7.6. Mudras

**Mudras and Chakras**

1. Mooladhara Mudra (Root Chakra Gesture)

2. Swadhisthana Mudra (Sacral Chakra Gesture)

3. Manipura Mudra (Solar Plexus Chakra Gesture)

4. Anahata Mudra (Heart Chakra Gesture)

5. Hridaya Mudra (Compassionate Heart Gesture)

6. Vishuddha Mudra (Throat Chakra Gesture)

7. Ajna Mudra (Brow Chakra Gesture)

8. Vayu Mudra (Air Gesture)

9.Vyana Mudra (Expansive Prana Gesture)

11. Pranapana Mudra (Taking In and Throwing Out Gesture)

12. Udana Mudra (Upward Flying Energy Gesture)

13. Prana Mudra (Life Force Gesture)

14. Apana Mudra (Cleansing Energy Gesture)

15. Agni Mudra (Fire Gesture)

16. Linga Mudra (Mark of Siva)

17. Surya Mudra (Sun Seal)

18. Bhramara Mudra(Humming Bee Gesture)

19. Pushan Mudra (Giver of Good Health)

20. Kamajayi Mudra (Victory over Excessive Desires Gesture)

21. Shankha Mudra (Conch Shell Gesture)

22. Shunya Mudra(Silence of the Void Gesture)

23. Garuda Mudra (Eagle Gesture)

24. Kshepana Mudra (Letting Go Gesture)

25. Akasha Mudra (Touching the Void Gesture)

26. Shunya Mudra (Silence of the Void Gesture)

27. Bhu Mudra (Touching the Earth Gesture)

28. Kaleshwara Mudra (Lord of Time Gesture)

29. Prithivi Mudra (Earth Gesture)

30. Sukham Mudra (Stress Relief Gesture)

31. Vishnu Mudra (Universal Balance Gesture)

32. Varuna Mudra (Water-Balancing Gesture)

33. Jalodar Nashak Mudra (Water Reducing Gesture)

34. Mahatrika Mudra (Great Triangle Gesture)

35. Shakti Mudra (Essence of Power Gesture)

36. Ganesha Mudra (Remover of Obstacles)

37. Namaskar Mudra (My Essence Meets Your Essence Gesture)

38. Mandala Mudra (Circle Universe Gesture)

**Chapter – 7.1**

7.7. Five Groups of Yoga Mudras

**1. Hasta (hand mudras)**

i) Jnana Mudra (psychic gesture of knowledge)

ii)Chin Mudra (psychic gesture of consciousness)

iii)Bhairava Mudra (fierce or terrifying attitude)

iv)Hridaya Mudra (heart gesture)

**2. Mana (head mudras)**

v)Shambhavi Mudra (eyebrow centre gazing)

vi)Nasikagra Drishti(gaze at tip of nose)

vii)Khechari Mudra (tongue lock)

viii. Kaki Mudra (the crow's beak)

ix. Bhujangini Mudra (cobra respiration)

x. Bhoochari Mudra

Bhoochari Mudra (gazing into nothingness)

xi. Akashi Mudra (awareness of inner space)

xii. Unmani Mudra (the attitude of mindlessness)

xiii. Vajroli/Sahajoli Mudra - (thunderbolt/spontaneous psychic attitude)

Vajroli Mudra (for men)/Sahajoli Mudra (for women)

xiv. Shanmukhi Mudra (closing the seven gates)

**3. Kaya (postural mudras)**

xv. Vipareeta Karani Mudra (inverted psychic attitude)

xvi. Pashinee Mudra (folded psychic attitude)

xvii. Tadagi Mudra (barrelled abdomen technique)

xviii. Prana Mudra

Prana Mudra (invocation of energy)

xix. Yoga Mudra (attitude of psychic union)

xx. Manduki Mudra (gesture of the frog)

**4. Bandha (lock mudras)**

xxi. Maha Mudra (great psychic attitude)

xxii. Maha Bheda Mudra (the great separating attitude)

xxiii. Maha Vedha Mudra (the great piercing attitude)

**5. Adhara (perineal mudras)**

xxiv. Ashwini Mudra (horse gesture)

**Chapter 8. Bandhas**

8.1. Introduction

8.2. Granthis

a. Brahma Granthi

b. Vishnu Granthi

c. Rudra Granthi

**8.3. Bandha (lock)**

i. Jalandhara Bandha (throat lock)

ii. Moola Bandha (perineum contraction)

iii. Uddiyana Bandha (abdominal contraction)

iv. Maha Bandha (the great lock)

**Chapter - 9 Jathur Trataka (Thumb Gazing)**

9.1. Trataka (concentrated gazing)

9.2. Antar Trataka

9.3. Shambhavi Mudra (eyebrow centre gazing)

9.4. Nasikagra Drishti (nose tip gazing)

**Chapter - 10. Dhyana (Meditation)**

10.1. What is Meditation?

10.2. Passive and active meditation

10.3. General Instructions and Suggestions

i. Calming the Mind

ii. Regularity and dedication

iii. Suitable place of practice

iv. Time

v. Overcoming sleepiness

vi. Relaxation

vii. General obstacles

viii. Direction

ix. Thought

x. Object of concentration

10.4. Vipassana Meditation

i. Introduction

ii. Historical Background

iii. The Practice

10.5. Vippasana Meditation

10.5.1. Part 1: Observation of the natural breath

10.5.2. Part 2: Observation of the sensations

10.5.3. Observe without reacting and keep the equanimity

10.6. OM - Meditation

**Chapter - 11. Shatkarma (internal cleansing)**

11.1. Introduction to Shatkarma

11.2. The six shatkarmas are as follows.

i. Neti

ii. Dhauti

iii. Nauli

iv. Basti

v. Kapalbhati

vi. Trataka

11.3. Shat-Karma – salt water

a. Why lukewarm saline Water?

b. Risks

c. What are positive and negative ions?

d. What does a negative ion do to your body?

e. What does a positive ion do to humans?

11.4. Jala Neti (nasal cleansing with water)

11.5. Sutra Neti (nasal cleansing with thread)

11.5.1. Mechanism of jal neti

a. How jala neti works on upper respiratory tract?

b. How jala neti directly affects nervous system?

11.6. Vaman Dhauti (regurgitative cleansing)

Technique 2: Gaja Karma Kriya (elephant action)

11.6.1. Physiological Action During Vaman

a. How does vaman dhauti eradicate indigestion, gastritis, and hyperacidity?

b. How does vaman dhauti control weight?

c. How does it alleviates loss of appetites ?

d. How does vaman dhauti control asthma ?

e. How does it control stress and sleep apnea?

11.6.2. Mechanism of Agnisara

a. How agnisar works for digestive system ?

b. How does it cures gynaecological system ?

11.7. Shankhaprakshalana (cleansing of the entire digestive tract)

11.7.1. Shankha Prakshalana Exercise

i. Why tadasana first?

ii. Tiryaktadasna

iii. Katichakrasana

iv. Tiryakbhujangasana

v. Udarakarshan

11.7.2. Rest

11.7.3. Special meal

11.7.4. Climate

11.7.5. Frequency

11.7.6. Duration

11.7.7. Precautions

11.7.8. Food Restrictions

11.7.9. Warning

11.7.13. Shankha Prakshalana Physiology

i. How does shankha prakshalana encourages good bowel movement?

ii. How does Shankha Prakshalana reduces bile pool and cholesterol?

iii. How does Shankha Prakshalana increase hemoglobin?

iv. How does Shankha Prakshalana control stress?

**Paper 1. Training, Practice and Techniques**

# Part – 2 Vinyasa Yoga

# 1. Introduction

1.1. Definition of Vinyasa

1.2. What is Vinyasa Krama yoga?

2. The Parameters of Vinyasa Yoga

2.1. Steadiness (sthira)

2.2. Comfort (sukha)

2.3. Smooth and Long Breathing

2.4. Breath Rate In Vinyasa Practice

2.5. Focusing the Mind on the Breath (Ananta Samapatti)

3. Benefits of Vinyasa — In Yoga and Life

4. Categorizing Vinyasa (Hard and Soft)

4.1. How to Use Vinyasa

4.2. Moving with Energy

4.3. Speed or Pace of Vinyasa

4.4. Moving Meditation – The Ultimate Vinyasa Flow

4.5. Becoming one … Yoga as Energy

5. Levels of Intensity / Balancing The Four Variables

5.1. Choice of Yoga Postures

5.2. Yoga Posture Variations

5.3. Length of Asana Holds

5.4. Choice of Vinyasa

6. Three Internal Tools / For Successful Practice

6.1. Develop Mind Flow

6.2. Drishti: Focus on the Internal Gaze

6.3. Bandhas: Gateways of Internal Power

**7. The Three Bandhas**

7.1. Moola Bandha:

7.2. Uddiyana Bandha:

7.3. Jalandhara Bandha:

8. Being Mindful of the Moment

9. Three distinct qualities of yoga breathing:

9.1. The complete breath

9.2. Slow deep breathing

9.3. Sound breathing

**10. Vinyasa Sequence Practice**

1. Back bending
2. Arm balance
3. Hip opening
4. Core
5. Twisting

**Paper 1. Training, Practice and Techniques**

# Part – 3 Ashtanga Vinyasa Yoga

1. The Origins & History of Ashtanga Yoga

1.1. Yoga Korunta - unearthing an Ashtanga legend

1.2. Searching for the Korunta

1.3. Vamana Rishi

1.4. Breakthrough

1.5. What I learned intrigued me very much:

1.6. Conclusion

2. The Ashtanga Yoga Diet

2.1. The Hidden Power of Food

2.2. Ahimsa: The Yogic Diet of Nonviolence

3. Ayurvedic Guidelines

3.1. Gunas

3.2. Cleansing and Purification

4. Anatomy: Understanding the Capabilities and Limitations of Your Body

4.1. Do Postures Have to Be Painful?

(a) Creative discomfort,

(b) Unnecessary pain, and

(c) Necessary, karmic pain.

4.2. Anatomy of the spine

4.3. The Yogic Approach

4.4.Posture is steadiness and ease

4.5. Action and Counteraction / Posture and Counter posture

4.6. How to Stretch

5. Practical Guidelines for Yoga Practice

6. Getting Started in Your Practice

6.1. Helpful Hints

6.2. Integration

6.3. Awakening the fire within

6.4. Access All Areas

7. Prana

8. The chakras

9. The breath of life- Feeding the Fire

9.1. The Victorious Breath - Ujjayi Breathing

9.2. Practice - Ujjayi Breathing

10. Capturing prana - The Serpent Power - Raising Moola Bandha

10.1. Practice - Mula bandha

10.2. Uddiyana Bandha (The Flying Bandha)

10.3. Practice Uddiyana Bandha

10.4. Jalandhara bandha

10.5. Jalandhara bandha practice

11. Drishti - Eye Focus

11.1. The nine looking places are called nava drishtis

11.2. Practice - Drishti

12. Full Vinyasa versus Half Vinyasa

12.1. Temperature

12.2. Vinyasa Count

13. Transitional Technique A

13.1. Caution

13.2. Caution

14. Transitional Technique - B

15. Counting in Sanskrit

15.1. Ashtanga Vinyasa Yoga Primary Series Practice

15.2. Prayer the invocation (vande gurunam..)

16. Ashtanga Vinyasa Yoga Surya Namaskara (sun salutation)-A

17. Ashtanga Vinyasa Yoga Surya Namaskara (sun salutation)-B

18. Ashtanga Vinyasa Yoga Primary Series - Standing Asanas

19. Ashtanga Vinyasa Yoga Primary Series - Sitting & Supine Asanas

20. Ashtanga Vinyasa Yoga Primary Series: Finishing Asanas

21. Ending Prayer (svasthi praja..)

**Paper 1. Training, Practice and Techniques**

**Part 4. Yoga Therapy for Common Ailments**

**Chapter - 1 Asthma**

2.13. What is Asthma?

2.14. What is Nasal Allergy?

2.15. What triggers asthma attack?

i. Allergies

ii. Infection

iii. Physical exertion

iv. Climate and Pollution

v. Occupational asthma

vi. Psychological Factors

vii. Emotions and Stress

2.1.6. Stress & Asthma

2.17. How does stress lead to asthmatic attack?

2.18. Yogic Management

a. Psychological level

b. Vital energy (Prana) level.

c. Body level

2.19. Can yoga correct this chemical imbalance?

2.20. Yoga Practices for Asthma

13.1.1. Asthma - Special Breathing Technique

**Chapter – 2 Hypertension**

1.1. Stress & Hypertension

1.1.1. What does the Blood Pressure depend upon?

1.1.2. How does stress increase blood pressure?

2.1. Coronary Heart Disease

2.1.1. What is Coronary Heart disease?

2.2.2. What are the effects due to Coronary Heart Disease?

2.2.3. What are the consequences of coronary blockage?

2.2.4. How does this narrowing of arteries occur?

2.2.5. How does this hardening of arteries take place?

2.8. What is low blood pressure?

2.9. Yogic Management

a. Physical body level

b. Energy level

c. Mind level

2.10. Yoga Practices for Cardiovascular System

**Chapter - 3 Anxiety & Depression**

1. Introduction

1.2. Anxiety

a. Anticipatory Anxiety

b. Panic or Intense Anxiety

1.3. Depression

1.4. Yogic Definition of Anxiety and Depression

1.5. Yogic Management of Psychological Disorders

1.5.1. Physical level

1.5.2. Energy level

1.5.3. Mind level

1.5.4. Intellectual level

1.5.5. Bliss level

1.5.6. Yoga practices for Anxiety & Depression

**Chapter - 4 Arthritis**

1. What is Osteo-arthritis?

1.1. What causes Rheumatoid Arthritis?

1.2. Stress & Arthritis What causes Arthritis?

1.3. What is autoimmunity?

1.4. Is Osteo Arthritis related to Stress?

1.5. Psyche, central nervous system and immune system

1.6. Yogic Management of Arthritis

a. Physical body level

b. Prana level

c. Mind level

1.7. Yoga Practices for Arthritis

**Chapter – 5 Spine disorders**

i. Slipped discs

ii. Disc problems in the Neck

iii. What is Whiplash injury?

iv. Nerve problems

v. Sciatica

vi. Spondylosis

vii. What is Cervical Spondylosis?

viii. Coccydynia

ix. Ankylosing Spondylitis (Bamboo Spine disease)

x. Non-specific Back pain (functional causes)

1.1. Stress & Back Pain

a. Muscles are weaker than our ancestors.

b. Wrong muscles are overworked.

d. Psychological stress

1.2. Yogic Management

1.3. Yoga Practices for Chronic Low Back Pain

**Chapter – 6 Diabetes Mellitus**

1. Types of diabetes mellitus

2. Causes and Symptoms Causes

2.1. Heredity

2.2. Overweight

2.3. Age

2.4. Stress

2.5. What is autoimmunity?

2.6. Symptoms

2.7. Symptoms of type 1 diabetes

2.8. Complications

2.9. How do Kriyas help in Diabetes Mellitus?

2.10. How does Uddiyana, Agnisara & Nauli help?

2.11. How does Sankhapraksalana Kriya help?

2.12. Yoga Practices for Diabetes Mellitus

**Chapter – 7 Yoga for Gastro-Intestinal Disorder**

1. Yoga for Gastro-Intestinal Disorder

1.2. Definition

1.3. Various types what is peptic ulcer?

1.4. Protectors & Aggressor

1.5. What happens to stomach lining in Acid Peptic Disease?

1.6. What is irritable bowel syndrome?

1.7. What is ulcerative colitis?

1.8. What is Piles?

1.9. Stress & Gastro Intestinal Disorders

1.10. Mechanism of psychosomatic ailments?

1.11. Yoga for GID

1.12. Kriyas

1.13. How does dhouti kriya help in APD?

1.14. Oesophagus during Vamanadhouti?

1.15. How does Uddiyana, Agnisara & Nauli help?

1.15.1. As the intra-abdominal pressure falls two things happen

1.16. How does Sankha-Praksalana Kriya help?

1.17. Yoga Practices for ACID Peptic Diseases

1.18. Yoga Practices for IBS & Ulcerative Colitis

1.19. Yoga Practices for Chronic Constipation

**Paper 1. Training, Practice and Techniques**

**Part 5 - Yin Yoga**

Chapter - 1

1. Introduction

1.1. What is Yin Yoga?

1.2. What is Yang Yoga?

1.3. Yin & Yang Tissues

1.4. Yin & Yang Yoga

Chapter - 2

1. History of Yin Yoga

1.1. Yin and Yang

1.2. Daoism or sushumna nadi

1.3. Yin Contains Yang

1.4. Yin Becomes Yang

1.5. Yin Controls Yang

2. Daoist Yoga

2.1. The Dao is the balance between the two.

3. The Three Tattvas of Yin Yoga Practice

3.1. Playing Our Edges

3.2. We don’t use our body to get into a pose,

3.3. Resolving To Be Still

3.4. Stillness of the Body

3.5. Stillness of the Breath

3.6. Stillness of the Mind

3.7. Holding for Time

3.8. How Deep?

3.9. How Long?

3.10. How Often?

Chapter - 3

1. Yin and Yang Compared

2. Physiology

Chapter - 4

1. Differences between Yin and Restorative Yoga Props

1.1. Poses

1.2. Stretch

Chapter - 5

1. Elasticity and plasticity

1.1. Elasticity: Fascial Conditioning

1.2. Plasticity: Fascial Stretching

1.3. Plastic Versus Elastic

1.4. Fascial Growth and Yoga

Chapter - 6

1. Tension and Compression

1.1. Tension

1.2. Compression

1.3. When the restriction is tension:

1.4. When the restriction is compression:

1.5. Why it is important to know when you hit compression.

1.6. Tension or compression?

1.7. The humerus and acromion process

Chapter - 7

1. Yin Yoga Contraindications

Chapter - 8

1. General Guidelines

Chapter - 9

9. Structure of Yin Yoga Class

9.1. Intention and Attention

9.2. Beginning the Practice

9.3. Intention

9.4. Invocation

9.5. Opening Meditation

9.6. Flowing

9.7. Beginning Asanas

9.8. The Ocean Breath

9.9. Linking Asanas

9.10. Finishing Asanas

9.11. Ending the Practice

9.12. Shavasana

9.13. Closing Meditation

9.14. Transition to Your Next Activity

Chapter - 10

1. Benefits of Yin Yoga

Chapter - 11

1. Benefits of yin yoga

1.1. Yin Yoga and the Joints

1. Prevent Contracture

2. Prevent Degeneration

3. Reduce Fixation

4. Provide Hydration

Chapter - 12

1. Tissues in the human body

1.1. Connective Tissues

1.2. Ligaments and Tendons

1.3. Yin Yoga & Joints

1.4. The Spine

1.5. Spinal Movement

Chapter - 13

1. Tissues and Their Flexibility

2. Limits of Flexibility

Chapter - 14

1. When to Practice Yin Yoga

Chapter - 16

1. Types of Joints

Chapter - 16

1. Synovial Joints

1.1. The Joint Capsule

Chapter - 17

1. Bones and Cartilage

Chapter - 18

1. Muscle Tissue

1.2. The Make-up of Muscles

Chapter - 19

1. Collagen

Chapter - 20

1. Collagen in the Bones

1.1. Directional stress on connective tissues

Chapter - 21

1. Fascia

Chapter - 22

1. Connective Tissues (CT)

•Bone

•Blood

•Cartilage

Chapter - 23

1. Tendons and Ligaments

1.1. Ligaments

Chapter - 24

1. Muscle Tissue is Yang, Connective Tissue is Yin

1.1. Yang Yoga Focuses on Muscle

1.2. Yin Yoga Focuses on Connective Tissue

1.3. Yin and Yang Supplement Each Other

1.4. Three Layers of a Joint

1.5. Breathing

1.6. Exercise in Awareness

1.7. Learning to Relax

1.8. Learning to be Still

**Chapter - 25**

**25. The Asanas**

This selection will suffice to work all the areas of the body normally targeted in a Yin Yoga practice:

1. Anahatasana (aka Melting Heart)

2. Ankle Stretch

3. Bananasana

4. Butterfly

5. Half Butterfly

6. Camel

7. Cat pulling Its Tail

8. Caterpillar

9. Child’s Pose

10. Dangling

11. Deer

12. Dragons

13. Frog

14. Happy Baby

15. Reclining Twist

16. Saddle

17. Shavasana

18. Shoelace

19. Snail

20. Sphinx and seal

21. Square

22. Squat

23. Straddle (aka Dragonfly)

24. Swan & Sleeping Swan

25. Toe Squat

26. Yin Postures for the Upper Body

**Paper 1. Training, Practice and Techniques**

**Part – 6 Restorative Yoga**

1. History of Restorative Yoga

2. What Is Restorative Yoga?

3. The Purpose of Restorative Yoga

4. Mechanisms of Restorative Yoga

5. Principles of Restorative Yoga

Step 1: Body Sensing

Step 2: Breath Sensing

Step 3: Exploring Feelings and Emotions

Step 4: Witnessing the I-Thought, Being, and Awareness

6. Use of Props

7. Practice Folding Blankets:

8. Benefits of Restorative Yoga

8.1. Restores you after surgery

8.2. Prevents disease

8.3. Helps relieve women’s issues

8.4. Helps relieve cold and flu symptoms

8.5. Provides headache relief

8.6. Helps reduce obesity

8.7. Relieves sciatica

8.8. Setting up the Space

8.9. Minimize noise.

8.10. The difference between Yin Yoga and Restorative Yoga

8.10.1. Yin Yoga

8.10.2. Restorative Yoga

8.10.3. The Difference between Yin Yoga and Restorative Yoga

8.10.4. The Essence of Yin Yoga

8.11. Types of Restorative Poses

8.11.1. Restorative Active Poses Forward Folds:

a. Backbends

b.Inversions

c.Supine

8.11.2. Restorative Inactive Poses

8.11.3. Sequencing for Restorative Yoga

8.11.4. Sample Sequences: General Sequence

8.11.5. Woman’s Restorative Sequence

9. Setting up the Space

10. Yoga Nidra

1. Introduction

2. Yoga Nidra steps

3. Yoga Nidra Practice

3.1. Introduction

3.2. Relaxation

3.3. Sankalpa

3.4. Rotation of Consciousness

3.5. Awareness of Breath

3.6. Opposite Sensations

3.7. Lightness/Heaviness:

3.8. Cold/Hot:

3.9. Anxiety/Calm:

3.10. Inner Space Visualization

3.11. Rapid Image Visualization

3.12. Repeat Sankalpa

3.13. Finish

3.14. Visualization Techniques

1. Meadow filled with tall grass

2. Golden light in your forehead

3. Boundless Lake

4. Heart as a Lotus Blossom

5. Moon Rise

6. Long walk into nature

11. Japa and Ajapa Japa

11.1. Introduction

11.2. MSRT

11.3. What is Mind?

11.4. What is Sound?

11.5. Concept of Sound

11.6. Mind and sound

11.7. Now Resonance

11.8. Stepwise practice

12. Ajapa Japa

12.1. Introduction

12.2. Preliminary Ajapa Japa: Frontal passage rotation

12.3. Technique 1: Awareness of frontal passage and Soham

Technique 2: Awareness of Hamso

Technique 3: Rotation of Soham-Hamso

Technique 4: Spontaneous alternation of Soham-Hamso

Techniques 5, 6, 7 and 8: With ujjayi and khechari

12.4. Class Practice

Preliminary Ajapa Japa Stage 1: Preparation

Stage 2: Breathing in the frontal passage

Stage 3: Awareness of Soham

Stage 4: Awareness of Hamso

Stage 5: Awareness of Soham-Hamso

Stage 6: Counting the breaths

**Part – 7 Techniques**

1. Alignment cues, touch and adjustment

2. Asana alignment and adjustment

3. Asana and its modification method

4. Pacing and Holding Asanas

4.7.1. Basic considerations

4.7.2. Class definition

4.7.3. Student ability

4.7.4. Class theme

4.7.5. Time constraints

5. Asanas, Variations, and the Use of Props

5.1. Props help students find stability and ease

6. The Arc Structure of Yoga Classes

1. Initiating the Yogic Process

2. Warming the Body

3. Pathway to the Peak

4. Peak Exploration

5. Integration

7. Breathing pattern in Advanced Asana

8. Different types of touch

8.1. Qualities of Touch

1. Awakening or relaxing

2. Clarifying

3. Stabilizing

4. Emphasizing

5. Moving

6. Grounding

7. Comforting

8.2. Seven Principles of Hands on Adjustments

Principle 1: Teach What You Know

Principle 2: Ask Permission to Touch

Principle 3: Have Clear Intention

Principle 4: Move with the Breath

Principle 5: Honor Safe Biomechanics

Principle 6: Teach Essential Asana Elements

Principle 7: Support Stable Foundations

9. Qualities of Touch

9.1 Awakening or relaxing

9.2. Clarifying

9.3. Stabilizing

9.4. Emphasizing

9.5. Moving

9.6. Grounding

9.7. Comforting

10. Five Basic Steps in Giving Hands-On Cues and Assistance

10.1. Five Basic Steps in Giving Hands-On Cues and Assistance

Step 1 : Stabilizing and Easing

Step 2: Elongating the Spine

Step 3: Rotating, Flexing, and Extending the Spine

Step 4: Refining the Asana

Step 5: Deepening the Asana

11. Foundations of Asana Practice

11.1. Being Present

11.2. Relaxing

11.3. Breathing

12. How not to do adjustment in Asana

12.1. Distally

12.2. Forcefully

12.3. Meanderingly

12.4. Blindly

12.5. Destabilizing

12.6. Randomly

12.7. Inappropriately

13. How to Refine Asana practice

13.1. Individualizing Instruction

14. Common Yoga Injuries and How to Avoid Them

14.1. Overstretching: A true pain in the asana

14.2. Most common yoga injuries and fixes

15. Learning Styles

15.1. Visual/spatial

15.2. Verbal/linguistic

15.3. Bodily/kinesthetic

15.4. Musically/rhythmically inclined

15.5. Interpersonal

15.6. Intrapersonal

16. Observation skill while taking class

I. Breath and general vibe

II. Feet and ankles

III. Knees

IV. Pelvis

V. Spine

VI. Rib cage

VII. Chest and collarbones

VIII. Shoulders, arms, hands, and fingers

IX. Where is the model's energy?

17. Practice Teaching Observation

18. How to Prepare for Class

19. Preparing for yoga class

i. Maintain a Regular Yoga Practice

ii. Have a Class Plan

iii. Be Prepared! Get Good Training

iv. Smile While You Are Teaching

v. Create Great Themes for Your Classes

vi. Plan Your Classes

vii. Arrive Early

viii. Play Music

ix. Dress to Impress

x. Find your own style

xi. Know your limits

20. Sequencing and Planning Classes

20. 1. Applied Parinamavada(theory of transformation)

20. 2. Move from Simple to Complex Asanas

20. 3. Move from Dynamic to Static Exploration

20. 4. Sattvic Effect: Cultivating Energetic Balance

20. 5. Pratikriyasana(counter pose)

21. Sequencing Within and Across Asana Families

21.1. Surya Namaskara and Fluid Flow Sequences

21.2. Standing Asanas

21.3. Abdominal Core

21.4. Arm Balances

21.5. Backbends

21.6. Twists

21.7. Forward Bends

21.8. Hip Openers

21.9. Inversions

22. Seven Principles of Hands on Adjustments

Principle 1: Teach What You Know

Principle 2: Ask Permission to Touch

Principle 3: Have Clear Intention

Principle 4: Move with the Breath

Principle 5: Honor Safe Biomechanics

Principle 6: Teach Essential Asana Elements

Principle 7: Support Stable Foundations

24. Traditional and Modern hatha yoga

24.1. Hatha Yoga View on Asana

24.2. Patanjali concept on Asana

24.3. Classification of Asana

24.4. Isometric static & Dynamic Asana

24.5. Modern Perspective view on Asana

25. Transitioning into and out of Asanas

25.1. Transitioning into Asanas

25.2. Transitioning out of Asanas

26. Warm up Yoga Sequences

26.1. Is it necessary to warm up before yoga?

26.2. What kind of warm up yoga should one do?

26.3. How important it is to warm up before the yoga sequence or yoga practice?

26.4. The Perfect Yoga Warm-Up

26.5. Asanas as Warm-Ups

26.6. Good Things Happen When You Warm Up Properly

26.7. Synovial Fluid

26.8. Breathing

26.9. Concentration

26.10. The Value of Pauses

26.11. An Ideal Warm-Up Routine

26.12. Energization in Your Classes

26.13. Warming and Awakening the Body

i. Ujjayi Pranayama

ii. Kapalabhati Pranayama

iii. Cat and Dog Tilts

iv. Ashtanga Pranam

v. Surya Namaskara

27. While during the Class

**Paper 2. Yoga Teaching Methodology**

**1. Introduction**

1.1. Trend of Teaching

1.2. Methodology

1.3. Need of Yoga Teaching Method

1.4. Importance of Teaching Method

**2. Adaptability practices for all levels Class Levels**

2.1. Beginners

2.2. Intermediate

2.3. Advanced

**03. Class Etiquette**

i) Cleanliness

ii) Scents

iii) Attire

iv) Bare Feet

v) Talking

vi) Arriving/Departing

**04. Class Levels and Prerequisites**

**05. Classroom Setup and Orientation**

**6. Group Dynamics in yoga and role of yoga teacher**

6.1 Querying new students

6.2 Class Levels and Prerequisites

6.3 Group Dynamics

6.4 Group dynamic Yoga

6.5 Which style of yoga is best for group dynamics?

**7. Communication Skills in Teaching Yoga**

7.1. Refining Your Communication Skills

7.2. Verbal Communication Skills

7.3. Yoga Teacher and the Role of Communication Skills in Teaching

7.4. Language

7.5. Careful Listening

7.6. Body language

7.7. Feedback

**8. Contraindications: Movement in Yoga**

8. Introduction to Contraindications

8.1. New To Yoga

8.2. Steadiness and Ease

8.3. Group New Students

8.4. Working with Injuries in Yoga

8.4.1. Origin, Nature, and Manifestations of Injuries

8.5. Safe Movement in Yoga

8.6. Managing With Injuries

8.6.1. Ankle Sprains

8.6.2. Knee Strains and Repairs

8.6.3. Hamstring Strains

8.6.4. Lower Back Pain

8.6.5. Working with Depression

**8. Asanas Contraindications**

8. Introduction

8.1. Standing & Balancing Poses

8.1.1. Potential Contraindications & Variations

8.1.2. Sequencing

8.2. Twists & Lateral Bending

8.2.1. Potential Contraindications & Variations

8.3. Forward Folds

8.3.1. Potential Contraindications & Variations

8.3.2. Sequencing

8.4. Back bends

8.4.1. Potential Contraindications & Variations

8.5. Sequencing Inversions

8.5.1. Potential Contraindications & Variations

8.6. Seated Postures

8.6.1. Potential Contraindications & Variations

8.7. Relaxation

8.7.1. Potential Contraindications & Variations

8.7.2. Sequencing

8.8. Contraindications for Carpal Tunnel Syndrome

**9. Essential Qualities of a Yoga Teacher**

9.1. Passion for their own yoga practice

9.2. Deep knowledge of yoga

9.3. The ability to hold space

9.4. Excellent communication

9.5 Inspiration

9.6 Compassion

9.7 Be Authentic

9.8 Humility

9.9 Be Compassionate & Show Concern For Students

9.10. Have A Consistent Practice

9.11 Non Attachment

9.12 Clear instruction

9.13. Appropriate adjustments

9.14. Awareness of alignment

9.15 Modifications for all levels

9.16 Safety first

9.18. Knowledge

9.19. Respect

9.20. Professionalism

9.21. Love For Yoga

9.22. Love For Teaching Yoga

9.23. Personality

9.24. Ability to Connect

9.25. Ability to Communicate

9.26. Preparation

9.27. Adaptability

9.28. Respectful physical contact

**10. Ethics in Teaching and Touching**

**11. Morals for Yoga Teachers**

11.1. Raja Yoga

11.2. Yama - Self-Control consists of five principles:

i. Ahimsa - Non-Violence

ii. Satya - Truthfulness

iii. Asteya - Non-Stealing

iv. Brahmacharya - Pure Way of Life

v. Aparigraha - Non-Accumulation of Possessions

11.3. Niyama – Discipline consists of five principles:

i. Shauca - Purity

ii. Santosh - Contentment

iii. Tapa - Self-Control, Self-Discipline

iv. Svadhyaya - Study of the Holy Scriptures

v. Ishvara Pranidhana - Devotion to God

**12. Querying new students**

**13. Instructing Asanas**

**14. Partner Standing Observation**

**15. Physical Setting**

i) Dedicated space

ii) Floor

iii) Walls

iv) Air

v) Light

vi) Music

vii) Aroma

viii) Props

ix) Mats

x) Blankets

xi) Bolsters

xii) Blocks

xiii) Straps

xiv) Chairs

**16. Principles of asana demonstration**

a) Positioning and Demonstration

b) In-the-flow demonstration

c) Gather-around demonstration

**17. Practice Teaching Observation**

17.1. Positive feedback on student practice

17.2. Self-Reflection while Instructing

17.3. Student Feedback on Your Class

17.4. Evaluation and reflection of personal practice

**18. Teaching Yoga – Observing Yoga Students during Classes**

18.1 Guidelines for Observing Yoga Students

**19. Voice and Language**

**20. Marketing a Yoga Business**

1. Introduction

2. Yoga Marketing Plan: Who Is Your Target Audience?

3. Yoga Teacher Marketing

4. Marketing for Yoga Instructors

5. Yoga Social Media Marketing

6. Research the Competition

7. Using Hashtags to Do Competitor Research

8. Using Captions & Hashtags to Improve Reach

8.1. Choose A Good Caption

9. Using Localized Hashtags

10. Interact with Similar Accounts

11. How Do Interactions Help Your Yoga Instagram Marketing Strategy?

12. Yoga Social Media Marketing: Be Consistent

13. Follow the 80-20 Rule

14. Yoga Social Media Marketing: Collaborate!

15. Yoga Advertising Ideas: Paid Ads on Facebook and Instagram

16. Online Workshops & Webinars

17. Yoga Marketing Website: Why You Need One

18. Google My Business for Yoga Teacher Marketing

19. SEO & Content Marketing Tips for Your Yoga Business

20. Yoga Studio Marketing Ideas: Start a Blog!

21. Example

22. Yoga Advertising Ideas: Paid Google Ads

23. How to Use Email Marketing for A Yoga Business

24. Once you’ve built an email list, what now?

25. Marketing a Yoga Business Offline

26. The class experience results into ‘word of mouth’ marketing:

**21. Alignment for Advanced Yoga Asana**

**22. Asana Adjustment and Correction**

**23. Different Concepts for Yoga Classes**

**24. Science of yoga teaching**

**25. Teaching and Practice**

**Paper 3. Yoga Human Anatomy, Physiology, Biomechanism & Kinesiology**

1.1. Introduction

1.1.1. Need Anatomy and Physiology in Yoga

1.1.2. Anatomy

1.2. Physiology is the study of the functions of the body at the cellular level

1.2.1. Anatomy

1.2.2. Physiology

1.3. Yoga lessons from a Cell

1.3.1. A cell consists of three parts

1.3.2. Cell

1.3.3. Cell Definition

1.3.4. Characteristics of Cells

1.3.5. Types of Cells

1.3.6. Prokaryotic Cells

1.3.7. Eukaryotic Cells

1.3.8. Cell Organelle and its Functions

1.3.9. Life span of Cell

1.4. Stress and Cell

1.5. Yogic perspective

1.6. Transition from cell level to organism

1.7. Tissues

i. Epithelial Tissue

ii. Connective Tissue

iii. Muscular Tissue

iv. Nervous Tissue

1.7.1. Organs

1.7.2. System

1.8. Types and various systems in the human body.

1.8.1. Different Systems of the Body

i) The Locomotor System.

ii) The Blood-Vascular System

iii) The Digestive System

iv) The Respiratory System

v) The Ductless Glands

vi)The Urogenital System

vii)The Nervous System

viii)The Special Sense organs

ix) The Excretory System

1.9. Anatomical Terminology

1.9.1. Directional terms

1.5. Planes of the body

1.9.2. Movement Definitions

The six basic movements of the body place in three planes.

i) Coronal plane

ii) Sagittal plane

iii) Transverse plane

1.9.3. Pose with movements

1.9.4. Body Cavities

i) Thoracic cavity

ii) Abdominal and pelvic cavity

iii) Dorsal cavity

**2. Respiratory System and Yoga**

2.1. Lungs made up of

2.1.1. Location of lungs

2.1.2. Gaseous Exchange

2.2. Respiratory System

2.2.1. Pharynx

i) Subdivisions of the Pharynx

ii) Nasopharynx

iii) Oropharynx

2.2.2. Larynx

2.2.3. Physiology

2.2.4. Trachea (wind pipe)

2.2.5. Bronchi

2.2.6. Bronchioles

2.2.7. Alveoli (Air sacs)

2.2.8. Lungs

2.2.9. Pleura

i) External Anatomy

2.2.10. Bronchi

i) Size

2. 3. Respiration

i) Pulmonary ventilation

ii) External respiration

iii) Respiratory gas transport

iv) Internal respiration

2.4. Respiration Mechanism or Mechanics of Breathing

2.4.1. Muscles Used for Breathing

i) Diaphragm

ii) Intercostal muscles

iii) Stomach muscle

2.4.2. Normal breathing

a) Shallow breathing

b) Deep Breathing

c) Unconscious control of breathing

d) Conscious control of breathing

2.5. Gas Exchange

i) Cellular respiration

ii) Homeostasis

iii) Control of Breathing

2.6. Control of Respiration Neural Regulation

2.7. Lung Volume

2.7.1. Respiratory Volumes and Capacities

2.8. Compositions of inhaled and exhaled air

2.9. Yoga and Respiratory System

i) Prana and Apana

ii) Breathing, Gravity, and Yoga

iii) Movement in Two Cavities

iv) The Water Balloon and the Accordion

The Universe Breathes Us

v) Three-Dimensional Shape Changes of Breathing

vi) Expanded Definition of Breathing

vii) The Diaphragm’s Role in Breathing

2.10. Benefits of Yogic Practices on Respiratory system

2.11. Benefits of Yogic Practices on Respiratory System

2.12. Benefits of exercise on lungs and Physiological Adaptation

**3. Muscular System and Yoga**

3.1. Characteristics of Skeletal Muscles

3.1.1. Functions of Muscles:

3.1.2. Muscular tissues can be classified into:

i) Skeletal Muscles

i)Skeletal Muscle Structure

ii) Smooth muscle

iii) Cardiac muscle

3.2. Gross Anatomy of Skeletal Muscles

i) Head and Neck Muscles

ii) Neck Muscles

iii) Trunk Muscles

a) Anterior Muscles

b) Posterior Muscles

iv) Muscles of the Upper Limb

v) Muscles of the Humerus that Act on the Forearm

vi) Muscles of the Lower Limb

vii) Muscles Causing Movement at the Hip Joint

viii) Muscles Causing Movement at the Knee Joint

ix) Muscles Causing Movement at the Ankle and Foot

3.3. Benefits of Yogic Practices on the Muscular System

3.3.1. Yoga Practice Cultivates Greater Flexibility and Range of Motion

3.4. Common Diseases and Disorders of the Muscular System

i) Heat Production

ii) Production of Energy for Muscle

iii) Oxygen Debt

iv) Muscle Fatigue

v) Muscle Strains and Sprains

**4. Skeletal System and Yoga**

4.1. Introduction

4.1.1. Skeleton

4.1.2. Skeletal muscle

4.1.3. Joint

i) Cartilage

ii) Tendon

iii) Ligament

iv)Fascia

v)Bursa (pl. bursae)

4.2. Types of bone and cartilage

4.3. Parts of Bones

4. 4. Bone structure and formation:

1. Compact bone (Cortical Bone)

2. Cancellous bone (Spongy Bone)

4.5. Bone Development

1. Intramembranous ossification

2. Endochondral ossification

4.5.1. Bone Growth:

4.6. Functions of the Skeletal System?

i) Articulations

ii) Support and Protection

iii) Movement

iv) Hematopoiesis

v) Storage

vi) Growth and Development

4.7. The main bones of the human skeleton are:

4.7.1. Skeletal System Anatomy

4.7.2. Skull

4.7.3. Hyoid and Auditory Ossicles

4.7.4. Vertebrae

4.7.5. Ribs and Sternum

4.7.6. The appendicular skeleton is made up of 126 bones in the folowing regions:

4.7.7. Pectoral Girdle and Upper Limb

4.7.8. Pelvic Girdle and Lower Limb

4.8. Classification of Bones according to shape:

1. Long bones

2. Short bones

3. Flat bones

4. Irregular bones

5. Sesamoid bones

4. 9. Skeleton Joints:

i) Fibrous joints

ii) Cartilaginous joints

iii) Synovial joint

4. 10. Synovial joints or (Diarthroses)

4.11. Synovial joints classifications

i) Planar Joints

ii) Hinge Joints

iii) Pivot joints

iv) Condyloid Joints

v) Saddle Joints

vi) Ball-and-Socket Joints

vii) Gliding Joint

4.12. Benefits of Yogic Practices on Skeletal System

4.12.1. Yogic perspective

4.12.2. Yogic Perspective

**5. Spinal Cord and Yoga**

5.0. Anatomy of the Spine

5.1. The Spinal Column

5.2. Top View of Vertebrae

5.3. Side View of Vertebrae

5.3.1. Spinal Cord & Column

5.3.2. General Overview Spinal Cord & Column

5.4. Human Vertebrae Anatomy

5.4.1. Vertebrae

5.4.2. Discs

5.4.3. Cervical Spine

5.4.4. Thoracic Spine

5.4.5. Lumbosacral Spine

5.4.6. Dorsal and Ventral Roots

5.4.7. Dorsal and Ventral Roots

5.5. Spinal Cord and Yoga

5.5.1. Elements Of linkage between the vertebrae

5.5.2. Discs and ligaments

5.5.3. Weight Bearing Activities

5.5.4. Push & Counter push

5.5. 5. Types Of spinal movement

5.5.6. Axial Rotation

5.5.7. Cervical Lateral Flexion

5.5.8. Flexion and extension

Primary and secondary Curves

5.5.9. Spatial versus spinal perspectives in forward- and Backward-Bending poses

5.5.10. Spatial versus spinal perspectives in lateral and twisting movements

5.6. Axial extension, Bandha, and Mahamudra

5.6.1. Intrinsic equilibrium: the spine, rib cage, and pelvis

5.7. Benefits of Yogic Practices on the Spinal Column

5.7.1. Yoga Practice Decompresses the Spine

**6. Nervous System and Yoga**

The peripheral nervous system

1. Somatic Nervous system (SNS)

2. Autonomic Nervous system (ANS)

6.1. What is a neuron?

6.1.1. It comprises two different types of cells:

6.1.2. The Neuron

6.1.3. Types of Neurons (Nerve Cells)

6.1.4. Types of Neuron

i) Unipolar Neuron

ii) Bipolar Neuron

iii) Multipolar Neuron

iv)Multipolar Interneuron

v) Sensory neurons

vi) Motor neurons

vii) Interneurons

6.2. Central Nervous System

6.2.1. The brain is roughly split into four lobes:

i) Temporal lobe (green)

ii) Occipital lobe (purple)

iii) Parietal lobe (yellow)

iv) Frontal lobe (pink)

6.2.2. Brain regions

i)Cerebellum

ii) Pituitary Gland

iii) Pineal Gland

iv) Diencephalon

v) Medulla oblongata

vi) Hypothalamus

vii) Thalamus

viii) Brain Stem

ix) Spinal Cord

6.3. Peripheral Nervous System

6.3.1. What are cranial nerves?

6.3.2. Origin of the Cranial Nerves

6.3.3. Cranial nerves

6.3.4. 12 cranial nerves and how they function.

I. Olfactory nerve

II. Optic nerve

III. Oculomotor nerve

IV. Trochlear nerve

V. Trigeminal nerve

VI. Abducens nerve

VII. Facial nerve

VIII. Vestibulocochlear nerve

IX. Glossopharyngeal nerve

X. Vagus nerve

XI. Accessory nerve

XII. Hypoglossal nerve

6.3.5. The Anatomy of Spinal Nerves

6.3.6. There are 31 pairs of spinal nerves including

6.3.7. Location

6.3.8. Plexus

6.3.9. Anatomic Variation

6.3.10. Function

6.3.11. Motor

6.3.12. Spinal nerves

6.3.13. Cervical Spine Is Part of the Central Nervous System

6.3.14. Thoracic Spinal Nerves

6.3.15. Lumbar Spinal Nerves

6.3.16. Functions of the Lumbar Spinal Nerves

6.3.17. Coccygeal Spinal Nerve

6.3.18. Symptoms may include:

6.3.19. Somatic Nervous System:

6.3.20. The Autonomic Nervous System

6.4. Benefits of Yogic Practices on the Nervous System

6.4.1. Adjusting Both Hemispheres of the Brain

6.4.2. Sympathetic nervous system

6.4.3. Parasympathetic Nervous System

**07. Cardiovascular System & Yoga**

7.1. Cardiovascular system

7.1.1. Location of the Heart

7.1.2. Structure of the Heart

7.1.3. Heart

7.1.4. Chambers of the heart:

7.1.5. Valves of the heart:

7.1.6. Blood vessels attached to heart:

7. 1.7. Blood supply to the heart:

7.1.8. Nerve supply to the heart:

7.2. Blood circulation: depending on the course of blood. Circulation can be classified into:

I.Systemic circulation.

II.Pulmonary circulation

III.Coronary circulation

IV.Portal circulation.

7.3. The Cardiac cycle:

7.3.1. Conducting system of the heart:

7.3.2. The Conducting System of the Heart

7.3.3. Heart sounds

7.3.4. Pulse

7.3.5. Heart Rate

7.3.6. Electrocardiogram ECG

7.3.7. Cardiac Output:

7.3.8. Blood pressure (BP)

7.3.9. Factors affecting blood pressure

7.3.10. Blood volume

7.3.11. Cardiac output

7.3.12. Peripheral resistance

7.3.13. Elasticity of the arterial walls

7.3.14. The viscosity of blood

7.4. Benefits of Yogic Practices on Cardiovascular System

7.4.1. Surya Namaskara Circulatory system

7.4.2. Anatomical & Physiological Benefits of Asana Practice

7.4.3. The Circulatory System

7.4.4. Yoga Practice Exercises the Heart and Increases Circulation

**8. Asana and Kinesiology**

**9. Kinesiology and Muscular System**

1. Flexing the Trunk

2. Extending the Trunk

3. Lateral Flexion of the Trunk

1. Tilting the Pelvis Back and Down (Retroversion)

2. Tilting the Pelvis Forward (Anteversion)

3. Flexing the Hip

1. Extending the Hip

2. Drawing the Thigh toward the Midline (Adduction)

3. Drawing the Thigh Away from the Midline (Abduction)

1. Turning the Thigh Outward (External Rotation)

2. Turning the Thigh Inward (Internal Rotation)

3 (right leg). Straightening the Leg (Extension)

Bending the Leg (Flexion)

1. Drawing the Shoulders Away from the Neck (Depressing the Scapula)

2. The muscles on the back that depress the scapula include

3. Lifting or Elevating the Shoulder Girdle

1. Rotating the Shoulder Blade Upward

2. Moving the Shoulder Blades Away from the Midline (Protraction or Abduction)

3. Drawing the Shoulder Blades toward the Midline of the Back (Retraction)

1. Raising the Arms above the Head (Flexion)

2. Moving the Arms Backward (Extension)

3. Moving the Arm from the Midline (Abduction)

1. Moving the Arms toward the Midline of the Body (Adduction)

2. Turning the Arm Outward (External Rotation)

3. Turning the Arm Inward (Internal Rotation)

1. Bending (Flexing) the Elbow

2. Straightening (Extending)

3. Turning the Palm to Face Downward (Pronating the Forearm)

1. Turning the Palm Upward (Supinating the Forearm)

2. Pressing the Sole of the Foot Downward (Plantar Flexion)

3. Drawing the Foot towards the Shin (Dorsiflexion)

1. Tilting the Foot Inward (Inversion)

2. Tilting the Foot Outward (Eversion)

**10. Physiology of Muscle contraction**

10.1. The events of muscle contraction

10.2. Neuromuscular junction (Myoneural junction)

10.3. Neurotransmitter

**11. Biomechanics of Asana Stretching**

1. Biomechanics of Stretching

1.2. Joint Mobility and Stability - The Biomechanical Yin Yang

1.3. What is Stretching?

1.4. Moving Origins and Insertions

1.5. Physiology of Stretching

1.6. The Spinal Cord Reflexes

1.7. Methods of Stretching Muscles

1) Ballistic stretching

2) Passive stretching

3) Facilitated stretching

1.8. Stretching and Endorphins

1.9. The Muscle Spindle Stretch Receptor

1.10. The muscle spindle in Uttanasana

1.11. Reciprocal Inhibition

1.12. The Biomechanical Yin Yang

1.13. Reciprocal Inhibition - A Physiological Yin Yang

1.14. Golgi Tendon Organ

1.15. Hints and cautions:

1.16. The Golgi Tendon Organ and Facilitated Stretching

1.17. Combining Biomechanics and Physiology in Stretching

1.18. Muscles

a. Origin

b. Insertion

c. Agonist or prime mover

d. Antagonist

e. Synergist

**12. Endocrine System Anatomy and Physiology**

1. Functions of the Endocrine System

2. Anatomy of the Endocrine System

3. Hypothalamus

4. Pituitary Gland

5. Hormones of the Anterior Pituitary

6. Hormones of the Posterior Pituitary

7. Thyroid Gland

8. Parathyroid Glands

9. Adrenal Glands

10. Hormones of the Adrenal Cortex

11. Hormones of the Adrenal Medulla

12. Pancreatic Islets

13. Pineal Gland

14. Thymus Gland

15. Gonads

16. Hormones of the Ovaries

17. Hormones of the Testes

18. Other Hormone-Producing Tissues and Organs

19. Placenta

**13. Digestive System and Yoga**

0. Definition

1. Mouth

1.1. The Tongue

2. The Pharynx

2.1. Function of Pharynx

3. The Esophagus

3.1. Functions of Esophagus

4. The Stomach

4.1. Functions of the Stomach

4.2. The Small Intestine

4.3. Functions of the small intestine

5. The Large Intestine

5.1. The caecum

5.2. The ascending colon

5.3. The transverse colon

5.4. The descending colon

5.5. The sigmoid colon

6. The Rectum and the Anal Canal

6.1. Functions of the large intestine, rectum and anal canal

6.2. Absorption

6.3. Microbial activity

6.4. Defecation

**Paper 4. Yoga Philosophy, Lifestyle and Ethics**

1. Introduction

1.1. What is yoga?

1.2. The relevance of yoga today

1.3. Significance of yoga in modern life

1.4. Desire for happiness

1.5. Meaning

1.6. Definition of Yoga

1.7. History of Yoga

i. Pre-Vedic/Tantric Period (5000BC - 1500BC)

ii. Vedic Period (1500BC - 500BC)

iii. Post-Vedic Period (500BC - 500AD)

iv. Classical Yoga

v. Post-Classical Yoga

vi. Renaissance Period (500AD – 1000AD)

vii. Medieval Period (1000AD - 1757AD)

viii. Colonial Period (1757AD – 1947AD)

ix. Modern Period (1947AD - Now)

2. Our School’s Unique Lineage

2. Introduction to School’s Lineage-(Guru–Shishya Tradition)

3. Shad-Darshan (Six Schools of Indian Philosophy)

3.1. Introduction

3.2. Primary purpose of the Darsanas

3.3. Common Factors

3.4. Nyaya Darsana - by Sage Gautama

3.4.1. Definition

3.4.2. The Sixteen topics

3.4.3. The Nyaya theory of knowledge

3.4.4. Isvara or God

3.4.5. Jivas or Individual Souls

3.5. Vaishesika Darsana – by Sage Kanad

3.5.1. Definition

3.5.2. The seven Padarthas(an object of knowledge)

3.5.3. God and the World

3.6. Sankhya Darsana - by Sage Kapila

3.6.1. Definition

3.6.2. The Pramanas or metods of Knowledge

3.6.3. The Prameyas or the Objects to be Known(knowing true self)

3.6.4. Bondage and Liberation

3.7. Yoga Darsana- by Sage Patanjali

3.8. Poorv Mimamsa Darsana- by Sage Jaimini

3.8.1. Definition

3.8.2. Theory of Knowledge

3.8.3. Metaphysics

3.9. Uttar Mimansa (Vedanta) Darsana - by Sage Ved Vyasa

3.9.1. Definition

4. Samkhya Yoga, Prakriti and its Evolutes: Returning to Self-realization

4.1. Evolutes of Unmanifested Matter

4.2. Purusha

4.3. Prakriti

4.4. Mahat or Buddhi

5. Yoga, Vedanta, and Tantra

5.1. Yoga

5.2. Vedanta

5.3. Tantra

6. Nadis

6.1. Ida, Pingala and Sushumna

7. Chakras

7.1. Chakras Yoga’s Psychic Physiology

•Muladhara

•Svadhisthana

•Manipura

•Anahata

•Vishuddha

•Ajna

•Bindu

•Sahasrara

7.2. The psychic centres

8. Pancha kosha (Five layer of existence)

1. Food sheath (Anna-maya kosa)

2. Vital-Air sheath (Prana-maya kosa)

3. Mental sheath (Mana-maya kosa)

4. Intellectual sheath (Vignana-maya kosa)

5. Bliss sheath (Ananda-maya kosa)

9. Karma yoga

9.2. Jnana Yoga (path of knowledge)

9.2.1. Meaning

9.2.2. Jnana yoga consists of seven parts:

9.3. Raja Yoga (path of royal yoga)

9.3.1. Aim of Raja Yoga

9.3.2. Practice (abhyasa) and dispassion (vairagya)

9.3.3. Astanga Yoga(eight limbs of yoga)

9.4. Path of Devotion (Bhakti Yoga)

9.5. Types of Bhakti

9.6. Sakamya Bhakti

9.7. Nishkamya Bhakti

9.8. Apara Bhakti

9.9. Para Bhakti

10. Mantra yoga

10. Hatha Yoga Pradipika

10.1. Introduction to Hatha Yoga

10.1.1. Science of purification

10.1.2. Emphasis on shatkarma

10.2. Hatha yoga

10.3. Chapter – I Asanas

10.4. Chapter – II Shat Karma and Pranayama

10.5. Chapter – III Mudras and Bandhas

11. Antahkarana (Inner Psychic Functions)

i. Manas - mind

ii. Buddhi - intellect

iii. Chitta - consciousness

iv. Ahamkāra - ego

11.1. Antahkarana Shuddhi

12. Dharma

12.1. Definition

i. Duty towards self

ii. Duty towards gods

iii. Duty towards ancestors

iv. Duty towards progeny

v. Duty towards fellow human beings

vi. Duty towards other living beings

vii. Duty towards society

viii. Moral duties

ix. Professional (caste) duties

x. Duties towards other faiths

13. Purusharthas

13.1. Dharma (Duty)

13.2. Artha (Worldly gain)

13.3. Kama (Physical and Sensual Pleasure)

13.4. Moksha (Liberation or Enlightenment)S

13.5. Chaturvargas(four stages of human life)

i. Brahamacharya ashrama

ii. Grihastha ashrama

iii. Vanaprastha ashrama:

iv. Sanyasa ashrama

14. Application of yoga Philosophy in Daily Life

14.1. Sivananda Yoga, the five principles of Yoga Philosophy?

i. Proper Relaxation

ii. Right Exercise

iii. Right Breathing

iv. Right Diet

v. Meditation and Positive thinking

14.2. Application of Raja Yoga in Daily Life

i. Yama - Self-Control consists of five principles:

ii. Niyama – Discipline consists of five principles:

iii. Asana - Physical Exercises and Pranayama - Breath Exercises

iv. Pranayama

v. Pratyahara - Withdrawal of Senses

vi. Dharana

vii. Dhyana - Meditation

viii. Samadhi - Complete Realization

15. Patanjali Yoga Sutra

15.1. Introduction to Patanjali Yoga Sutra

15.2. The basis and date of the Yoga Sutras

15.3. Commentators

15.4. Selected sutra from Samadhi and Sadhana pada

16. Vedas

16.1. Introduction

16.2. Veda is divided into two

1. Karma-Kanda

2. Upasana -Kanda

3. Jnana –Kanda

16.4. Four Vedas

1. Rig Veda - Praising, Agni (fire god), Rudra(storm God), Varuna(rain god)

2. Yajur Veda - Wisdom of sacrifices and sacrificial rites

3. Sama Veda - Emphasis upon sounds of the words of the mantras

4. Atharva Veda - Composition of the Vedas by Atharvana sect

16. 5. Each Veda consists of four parts:-

i) Samhitas (mantras or hymns)

ii) Brahmanas (explanations of mantras or rituals)

iii) Aranyakas (philosophical interpretation of the rituals)

iv) Upanishads (essence of the knowledge)

17. Upanishads

17.1. Introduction to the Upanishads

17.2. The meaning of the word Upanishad

17.3. Knowledge and ignorance

17.4. The main teachings of the Upanishads

i. Brahman

ii. Atman

iii. Prakriti

iv. Creation

v. Devas

vi. Organs

vii. Sacrifice

viii. Aum

ix. Death

x. Yoga

xi. Rebirth

xii. Karma

xiii. Liberation

xiv. Mahavakyas

xv. Conclusion

17.5. The 11 main Upanishads

18. Aitareya Upanishad

19. Isa Upanishad (Isavasya Upanishad)

20. Katha Upanishad

21. Kena Upanishad

22. Mandukya Upanishad

23. Mundaka Upanishad

24. Prasna Upanishad

25. Taittiriya Upanishad

18. Bhagavad Gita

Chapter - 1 Arjuna Vishada Yoga (Despondency of Arjuna)

Chapter - 2 Sankhya Yoga (Path of knowledge)

Chapter - 3 Karma Yoga (Yoga of Action)

Chapter - 4 Jnana-Vibhaga Yoga (Yoga of Wisdom)

Chapter - 5 Karma Sannyasa Yoga (Yoga of Renunciation of Action)

Chapter - 6 Adhyatma Yoga (Yoga of Meditation)

Chapter - 7 Jñāna Vijñāna Yoga (saguṇa - with form; nirguṇa - without form)

Chapter - 8 Akshara Brahma Yoga (Yoga of Imperishable Brahman)

Chapter - 9 Raja Vidya Raja Guhya Yoga (Yoga of Kingly Science and Kingly Secret)

Chapter - 10 Vibhuti Yoga (The Yoga of Divine Glories)

Chapter - 11 Visva Rupa Darsana Yoga (Yoga of the vision of the Cosmic Form)

Chapter - 12 Bhakti Yoga (Yoga of Devotion)

Chapter - 13 Kshetra-Kshetrajna-Vibhaga (Distinction between Field and Knower of Field)

Chapter - 14 Guna Traya Vibhaga Yoga (Yoga of the Division of the Three Gunas)

Chapter - 15 Purushottama Yoga (Yoga of Supreme Purusha)

Chapter – 16 Daivasura-Sampad-Vibhaga Yoga (Yoga of Divine and Demoniacal Nature)

Chapter -17 Sraddha Traya Vibhaga Yoga (Yoga of the Threefold Faith)

Chapter - 18 Moksha Sannyasa Yoga (Yoga of Liberation by Renunciation)

19. Psycho Analysis in Bhagavad-Gita

20. Yogic Concept of Disease

20.1. Modern medical perspective view on Disease

20.2. Concept of Disease in yoga

21. Stress Management through Yoga

21.1. Why People Experience Stress

21.2. Maslow’s Hierarchy of Needs

Level 1 - Physiological Needs

Level Two – Safety Needs

Level Three – Belonging Needs

Level Four – Ego-Status

Level Five – Self-Actualization

21.3. Reducing Stress through Time Management

22. Yoga, Health, Wellness & Lifestyle

22.1. Health and Wellness

i) Physical Dimension of Health

ii) Emotional Dimensions of Health

iii) Social Dimension of Health

iv) Intellectual Dimension of Health

V) Spiritual Dimension of Health

23. Yogic Diet

23.1. Moderate Diet

23.2. Nutrition

23.3. Types of Diet

24. Ayurveda

24.1. Understanding Vata, Pitta & Kapha

24.1. Vata Dosha

24.1.1. Tips for balancing Vata:

24.1.2. The Vata balancing diet

24.2. Pitta Dosha

24.2.1. The Pitta balancing diet

24.3. Kapha Dosha

24.3.1. Tips for balancing Kapha:

24.3.2. The Kapha balancing diet

24.4. The seven dhatus (bodily tissues)

24.5. Dinacharya(living in harmony with nature’s rhythms)

24.6. Take your herbs

25. Naturopathy

25.1. Principles and Practice of Nature Cure

25.2. Basic Principles

25.3. Principles and Practice of Nature Cure

25.4. Nature Cure and Modern System

25.5. Methods of Nature Cure

26. Naturopathy

26. Ethics, teachings and practice of Siddhartha Gautama Buddha

26.1. The Four Noble Truths

26.2. The Noble Eightfold Path

26.3. The Five Precepts

**Paper 5. Practicum**

**Part -1**

1. Name of Pose in Sanskrit

2. Name of Pose in English

3. Benefits

4. Contraindications

**Part – 2**

1. Sthiti (initial)

2. Transition In with breathing and awareness

3. Final Pose reflection and refinement

1. Stability
2. Comfortability
3. Alignment
4. Active muscles and relaxed mind, with soft breathing)

4. Transition Out with breathing and awareness

5. Sithila (relaxation)

**Part - 3**

1. Counter Pose
2. Modifications
3. Alignment cues

**Part - 4 (Trainee should observe following elements in classes, under the guidance of lead trainer)**

**Multi-Style Yoga**

1. Hatha Yoga

2. Vinyasa Yoga

3. Ashtanga Vinyasa Yoga

4. Gentle Yoga

5. Yin Yoga

6. Restorative Yoga

|  |  |
| --- | --- |
| Elements | Assessment |
| 1. Individual and Group Observation Skill |  |
| 2. Observation of Transition In |  |
| 3. Observation of Transition Out |  |
| 4. Final Pose: Observation Skill |  |
| 5. Observation of Stability |  |
| 6. Observation of Comfortability |  |
| 7.0bservation of Alignment |  |
| 8 .0bservation of Active muscles |  |
| 9.0bservation of relaxed mind |  |
| 10. 0bservation of Breathing |  |
| 11. 0verall observation skill |  |
| 1. Individual and Group Observation Skill |  |
| 2. Observation of Transition In |  |
| 3. Observation of Transition Out |  |
| 4. Final Pose: Observation Skill |  |

**Part - 5 (Trainee should take following yoga classes, under the guidance of lead trainer)**

Different hatha yoga class sequencing, with different theme. (1. Hatha Yoga, 2. Vinyasa Yoga, 3. Ashtanga Vinyasa Yoga, 4. Gentle Yoga, 5. Yin Yoga, 6. Restorative Yoga), with different theme. The steps involved in, basics arc structure of class.

1. Centering

2. Prayer/ Chanting

3. Pranayama

4. Warm-Up

5. Surya Namaskara

6. For beginners: break 3-5 minutes either in Child’s pose Balasana, or Corpse pose Savasana, or standing Intermediate and advanced students can continue without break.

7. Asana Practice

8. Standing Asanas – starting from Tree Pose or Tadasana and then transitioning to another standing

9. Kneeling Poses

10. Sitting Poses – starting from Seated Tree Pose or Sitting Tadasana and then transitioning to other sitting

11. Abdomen Poses

12. Supine Poses

13. Inverted Poses

14. Savasana

15. Closing Pranayama

16. Ending Prayer

|  |  |
| --- | --- |
| Elements | Assessment |
| 1. Language |  |
| 2. Pronunciation |  |
| 3. Space between words |  |
| 4. Voice |  |
| 5. Volume of voice |  |
| 6. Teachers Energy Level |  |
| 7. Teachers body language |  |
| 8. Demonstration |  |
| 9. Hands on adjustment |  |
| 10. Alignment cue |  |
| 11. Modification |  |
| 12. Teachers concern with students |  |

**6. Tutorials, Assignment and Examination**

i) Trainee will be required to engage in:

1. Self-study,
2. Group discussion,
3. Self-practice,
4. Oral presentation,
5. Mock class and
6. Submit daily & weekly assignments on the basis of the day’s lectures and discussions.

ii). There will be a practical and a theory exam on daily / weekly basis to assess the students on their learning, practice and teaching during the Teacher Training Course.

**7. Project Writing**

**Description:** Related to Yoga, Minimum 100 pages, for 300 hours Teacher Training Certificate.

**Topics for Project Writing**

|  |  |  |  |
| --- | --- | --- | --- |
| 1. | Concept & Basis of Yoga | 31. | Restorative Yoga |
| 2. | Applications of Yoga | 32. | Yin Yoga |
| 4. | Bhakti Yoga | 33. | Core Strengthening Yoga |
| 5. | Karma Yoga | 34. | Iyengar Yoga |
| 6. | Jnana Yoga | 35. | Gentle Yoga |
| 8. | Hatha Yoga | 36. | Power Yoga |
| 9. | Patanjali Yoga | 37. | Prenatal / Postnatal Yoga |
| 10. | Pranas & Nadis | 38. | Yoga for Children |
| 11. | Mudras | 39. | Ashtanga Yoga |
| 12. | Bandhas | 40. | Kundalini Yoga |
| 13. | Shat Karma | 41. | Yoga for Teens |
| 17. | Surya Namaskara | 42. | Partner Yoga |
| 18. | Yama | 43. | Anusara Yoga |
| 19. | Niyama | 44. | Integral Yoga |
| 20. | Asana | 45. | Sivananda Yoga |
| 21. | Meditation | 46. | Kriya Yoga |
| 23. | Pranayama | 47. | Jivamukti Yoga |
| 24. | Pratyahara | 48. | Bikram Yoga |
| 25. | Dharana | 49. | Integrative Yoga Therapy |
| 26. | Dhayana | 50. | Tantra Yoga |
| 27. | Chakras | 51. | Kripalu Yoga |
| 28. | Kundalini Yoga | 52. | Satyananda Yoga |
| 29. | Vinyasa Flow Yoga | 53. | Ananda Yoga |
| 30. | Hatha Yoga | 54. | Forrest Yoga |

**Format - Project writing**

|  |  |
| --- | --- |
| 1. Cover Page 2. Title Page 3. Certificate by the Supervisor(s) 4. Declaration 5. Acknowledgements 6. Abstract 7. List of Abbreviations 8. List of Symbols 9. List of Figures 10. List of Tables 11. Contents   1. Background /Introduction  2. Need for the study  3. Objectives of the study  4. Hypothesis / Assumptions made  5.  6.  7.  8.  9.  10. Findings / Discussions  11. Implications / Suggestions  12. Recommendations for further Research  13. Summary and Conclusion  14. Bibliography | **Font Size**  Regular Text - 12 pts.  Chapter Heading -15 pts., bold and all capitals.  Section Headings -12 pts, bold, first letter capitalized.  Subsection Headings - 12 pts., bold print. Italics. First letter capitalized.  **Margins**  The margins for the regular text are as follows:  Left = 1.50"  Right = 1.00"  Top = 1.00"  Bottom = 1.00" |