

Paper 1. Training and Practice

1. Mantra Chanting

- i. Gayathri Mantra
- ii. Maha Mrityunjaya Mantra
- iii. Santhi Mantra
- iv. Patanjali Mantra

2. Surya Namaskara (sun salutation)

- i. Surya Namaskara (Sun Salutation) Sivananada School of Yoga Style
- ii. Chandra Namaskara (Moon Salutation)
- iii. Astanga Surya Namaskara - A
- iv. Astanga Surya Namaskara - B

3. Asanas

3.1. Standing Asana

1. Samasthiti
2. Tadasana (mountain pose)
3. Vrksasana (tree pose)
4. Padahasthasana (hand to foot pose)
5. Ardha Chakrasana (half wheel pose)
6. Garudasana (eagle pose)
7. Utkatasana (mighty pose)
8. Utthita Trikonasana (extended triangle pose)
9. Parivritta Trikonasana (revolved triangle pose)
10. Utthita Parsvakonasana (extended side angle pose)
11. Parivritta Utthita Parsvakonasana (revolved extended side angle pose)
12. Parsvottanasana (side intense stretch)
13. Virabhadrasana -1 (warrior -1)

3.2. Kneeling Asana

14. Vajrasana (diamond pose)
15. Balasana(Child's Pose) or Shashankasana (moon or hare pose)
16. Virasana (hero pose)
17. Ustrasana(camels pose)

3.3. Sitting Asana

18. Sukhasana(Easy pose)
19. Dandasana (Staff Pose)
20. Padmasana(lotus pose)
21. Janu Sirsasana (Head to Knee Pose)
22. Parivrtta Janu Sirsasana(revolved knee to head pose)
23. Paschimottanasana(ugrasana or brahmacharyasana)
24. Purvauttansana(east intense stretch pose)
25. Ardha Navasana (half boat)
26. Upavistha Konasana(wide angle seated forward bend pose)
27. Baddha Konasana(bounded angle pose)
28. Ardha Matsyendrasana (half spinal twist)

3.4. Supine Asana (on back)

29. Shavasana (corpse pose)
30. Supta Pawanmuktasana (wind relieving pose)
31. Setu Bandha Sarvangasana (bridge lock Sarvangasana)
32. Jathara Parivartanasana (abdomen twisting pose)
33. Salamba Sarvangasana (supported Sarvangasana)
34. Matsyasana (fish pose)
35. Urdhva Cakrasana (upward wheel pose)

3.5. Prone Asana (abdomen)

36. Makarasana (crocodile pose)
37. Salabhasana (locust Pose)
38. Bhujangasana (serpent pose)
39. Dhanurasana (bow pose)

3.6. Arm Balancing and Head Standing Asana

40. Mayurasana (mayura means a peacock)
41. Salamba Sirsasana

4. Pranayama

4.1. Introduction

4.2. Four aspects of pranayama

1. Pooraka or inhalation
2. Rechaka or exhalation
3. Antar kumbhaka or internal breath retention
4. Bahir kumbhaka or external breath retention.

4.3. The Pranic body

4.4. Breath, health and pranayama

4.5. Breathing and life span

4.6. General notes for the practitioner

4.7. Natural breathing

4.8. Abdominal (diaphragmatic) breathing

4.9. Thoracic Breathing

4.10. Clavicular Breathing

4.11. Full Yogic Breathing

4.12. Kapalbhatai Pranayama (frontal brain cleansing breath)

4.13. Bhastrika Pranayama (bellows breath)

4.14. Nadi Shodhana Pranayama (psychic network purification)

4.15. Ujjayi Pranayama (the psychic breath)

4.16. Sheetali Pranayama (cooling pranayama)

4.17. Sheetkari Pranayama (hissing breath)

4.18. Bhramari Pranayama (humming bee breath)

5. Mudra

5.1. Introduction

5.2. Mudras and prana

5.3. A scientific look at mudras

5.4. Five Groups of Yoga 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)
- v)Shambhavi Mudra (eyebrow centre gazing)
- vi) Nasikagra Drishti(gaze at tip of nose)
- vii) Shanmukhi Mudra (closing the seven gates)
- viii)Yoga Mudra (attitude of psychic union)

6. Bandhas

- 1. Jalandhara Bandha
- 2. Moola Bandha
- 3. Uddiyana Bandha
- 4. Maha Bandha

7. Yoga Nidra

8. Meditation (on Breath)

9. Shatkarma(internal cleansing)

- i. Jala Neti (nasal cleansing with water)
- ii. Sutra Neti (nasal cleansing with thread)
- iii. Vaman Dhauti (regurgitative cleansing)
- iv. Shankhaprakshalana(cleansing entire digestive tract)

Paper - 2 Teaching Methodology

1. Classroom Setup and Orientation

- i. Layout of the room & Placing Mat

2. Voice and Language

3. Querying new students

- i. Practiced yoga? Style? Duration? Frequency?
- ii. Any injuries
- iii. Are you pregnant?
- iv. Daily work or lifestyle?
- v. Any physical exercise?

4. Ethics in Teaching and Touching

- i)Yama ii)Niyama

5. Practice Teaching Observation

6. Yoga Marketing

8. Transitioning into Asanas

9. Transitioning out of Asanas

10. 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
- Stability and ease Alignment principles
- Transitioning in, refining, and transitioning out
- Principle 7: Support Stable Foundations

11. Basic Arc Structure of Classes

- 11.1. Initiating the Yogic Process
- 11. 2. Warming the Body
- 11. 3. Pathway to the Peak
- 11.4. Exploring the Peak
- 11.5. Integration

12. Principles of Sequencing Asana

- 12.1. Applied Parinamavada(theory of transformation)
- 12. 2. Move from Simple to Complex Asanas
- 12. 3. Move from Dynamic to Static Exploration
- 12. 4. Sattvic Effect: Cultivating Energetic Balance
- 12. 5. Pratikriyasana(counter pose)

Paper - 3 Yoga, Anatomy, Physiology, and Kinesiology

1. Introduction

- 1.1. Anatomy
- 1.2. Physiology
- 1.3. Anatomical Terminology
- 1.4. Directional terms
 - i) Superior or cranial
 - ii) Inferior or caudal
 - iii) Posterior or dorsal
 - iv) Lateral
 - v) Proximal
 - vi) Distal
 - vii) Medial
 - viii) Anterior or ventral

2. Respiratory system

- 2.1. Gaseous Exchange
- 2.2. Respiratory System
 - a. Nasal Cavity
 - b. Pharynx
 - c. Larynx
 - d. Trachea (wind pipe)
 - e. Bronchi
 - f. Bronchioles
 - g. Alveoli (Air sacs)
- 2.3. Lungs
- 2.4. Pleura
- 2.5. Bronchi
- 2. 6. Pulmonary Ventilation

- 2.7. Respiration mechanism
 - a) Shallow breathing
 - b) Deep Breathing
 - c) Unconscious control of breathing
 - d) Conscious control of breathing
- 2.8. Lung Volume

3. Muscular System

- 3.1. Muscular tissues can be classified into
 - 1. Smooth, non-striated or involuntary muscles
 - 2. Cardiac muscle or myocardium
 - 3. Skeletal, striated or voluntary muscles
- 3.2. Characteristics of skeletal muscles
 - i) Contractility
 - ii) Excitability
 - iii) Extensibility
 - iv) Elasticity
- 3.3. Functions of Muscles
 - I. Movement
 - II. Maintaining posture
 - III. Producing Heat & Temperature Regulation
 - IV. Circulation

3.4. Muscle fiber types

- 1. Slow twitch muscle fibre (type -1)
- 2. Fast twitch muscle fibre (type -2)

3.5. Aerobic (with oxygen) and Anaerobic (without oxygen) Exercise

3.6. Types of Muscle Contractions

- i) Isometric Contraction
- ii) Isotonic Contraction
 - a) Concentric Contraction
 - b) Eccentric Contraction

4. Skeletal System

- i) Cartilage
- ii) Tendon
- iii) Ligament
- iv) Fascia
- v) Bursa

Types of bone and cartilage

- 4.2. Functions of the Skeletal System?
- 4.3. The main bones of the human skeleton are
 - 1. The axial skeleton
 - 2. The appendicular skeleton
- 4.4. Classification of Bones according to shape
 - 1. Long bones
 - 2. Short bones
 - 3. Flat bones
 - 4. Irregular bones

- 5. Sesamoid bones
- 5. Skeleton Joints
- Joints classifications
- i) Fibrous joints
- ii) Cartilaginous joints
- iii) Synovial joint
- 4. 6. Synovial joints
- 4.7. Synovial joints classifications
- 1. Hinge
- 2. Ball and socket
- 3. Pivot
- 4. Gliding
- 5. Saddle
- 6. Planar

8. Kinesiology

- 8.1. Biomechanics and Kinesiology
- 8.2. Body Movements
- Body Movements and Their Descriptions
- 1. Flexion
- 2. Extension
- 3. Abduction
- 4. Adduction
- 6. Pronation
- 7. Lateral flexion
- 8. Rotation
- 9. Medial rotation (internal rotation)
- 10. Lateral rotation (external rotation) 11.Elevation
- 12. Depression
- 13. Dorsiflexion
- 14. Plantar flexion
- 15. Eversion
- 16. Inversion
- 17. Protraction
- 18. Retraction
- 19. Circumduction

4. Yoga Philosophy

1. Introduction

- 1.1. Meaning
- 1.2. Definition of Yoga
- 1.3. History of Yoga

2. Hatha Yoga Glimpse

- 2.2. Nadis
- 2.2.1. Ida, Pingala, Shushmna

2.2. Cakras

3. Purusharthas(Four attainments of life)

- i) Dharma (Virtue)
- ii) Artha (Wealth)
- iii) Kama (Pleasure)
- iv) Moksha (Emancipation)

3.1. Chaturvargas(Four stages of Life)

- i) Brahmacharya Ashram
- ii) Grihastha Ashrama
- iii)Vanprastha Ashrama
- iv)Sanyasa Ashrama

3.2. Karma Yoga (path of selfless action)

3.2.1. Types of Karma

- i) Sanchita Karma or Stored Karma
- ii) Agami Karma or Forthcoming Karma
- iii) Prarabdha or Vartamana Karma or Present Karma

3.3. Jnana Yoga (path of knowledge)

3.3.1. Meaning

3.3.2. Jnana yoga(Adi Sankara, Vivekacudamani) Seven limbs of Jnana Yoga

3.4. Raja Yoga (path of royal yoga)

3.4.1. Aim of Raja Yoga

3.4.2. Practice (abhyasa) and dispassion (vairagya)

3.4.3. Astanga Yoga(eight limbs of yoga)

I. yama- social ethical code

II. niyama- personal ethical code

III. asana- posture

iv. pranayama- control of life-force

V. pratyahara- sense withdrawal

VI. dharana- concentration

VII. dhyana- absorption

VIII. Samadhi- ecstasy or super consciousness

5. Path of Devotion (Bhakti Yoga) Bhagavata Purana nine forms Bhakti

5.1. Mandukya Upanisad

- a. Waking - Vaishvanara
- b. Dreaming - Taijasa
- c. Deep Sleep - Prajna
- d. Beyond this three - Turiya

4. Taittiriya Upanisad

- a. Annamaya kosha - food sheath
- b. Pranamaya kosha - breath sheath
- c. Manomaya kosha - mind sheath
- d. Vijnanamaya kosha - intellect sheath
- e. Anandamaya kosha - bliss sheath

Paper - 5 Practicum

*** Trainee should take following yoga classes**

Part - 1 (Trainee should observe following elements in classes, under the guidance of lead trainer)

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. Observation of Alignment	
8. Observation of Active muscles	
9. Observation of relaxed mind	
10. Observation of Breathing	
11. Overall observation skill	
1. Individual and Group Observation Skill	
2. Observation of Transition In	
3. Observation of Transition Out	
4. Final Pose: Observation Skill	

Part - 2 (Trainee should take following yoga classes, under the guidance of lead trainer)

Different hatha yoga class sequencing, 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:

- a. Self-study,
- b. Group discussion,
- c. Self-practice,
- d. Oral presentation,
- e. Mock class and
- f. 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

Topics for Project Writing

Description: Related to Yoga, Minimum 30 pages, for 200 hour ttc.

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