

DETAILED SYLLABUS

200 Hr Yoga Teacher Training Certificate Course

1. Training and Practice
2. Teaching Methodology & Techniques
3. Anatomy, Physiology, Kinesiology & Bio-Mechanism
4. Yoga Philosophy, Lifestyle, Health & Wellness
5. Practicum
6. Tutorials, Assignment and Examination
7. Project Work

Paper 1. Training and Practice

1. Student Daily Self-Assessment Sheet

2. Yoga Mantra Chanting

1. Gayathri Mantra
2. Maha Mrityunjaya Mantra
3. Asato mā sad
4. Saha nāv avatu
5. Sarve bhavantu sukhinaḥ
6. Sarveṣāṃ svastir bhavatu
7. Pūrṇam adaḥ pūrṇam
8. Patanjali Mantra
9. Pranayama Mantra
10. Surya Namaskara Mantra
11. Astanga Yoga Mantra
12. Mangala Mantra
13. Gurur brahmā
14. Dhyana Mulam
15. Bhadraṃ karṇebhiḥ
1. Mantra Chanting
16. Śaṃ no mitraḥ
17. Om Karam bindu
18. Śanaih Sanaiḥ
19. Laye sombhodayeth
20. Pratahsmarana Mantra

2. Surya Namaskara (sun salutation)

Beginners Level

1. Surya Namaskara (Sun Salutation) Sivananada School of Yoga Style
2. Surya Namaskara (Sun Salutation) Satyananada School of Yoga Style
3. Surya Namaskara (Sun Salutation) Vivekananada School of Yoga Style

Intermediate Level

4. Chandra Namaskara (Moon Salutation)
5. Astanga Surya Namaskara – A

Advanced Level

6. Astanga Surya Namaskara - B

2.5. 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
- 2.8. Perspective view on Asana

2.6. 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

3. Asanas

3.1. Standing Asana

Beginners Level

1. Samasthiti (upright or still)
2. Tadasana – (mountain pose)
3. Ardhakati Chakrasana (half lateral wheel pose)
4. Vrksasana (tree pose)
5. Ardha Uttanasana (standing half forward bend)
6. Padahasthasana (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)

3.2. 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)

3.3. 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. Purvauttanasana(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)

3.4. 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)

3. 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)

3. 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
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. Salamba Sirsasana -1

115. Salamba Sirsasana -2

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 (or 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. Chandra Bhedana Pranayama (calming energy)

4.17. Surya Bhedana Pranayama (stimulating vitality)

4.18. Sheetalii Pranayama(cooling pranayama)

4.19. Sheetkari Pranayama (hissing breath)

4.20. 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) Khechari Mudra (tongue lock)

viii) Shanmukhi Mudra (closing the seven gates)

ix) Vipareeta Karani Mudra (inverted psychic attitude)

x) Pashinee Mudra (folded psychic attitude)

xi) Tadagi Mudra (barrelled abdomen technique)

xii) Prana Mudra

xiii) Yoga Mudra (attitude of psychic union)

- xiv) Manduki Mudra (gesture of the frog)
- xv) Maha Mudra (great psychic attitude)
- xvi) Maha Bheda Mudra (the great separating attitude)
- xvii) Maha Vedha Mudra (the great piercing attitude)
- xviii) Ashwini Mudra (horse gesture)

5.5. Mudras and the Elements

- a. Chin Mudra while chanting 'AAAA'
- b. Chinmaya Mudra while chanting 'OU'
- c. Adi Mudra while chanting 'MMMM'
- d. Brahma Mudra while chanting 'AUM'

6. Bandhas

6.1. Introduction

6.2. Granthis

Brahma Granthi

Vishnu Granthi

Rudra Granthi

6.3. Bandhas(locks)

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

7. 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

7.1. Ajapa Japa

- 1. Introduction
- 2. Ajapa Japa Practice

3. Breathe awareness between navel and throat
4. Constant ascending and descending breathe
5. Ujjayi Breathing
6. Mantra repetition with the breath
7. Spontaneous mantra repetition
8. Awareness of chidakasha
9. Ending the practice

7.2. Eye Exercise

- a. Up and down Movement
- b. Horizontal Movement
- c. Diagonal Sideway
- d. Clockwise and anti clockwise

7.3. Jatru Trataka (Thumb Gazing)

- a. Sideways Viewing
- b. Front and Side ways viewing
- c. Up and Down Viewing
- d. Rotational Viewing
- e. Near and distant viewing

8. Jyothi Trataka

- 8.1. Trataka (concentrated gazing)
- 8.2. Antar Trataka
- 8.3. Shambhavi Mudra (eyebrow centre gazing)
- 8.4. Nasikagra Drishti (nose tip gazing)

9. Meditation

- 9.1. Meditation on Breath
- 9.2. Mantra Meditation (Sacred Syllable Chanting Meditation)
- 9.3. Counting Beads

10. Shatkarma(internal cleansing)

1. Jala Neti (nasal cleansing with water)
2. Sutra Neti (nasal cleansing with thread)
3. Vaman Dhauti (regurgitative cleansing)
4. Shankhprakashana(cleansing entire digestive tract)

11. Asana Benefits and Limitations

Paper 2. Teaching Methodology & Techniques

1. Student Daily Self-Assessment Sheet

2. Introduction

- 2.1. Trend of Teaching
- 2.2. Methodology
- 2.3. Need of Yoga Teaching Method
- 2.4. Importance of Teaching Method

3. 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

4. Class Etiquette

- i) Cleanliness
- ii) Scents
- iii) Attire
- iv) Bare Feet
- v) Talking
- vi) Arriving/Departing

5. Classroom Setup and Orientation

- 5.1. Layout of the room & Placing Mat

6. Waking Up the Spiritual Environment

- i) Greeting your class
- ii) Getting situated
- iii) Setting intention
- iv) Chanting the sound of aum
- v) Guiding asana as meditation
- vi) Rhythm of Nature
- vii) Ambiance

7. Voice and Language

8. Querying new students

1. Practiced yoga? Style? Duration? Frequency?
2. Any injuries
3. Are you pregnant?
4. Daily work or lifestyle?
5. Any physical exercise?

9. Class Levels and Prerequisites

9.1. Beginners, Intermediate, Advance, & Mixed class

10. Instructing Asanas

- i) Breath, alignment, Chakras, Variations
- ii) Modifications, Props, Transition in & Out
- iii) General & Individual Guidance
 - a) Positioning and Demonstration
 - b) In-the-flow demonstration
 - c) Gather-around demonstration

11. Partner Standing Observation

- i. Feet
- ii. Achilles
- iii. Calves
- iv. Knees
- v. Hips
- vi. Arms
- vii. Shoulders
- viii. Head
- ix. Ear
- x. Shoulder & hip
- xi. Upper back hunched (kyphosis)
- xii. Chest
- xiii. Pelvis
- xiv. Knee & ankle

12. Ethics in Teaching and Touching

- i) Yama
- ii) Niyama

13. Practice Teaching Observation

14. Different learning styles

- a. Visual learning
- b. Auditory learning
- c. Kinesthetic

15. Marketing a Yoga Business

1. Introduction
2. Yoga Marketing Plan: Who Is Your Target Audience?
3. Yoga Teacher Marketing: Choose Your Niche
4. Marketing for Yoga Instructors: Decide On A Name & Logo
5. Yoga Social Media Marketing
6. Research the Competition
7. Using Hashtags to Do Competitor Research
8. Using Captions & Hashtags to Improve Reach
9. Choose A Good Caption
10. Using Localized Hashtags
11. Interact with Similar Accounts
12. How Do Interactions Help Your Yoga Instagram Marketing Strategy?
13. Yoga Social Media Marketing: Be Consistent
14. Follow the 80-20 Rule
15. Yoga Social Media Marketing: Collaborate!

16. Yoga Advertising Ideas: Paid Ads on Facebook and Instagram
17. Online Workshops & Webinars
18. Yoga Marketing Website: Why You Need One
19. Google My Business for Yoga Teacher Marketing
20. SEO & Content Marketing Tips for Your Yoga Business
21. Yoga Studio Marketing Ideas: Start a Blog!
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

15. Assignment

Yoga Teaching Techniques

11. Techniques in General

11.1. General Principles of Yogic Practices

11.2. Asana Laboratory Observation

- 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?

11.3. Basic Elements of Asana Practice

- 11.3.1. Being Present
- 11.3.2. Relaxing
- 11.3.3. Breathing

11.4. General Principles in Giving Physical Cues and Adjustments

11.5. How Not to Touch

- 11.5.1. Distally
- 11.5.2. Forcefully
- 11.5.3. Meanderingly
- 11.5.4. Blindly
- 11.5.5. Destabilizing
- 11.5.6. Randomly
- 11.5.7. Inappropriately

11.6. Modifications, Variations, and the Use of Props

- 11.6.1. Props help students find stability and ease

11.7. Pacing and Holding Asanas

- 11.7.1. Basic considerations
- 11.7.2. Class definition
- 11.7.3. Student ability
- 11.7.4. Class theme
- 11.7.5. Time constraints

- 11.8.1. Individualizing Instruction

11.8. Refining Asanas

11.9. Transitioning into Asanas

11.10. Transitioning out of Asanas

11.1. 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

12. Assignment

Asana Techniques

20. Sthiti (initial) and Sithila (relaxation) postures for all asanas

a. Initial standing posture – Tadasana

b. Standing Relaxation Posture - Sithila Tadasana

2. Sitting Asana

a. Initial Sitting Posture – Dandasana

b. Sitting Relaxation Posture - Sithila Dandasana

3. Prone asana

a. Initial Prone Posture

b. Prone Relaxation Posture – Makarasana

4. Supine asana

a. Initial Supine Posture

b. Supine Relaxation Posture – Savasana

21. Methods of Asana Instructing

1. Verbal Introduction

2. Silent Demonstration

3. Demonstration with breathing and alignment

4. Techniques demonstrated and explained in stages

5. Benefits

6. Contraindications

7. Question and answer

8. Group Practice

9. Detection and correction of mistakes

22. Basic Arc Structure of Classes

22. 1. Initiating the Yogic Process

22. 2. Warming the Body

22. 3. Pathway to the Peak

22. 4. Exploring the Peak

22. 5. Integration

23. Principles of Sequencing Asana

23. 1. Applied Parinamavada(theory of transformation)

23. 2. Move from Simple to Complex Asanas

- 23. 3. Move from Dynamic to Static Exploration
- 23. 4. Sattvic Effect: Cultivating Energetic Balance
- 23. 5. Pratikriyasana(counter pose)

24. Sequencing Within and Across Asana Families

- 24.1. Surya Namaskara and Fluid Flow Sequences
- 24.2. Standing Asanas
- 24.3. Abdominal Core
- 24.4. Arm Balances
- 24.5. Backbends
- 24. 6. Twists
- 24.7. Forward Bends
- 24.8. Hip Openers
- 24.9. Inversions

25. Verbal Cues for asana alignment

- 1. Sequencing Cues for Standing Asanas
- 2. Sequencing Cues for Arm Support Asanas
- 3. Sequencing Cues for Back Bends
- 4. Sequencing Cues for Twists
- 5. Sequencing Cues for Forward Bends
- 6. Sequencing Cues for Inversions
- 7. Asana Alignment Keywords

26. Asana alignment Picture

Paper 3. Yoga, Anatomy and Physiology

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

1. 5. Chemical to Organism level

1.6. 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

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

3.7. 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

4. 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

5. Spinal Cord and Yoga

- 5.1. Elements Of linkage between the vertebrae
- 5.2. Discs and ligaments
- 5.3. Weight Bearing Activities
- 5.4. Push & Counter push
- 5. 5. Types Of spinal movement
- 5.6. Axial Rotation
- 5.7. Flexion and extension
- 5.8. Forward and Backward-Bending Poses
- 5.9. Lateral and twisting movements
- 5.10. Axial extension
- 5.11. Intrinsic equilibrium
- 5.12. Spine, rib cage, and pelvis

6. Cardiovascular system

6.1. Heart

6.2. Chambers of the heart

The Heart, Arteries & Veins Forms the Circulatory System

6.3. The Cardiac cycle

6.4. Pulse

6.5. Heart Rate

6. 6. Cardiac Output

6.7. Blood pressure (BP)

6.8. Factors affecting blood pressure

6.9. Blood volume

6.10. Cardiac output

6.11. Peripheral resistance

6.12. Elasticity of the arterial walls

6.13. The viscosity of blood

6.14. Disorders of blood vessels

- i) Arteriosclerosis
- ii) Atherosclerosis

6.15. Disorders of blood pressure

- i) Hypertension's
- ii) Hypotension

7. Nervous System

Peripheral nervous system

Somatic Nervous system (SNS)

Autonomic Nervous system (ANS)

7.1. The Central Nervous System

1. The *Brain*
2. The Spinal cord

7.2. Peripheral Nervous System

7.3. Somatic Nervous System

1. Sensory neurons (or afferent neurons)
2. Motor neurons (or efferent neurons)

The Autonomic Nervous System

1. The *sympathetic system*
2. The *parasympathetic system*

8. Kinesiology

8.1. Biomechanics and Kinesiology

8.2. Body Movements

Body Movements and Their Descriptions

1. Flexion
2. Extension
3. Abduction
4. Adduction
5. Supination
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

8.3.7. Asana and Kinesiology

9. Stretching

Stretching

Definition and goal of stretching

What happens in a stretch?

When should you stretch?

Warming up

Cooling down

Diet and stretching

Calcium

Magnesium

Cold and heat therapy

Endorphin theory

The gate theory of pain

Six rules to stretching

Warm up

Be Gentle

Hold for 30 seconds

Breathe

Do not bounce

Stretch both sides symmetrically

9.1. Types of Stretching

1. Ballistic Stretching

2. Dynamic Stretching

3. Passive Stretching

4. Static Stretching

a). Isometric Stretching

b). PNF Stretching

9.2. Biomechanics of Stretching

What is stretching?

Moving origins & Insertions

Spinal Cord Reflexes

Muscle Spindle Stretch Receptor

Reciprocal Inhibition

Golgi tendon Organ

Physiology in Stretching

10. Endocrine System

11. Assignments

Paper - 4. Yoga Philosophy, Lifestyle and Ethics
1. Introduction
1.1. Shad-Darsanas (Six Systems of Indian Philosophical Thought)
1.2. Goal of the Shad-Darsanas
1.3. Meaning
1.4. Definition of Yoga
a. Yoga Vasishta
b. Bhagvat Gita
c. Bhagvat Gita
d. Kathopanisad
e. Swami Vivekananda
f. Sri Aurobindo
1.5. History of Yoga
i. Pre-Vedic period (Before 3000 BC)
ii. Vedic period (3000 BC to 800 BC)
iii. Pre classical (Upanishad) period (800 BC to 250 BC)
iv. Classical period (184 BC to 148 BC)
2. Hatha Yoga
2.1. Introduction
2.1.1. Meaning of Hatha Yoga
2.1.2. Asana and Hatha Yoga
2.1.3. Pranayama and Hatha Yoga
2.1.1 Gurushishya Parampara
2.1.2 Guru Shishya Tradition in Yoga
2.1.3 Teaching Tradition
2.1.4. What is Satyananda Yoga?
2.1.5. Satyananda Yoga involves the practice of:
2.1.6. Iyengar Yoga
2.1.7. The Gist: From the Known to the Unknown
2.1.8. Iyengar Alignment: The Practice of Precision
2.1.9. Ashtanga Vinyasa Yoga
2.2. Nadis
2.2.1. Ida, Pingala, Shushmna
2.3. Chakras (Energy Vortex)
1. Mooladhara cakra
2. Svadhisthana cakra
3. Manipura cakra
4. Anahata cakra
5. Visuddhi cakra
6. Ajna cakra
Bindu
7. Sahasrara cakra
3. Purusharthas Four attainments of life
i) Dharma (Virtue)

ii) Artha (Wealth)
iii) Kama (Pleasure)
iv) Moksha (Emancipation)
3.1. Four stages of Life
i) Brahmacharya Ashram
ii) Grihastha Ashrama
iii) Vanprastha Ashrama
iv) Sanyasa Ashrama
3.2. Gunas
1) Sattvic Guna
2) Rajasic Guna
3) Tamasic Guna
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 consists of seven parts:
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)
(1) yama- social ethical code
(2) niyama- personal ethical code
3.5. Path of Devotion (Bhakti Yoga)
1. Sravana
2. Kirtana
3. Smarana
4. Padasevana
5. Archana
6. Vandana
7. Dasya
8. Sakhya
9. Atma-Nivedana
4. Vedas
1. Karma-Kanda
2. Upasana –Kanda
3. Jnana –Kanda
4.3. Two parts in the Vedas.
4.4. Four Vedas
1. Rig Veda

2. Yajur Veda
3. Sama Veda
4. Atharva Veda
5. Upanisad(essence of knowledge)
11.1. Introduction
i) Katha Upanisad
a) Three Boons
ii) Mandukya Upanisad
a. Waking – Vaishvanara
b. Dreaming - Taijasa
c. Deep Sleep – Prajna
d. Beyond this three - Turiya
iii) 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
6. Patanjali Yoga Sutra
I. What is Yoga?
II. Five characteristic of mind
III. Practice and non-attachment
IV. Types of concentration
V. Obstacles and solutions
VI. Stabilizing and clearing the mind Or by Cultivating Opposite Virtues
VII. By Controlling Prana
VIII. By Observing Sense Experience
IX. By Inner Illumination
X. By Detachment from matter
XI. By Knowledge of Dream and Sleep
XII. By Meditation as Desired
XIII. Fruits of Meditation
(1) yama- social ethical code
I. Ahimsa- Non-violence
II. Satya- truthfulness
III. Asteya- honesty
IV. Brahmacharya-sensual abstinence
V. Aparigraha-non-acquistiveness
VI. Yamah-self-restraints
(2) niyama- personal ethical code
I. Saucha – purity
II. Samtosa – contentment
III. Tapas – austerity
IV. Svadhyaya – self – study

V. Isvara – pranidhana – devotion to the Lord
(3) asana- posture
(4) pranayama- control of life-force
(5) pratyahara- sense withdrawal
(6) dharana- concentration
(7) dhyana- absorption
(8) Samadhi- ecstasy or super consciousness
7. Bhagavad Gita
Introduction
Chapter – I Arjuna Visada Yoga (The Sorrow of Arjuna)
Chapter – II Sankhya Yoga (The Yoga of Knowledge)
Chapter – III Karma Yoga (The Yoga of Action)
Chapter –IV Jnana Yoga (The Path of Knowledge)
Chapter –V Karma Sanyasa (Renunciation of World)
Chapter – VI Dhyana Yoga (The Way of Contemplation)
8. Yogic Diet
9. Mitahara(moderate diet)
10. Balanced Diet
11. Yoga, Health, Wellness & Lifestyle
14.1. 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
Physical wellness
Emotional wellness
Social wellness
Intellectual wellness
Spiritual wellness

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
 - I. Stability
 - II. Comfortability
 - III. Alignment
 - IV. Active muscles and relaxed mind, with soft breathing)
4. Transition Out with breathing and awareness
5. Sithila (relaxation)

Part - 3

- I. Counter Pose
- II. Modifications
- III. Alignment cues

Part - 4 (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 - 5 (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

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 60 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

Format - Project writing

<ol style="list-style-type: none"> 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 <ol style="list-style-type: none"> 1. Background /Introduction 2. Need for the study 3. Objectives of the study 4. Hypothesis / Assumptions made 5. 6. 7. 	<p>Font Size</p> <p>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.</p> <p>Margins</p> <p>The margins for the regular text are as follows:</p> <p>Left = 1.50" Right = 1.00" Top = 1.00" Bottom = 1.00"</p>
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| <ol style="list-style-type: none">8.9.10.11. Findings / Discussions12. Implications / Suggestions13 Recommendations for further Research14. Summary and Conclusion15. Bibliography | |
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