

Yoga Teacher Training Syllabus

200 Hrs.

1. Yoga Philosophy	25 Hours
Minimum Contact Hours:	15 hours
Minimum Contact Hours w/ Lead Trainer(s):	0 hour

Learning Objectives:

This class will prepare students to read and understand Patanjali's Yoga Sutras. Each Friday, students will lead a discussion reflecting on the week's readings. Before class, students should write down one question on a note card directly related to the day's reading and give this to the teacher at the start of class

This class will prepare students to read and understand

Patanjali's Yoga Sutras.

Introduction

Origin of Yoga
Different Paths of oga
Samkhaya Darshan
Vedanta Darshan
Obstacles in Yoga

Ashtanga Yoga(8Limbs)

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi

Hatha Yoga

- PanchKosha
- AnnamayaKosha
- PranamayaKosha
- ManomayaKosha
- JnanamayaKosha
- AnandamayaKosha

2. HUMANANATOMY-PHYSIOLOGY ANDYOGA	25 Hours
1. Minimum Contact Hours:	15 hours
2. Minimum Contact Hours w/ Lead Trainer(s):	0 hour

Learning Objectives:

Introduction
Skeletal System
Joints and Range of Motion
Muscular System
Posturalim balances

Physiology of Asana

- Standing
- BackBend
- ForwardBend
- Twist
- Inversion

Digestive System
Respiratory System
Circulatory System
Physiology of Pranayama
Nervous System
Endocrine System
Stress and homeostasis
Physiology of Meditation
Lesson Planning,
Practical and Written Assessment

3. MANTRARECITATIONCURRICULUM	15 Hours
Minimum Contact Hours:	10 hours
Minimum Contact Hours w/ Lead Trainer(s):	0 hour

Learning Objectives:

Mantra is a word or sound repeated to aid concentration in **meditation**. The reverberating sound harmonious the body and mind.

Ganesha Mantra
Guru Mantra
Shakti Mantra
Gayatri Mantra
Mangalacharan Mantra
Shanti Mantra

4. ASANAANDPRANAYAMAPRACTICESESSIONS.	100 Hours
Minimum Contact Hours:	75 Hours
Minimum Contact Hours w/ Lead Trainer(s):	50 Hour

Learning Objectives:

Dynamic Postures

Pawanmuktasana series
Marjari asana
Vyaghrasana
Surya namaskar

Standing Postures

Tadasana
Utkatasana
Padhastasana
Trikonasana
Parivrtta Trikonasana
Parshwakonasana
Parivrtta parshwakonasana
Veebhadrāsana I
Veebhadrāsana II
Veebhadrāsana III
Ardh chandrasana
Parsvottanasana
Prasarita padottanasana

Inverted Postures

Sirsasana
Sarvangasana
Halasana
Pincha mayurasana
Adhomukhavrksasana

Twisting Postures

Ardh matsyendra asana
Parivritti janu sirshasana
KatiChakrasana

Back Bend Postures Bhujangasana

Shalabhasana
Dhanurasana
Matsyasana
Ushtrasana
Kandhrasana
Chakrasana
Gomukhasana
Setu Asana
Rajkapotasana

Forward Bend Postures

Paschimotanasana
Janusirasana
Ardh padam Paschimotanasana
Padprasar Paschimotanasana
AdhoMukha Svanasana

Balancing Postures

Vrikshasana
Bak Dhayan Asana
Mayurasana
Natraj Asana
Garudasana
Relaxation Postures
Shashankasana
Makarasana
Savasana

Pranayama Practices

Yogic
Breathing
Nadi Shodhan
Kapalbhati
Ujjayi
Bhramari

Dhyana Practices

Breath Awareness
Pranava
Dhyana

Yog Nidra Practices

Visualization Breathing
Meditation
Chakra Meditation

Mudras

Anjali Mudra
Chin Mudra
Jnana Mudra
Poorna Mudra

Bandhas

Uddiyana Bandha
Jalandhara Bandha
Moola Bandha

Kriyas

Jala Neti
Kapalbhati
Tratak