

Syllabus

Yoga Teacher Training 200 hour (Yoga Alliance USA)



Syllabus	<p>Theory</p> <p>Unit 1. Introduction to Yoga and Yogic Practices</p> <ul style="list-style-type: none">- Yoga : Etymology, Definitions, Aim, Objectives and Misconceptions.- Yoga : Its origin, history and development.- Guiding principles to be followed by Yoga practitioners.- Principles of Yoga (Triguna, Antahkarana-Chatushtaya, Tri-ShariraPanchakosha).- Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjala, Hatha).- Introduction to Yoga practices for health and well being.- Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.- Introduction to Yogic SukshmaVyayama, SthulaVyayama and Surya Namaskara.- Introduction to Yogasana: meaning, principles, and their health benefits.- Introduction to Pranayama and Dhyana and their health benefits. <p>Unit 2. Introduction to Yoga Texts</p> <ul style="list-style-type: none">- Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).- Introduction and study of Bhagavad Gita including memorization of selected Shlokas (Chapter II -47, 48, 49, 50 and 70).- Introduction and study of Hathapradipika.- General Introduction to Prasthanatrayi.- Concepts and principles of Ahara (Diet) in Hathapradipika and Bhagavad Gita (Mitahara and Yuktahara).- Significance of Hatha Yoga practices in health and well being.- Concept of mental wellbeing according to Patanjala Yoga.- Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga.- Concepts of healthy living in Bhagavad Gita.- Importance of subjective experience in daily Yoga practice. <p>Unit 3. Yoga for Health Promotion</p> <p>Brief introduction to Human body. Topics in this category could include, but are not limited to: human physical anatomy and physiology (bodily systems, organs, etc.) and may also include energy anatomy and physiology (chakras, nadis, etc.). Includes both the study of anatomy and physiology along with its application to yoga practice (benefits, contraindications, healthy movement patterns, etc.).</p> <p>Meaning and Means of health promotion and role of Yoga in health promotion.</p> <p>Yogic positive attitudes (Maitri, Karuna, Mudita, Upeksha).</p> <p>Concept of Bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.</p> <p>Dinacharya and Ritucharya with respect to Yogic lifestyle.</p> <p>Holistic approach of Yoga towards health and diseases.</p> <p>Introduction to First Aid and Cardiopulmonary Resuscitation (CPR).</p> <p>Yogic management of stress and its consequences.</p> <p>Yoga in prevention of metabolic and respiratory disorders.</p> <p>Yoga for personality development.</p> <p>Practicals</p> <p>A. Demonstration Skills</p> <p>Prayer: Concept and recitation of Pranava and other hymns.</p> <p>Yoga Cleansing Techniques</p> <p>Knowledge of Dhauti, Neti and practice of Kapalabhati.</p>
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<p>Yogic SukshmaVyayama and SthulaVyayama Yogic SukshmaVyayama (Micro Circulation Practices) Neck Movement Griva Shakti Vikasaka(I,II,III,IV) Shoulder Movement BhujaBalli Shakti Vikasaka PurnaBhuj Shakti Vikasaka Trunk Movement Kati Shakti Vikasaka (I, II, III, IV, V) Knee Movement Jangha Shakti Vikasaka (II-A&B)Janu Shakti Vikasaka Ankle movement Pada-mulashaktiVikasaka – A&B Gulpha-pada-pristha-pada-talashaktiVikasaka Yogic SthulaVyayama (Macro Circulation Practices) SarvangaPushti HridGati (Engine Daud) Yogic Surya Namaskara Yogasana Tadasana, Vrikshasana, ArdhaChakrasana, Padahastasana, Kati Chakrasana, Trikonasana Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, UttanaMandukasana Paschimottanasana, Purvottanasana Vakrasana, Gomukhasana Bhujangasana, Shalabhasana, Makarasana Pavanamuktasana, Uttanapadasana, ArdhaHalasana, Setubandhasana ViparitaKarani, SaralMatsyasana, Shavasana, and more Total 51 Asanas Preparatory Breathing Practices Sectional breathing (abdominal, thoracic and clavicular) Yogic deep breathing Pranayama Concept of Puraka, Rechaka and Kumbhaka AnulomaViloma/NadiShodhana Shitali (without Kumbhaka) Bhramari (without Kumbhaka) Understanding of Bandha 8.1 Jalandhara Bandha 8.1 Uddiyana Bandha 8.1 Mula Bandha Understanding of Mudra 9.1 Hasta Mudras (Chin, Chinmaya, Brahma, Adi, Jnana, Dhyana and Nasika) 10. Practices leading to Meditation and DhyanaSadhana 10.1 Recitation of Pranava&Soham 10.2 Recitation of selected hymns, invocations and prayers from Vedas & Upanishads 10.3 Body and Breath awareness</p>
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	<p>10.4 Yoga Nidra</p> <p>B. Teaching Skills</p> <p>11. Methods of Teaching Yoga</p> <p>11.1 Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & Practices leading to Dhyana)</p> <p>11.2 Principles of teaching Yoga Protocol to different groups (Beginners, Children, Youth, Women, geriatric population, and Special attention group)</p> <p>11.3 Preparation for a Yoga class (before and during and after the class)</p> <p>11.4 Factors influencing Yoga teacher</p> <p>11.5 Class Management in Yoga : its meaning and needs</p> <p>11.6 Conducting Yoga practical lesson: Precautions & Contraindications of practices)</p> <p>11.7 Salient features of Ideal Yoga Instructor</p> <p>11.8 Models of Ideal Yoga lesson plans</p> <p>C. Teaching Methodology: How to conduct/promote/control/monitor the class. Qualifications of a good Yoga Teacher.</p> <p>D. Business Ethics and Disciplines Fair, and Truthful Yogic approach to the business.</p>
Reference Books/ Texts	<ul style="list-style-type: none">• Yoga The Ultimate Science - Dr. OmanandGuruji• Yatharth Yoga (Hindi) - Dr. OmanandGuruji• Asana Level 1 - Dr. OmanandGuruji• Alchemy of Life - Dr. OmanandGuruji• Awakening of Yogi - SukshmaVyayam - Dr. OmanandGuruji• Patanjali Yoga Darshan - Dr. OmanandGuruji• Hatha Yoga Pradipika - Dr. OmanandGuruji• Shrimad Bhagvad Gita - Gita Press Gorakhpur• Yogic Anatomy & Physiology - Compilation Parmanand Yoga• Surya Namaskar (Hindi) - Dr. OmanandGuruji