

Syllabus

Yoga Teacher Training 300 Hour (Yoga Alliance USA)



Syllabus	<p>YTTC 300 is a comprehensive and advanced training of various aspects of Yoga. These aspects taught are in the following five categories/sections:</p> <p>1. Yoga Techniques, Training and Practice Learning an enhanced understanding and experience of foundational Techniques, Training and Practice sessions. Topics in this category could include, but are not limited to:</p> <ul style="list-style-type: none"> • Asanas (108) • Pranayamas, • Kriyas, • Bandhas • Mudras • Maun • Bhakti Yoga-Chanting • Mantra, • Meditation and • Other Yoga techniques <p>a. analytical training in how to teach and practice the techniques and</p> <p>b. guided practice of the techniques themselves.</p> <p>2. Teaching Methodology Topics in this category could include, but are not limited to:</p> <ul style="list-style-type: none"> • Communication skills such as group dynamics, time management, and the establishment of priorities and boundaries. • How to address the specific needs of individuals and special populations, to the degree possible in a group setting. • Principles of demonstration, observation, assisting and correcting. • Teaching styles. • Qualities of a teacher. • The student learning process. • Business aspects of teaching yoga (including marketing and legal). • Teaching Methods & Principles • Example Techniques, Training and Practice Topics <p>5 Categories:</p> <ul style="list-style-type: none"> • Asana: The trainee will practice and learn the key poses in each category of asana (standing poses, forward bends, backbends, twists, and inversions) and will begin to develop a relationship to both the form and the function of these different categories. • Alignments: Trainees will achieve comprehension of the alignment maps for each of the five categories of asanas through observation and experience of how the poses in each category share a common foundation, and how to build upon this foundation. • Demonstration: Discuss how effective demonstrations in class can help emphasize an alignment or other focus for the specific pose or sequence of poses. • Learning Modalities: How to teach traditional Yoga? • Use of Language and Voice: Lecture and discussion on active vs. passive language and the effective use of each; positive and conscious communication, and habitual speech and communication patterns.
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	<p>3. Anatomy and Physiology Topics in this category could include, but are not limited to:</p> <ul style="list-style-type: none"> • 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.). Applying anatomy and physiology principles to Yoga. <p>4. Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers Topics in this category could include, but are not limited to:</p> <ul style="list-style-type: none"> • Further and deeper study of yoga philosophies and traditional texts : • Yoga Sutras, • Hatha Yoga Pradipika or • Bhagavad Gita. • Yoga lifestyle, such as the precept of non-violence (ahimsa), and the concepts of dharma and karma. • Ethics for yoga teachers, such as those involving teacher – student relationships and community. • Understanding the value of teaching yoga as a service and being of service to others through yoga (seva). <p>5. Practicum Topics in this category include:</p> <ul style="list-style-type: none"> • Practice teaching (does not include assisting, observing or giving feedback). • Receiving and giving feedback. • Observing others' teaching. • Assisting students while someone else is teaching. <p>Contents At a glance Theory and Practical:</p> <ul style="list-style-type: none"> • Study, benefits and practical of basic and advanced Asanas total 108 Asana. • Study, benefits and practical of basic and intensive Pranayamas. • Study, benefits and practical of basic and advanced Kriyascience . • Study, benefits and practical basics and advanced Bandha science. • Basic and advanced Limbs Yogic movements for joints and inner awakening. • Precautions for practice and teaching Yoga. • An understanding of Yogic and Ashram Life. • Practical Powers of Silence(Maun). • Practical of Yogic Cleanliness(Shauch). • Practical basic and advanced Tratak, concentration, Dharna. • Practical of Yogic lifestyle, Yama &Niyama. • Practice of Pratyahara (withdrawal from senses). • Meaning and powers of prayers, chanting and Bhakti Yoga. • Practical for higher Meditation. • Techniques and understanding of Teaching methodology. • Yogic Business Plan.
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	<ul style="list-style-type: none"> • Yoga and Psychology. • Yoga and Management. • Demonstration, Observation and review, Assisting/correcting. • Instructions and its understanding. • Teaching styles of traditional Yoga • Practical of science of Mantra and Meditation • Review the qualities of a good Yoga Teacher, and • Special techniques, and applied Yoga sciences for healthy life. • Advance anatomy and Physiology (bodily systems, organs, etc.) and Practical Yogic system of Energy/Subtle Anatomy and Physiology (Chakras, Nadis, etc.). • Yoga Philosophy and Lifestyle. • Study of Yoga Scriptures (Gherand Samhita, Patanjali Yoga Sutras, Bhagavad Gita, Hatha Yoga Pradipika and others.). • Ethics for Yoga Teachers, 'living the life of the Yogi', etc. • Practicum includes student teaching at school as well as observing and assisting in classes taught by others. • Project and assignments in various fields related to Yoga.
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