

Syllabus

Yoga Teachers Training 500 (200+300) hours (Yoga Alliance, USA)



Syllabus	<p>Syllabus is a combination of YTTC 200 plus YYTTC 300 is a comprehensive 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 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. <p>3. Anatomy and Physiology</p>
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	<p>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</p> <p>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</p> <p>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</p> <p>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.• Yoga and Psychology.• Yoga and Management.
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	<ul style="list-style-type: none"> • 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