

# **200-HOURS YOGA TEACHER TRAINING, COMPLETE CURRICULAM**

## **Asana:**

### **1. Pawan Muktasana (Joints movements Exercises- Pre Yoga Poses)**

- ❖ Pawanmuktasana series 1
- ❖ Pawanmuktasana serie 2
- ❖ Pawanmuktasana series 3

### **2 Warm Up Yoga Salutation (Preparation to Hatha)**

- ❖ sun salutation (Meditative and Vinyasa)
- ❖ Moon Salutation (Meditative and Vinyasa)

### **3 Hatha Yoga Asana (Yoga Postures)**

- ❖ Standing pose
- ❖ Sitting pose
- ❖ Kneeling pose
- ❖ Forward bending asana
- ❖ Backword bening asana
- ❖ Twisting asana
- ❖ Fire series asana
- ❖ Tadasana (palm tree pose)
- ❖ Triyak tadasana (swaying palm tree pose)
- ❖ Trikonasana (triangle pose)
- ❖ Parivirtatrikon asana – revolving triangle pose
- ❖ Uttkatasana –chair pose
- ❖ Virbhdrasana 1 -warrior 1
- ❖ Virbhdrasana 2 -warrior 2
- ❖ Virbhdrasana 3 -warrior 3
- ❖ Ardha Chandrasana- Half moon pose
- ❖ Vriksasana – tree pose
- ❖ Parvatasana – mountain pose
- ❖ Adho mukha svanasana – downward facing dog
- ❖ Kati chakrasana – waist rotating pose
- ❖ Malasana – squatted yoga pose
- ❖ Garudasana – eagle pose
- ❖ Baddha Konasana- bound angle pose
- ❖ Rajkapoot asana – pegion pose
- ❖ Bhujanghasana – cobra pose
- ❖ Urdhva mukha svanasana –upward facing dog

- ❖ Matsyasana-
- ❖ Setu Bhandasana
- ❖ Utrasana
- ❖ Dhanurasana
- ❖ Salabhasana
- ❖ Supta Virasana- reclining hero pose
- ❖ Virasana –hero pose
- ❖ Vajrasana –thunderbolt
- ❖ Gomukhasana
- ❖ Balasana
- ❖ Dandasana
- ❖ Ardha Matsyendrasana

#### **4. Pranayama:**

- ❖ What is Prana and Pranayama
- ❖ How Prana flow in the body
- ❖ Types of major and sub prana
- ❖ Pranayama and life span
- ❖ Prana healing
- ❖ Know how to breath correctly
- ❖ Diphragmatic breathing and qualities of breath
- ❖ Anatomy of pranayama
- ❖ Kapal Bhati Pranayama Level I
- ❖ Bhastrika Pranayama Level I
- ❖ Bhrumari Pranayama Level I
- ❖ Sitli and Sitkari Pranayama without rentention
- ❖ Yogic breathing Level I with sitting and supine position
- ❖ Nadi sodhanam Pranayama 1 techniques

#### **5.Meditation:**

- ❖ What is meditation and what not
- ❖ Major meditation Tradition
- ❖ How to sit in meditation
- ❖ How to breath in meditation
- ❖ How to relax in meditation
- ❖ How to focus In meditation
- ❖ So-ham meditation
- ❖ Nadabrahma meditation
- ❖ Mantra Meditation

## **6. Contemplation-**

- ❖ Buddha walk
- ❖ Contemplation on real Self- Shivoham

## **7. Yoga Nidra relaxation**

- ❖ Mastering Sleep through Yoga nidra
- ❖ Mastering Death through Yoga nidra
- ❖ Complete relaxation practice
- ❖ Point to point Yoga Nidra

## **8. Bandha (Energy Lock)**

- ❖ What is Energy blockages
- ❖ Reasons of blocking the energy and chakras
- ❖ Three majors energy blockges
- ❖ Mula bandhas (Root lock) Level I
- ❖ Uddiyana bandha (Abdominal lock) Level I
- ❖ Jalandhar Bandha (Throat Lock) Level I
- ❖ Maha Bandha ( Great Lock) Level I

## **9. Mudras (Yogic Gesture)**

- ❖ What is Mudra and its necessity in yoga
- ❖ Mudras- The energy Tranquilisr
- ❖ Jnana Mudra
- ❖ Chin mudra
- ❖ Bhairava mudra
- ❖ Vishnu/pranayama mudra

## **10. Yoga Philosophy:**

- ❖ Yoga Tradition and History of yoga
- ❖ The Classical Texts of Yoga Tradition
- ❖ Yoga Sutra of Patanjali – Raja Yoga
- ❖ Bhagavat Geeta – Lord Krishna
- ❖ What is ashtanga yoga
- ❖ Mind and its functions
- ❖ Chakras and Kundalini in Yoga
- ❖ Hinduism – a way of living not a religion

## **11. Alignment and adjustment of yoga poses**

- ❖ Understanding the balance and imbalance of the body
- ❖ Alignment an art to be free from injuries in yoga
- ❖ Helping the energy flow correctly in the nadis
- ❖ Adjusting pose is a part of yoga therapy
- ❖ Applying in all exercises

## **12. Mantra Chanting**

- ❖ Mantra What and Why
- ❖ Origin of Mantras and The Vedas
- ❖ 4 kinds of Speech
- ❖ Gayatri Mantra- om bhur
- ❖ Shiva Mantra- om namah shivaya
- ❖ Guru Mantra- Guru brahma
- ❖ Healing Mantras- Maha mritunjaya

## **13. Yoga Anatomy**

- ❖ Understanding skeletal system for joints movements
- ❖ Function of Muscular system in yoga
- ❖ Respiratory system and Pranayama
- ❖ Spiritual Anatomy
- ❖ Posture anatomy

#### **14. Yoga therapy**

- ❖ Importance of Yoga therapy
- ❖ Treatment of different kind of diseases through yoga therapy
- ❖ Alternative medicine is the boon for health

#### **15. Teaching methodology**

- ❖ Role of the teacher in the class
- ❖ Sequencing the asana, pranayama and meditation

#### **16. Tantra Practices**

- ❖ Understanding what Tantra truly is?
- ❖ Tantra brathing to awake kundalini

#### **17. Ayurveda**

- ❖ Basic principles of Ayurveda

#### **18. Massage**

- ❖ Ayurvedic Massage

#### **19. Assessments**

- ❖ Written Test
- ❖ Oral Test
- ❖ Attendance
- ❖ Performance
- ❖ Behavior

# **300 HOUR: 22 DAYS YOGA TEACHER TRAINING IN INDIA, COURSE**

## **OVERVIEW:**

### **1. Basic Sanskrit and Chakra Sound**

- ❖ Vija Mantra of chakras
  - Lam
  - Vam
  - Ram
  - Yam
  - Ham
  - Om
- ❖ Sanskrit Syllable
  - Vowel
  - consonent
- ❖ Sound in different Chakras

### **2. Mantra Healing**

- ❖ Mantra for leading darkness to light (Asato Mam Sadgamaya)
- ❖ Mantra for Surrender (Twameva mata)
- ❖ Mantra for Healing and fearless of death (Maha Mrityunjaya)
- ❖ Guru Mantra (Gurur Brahma)
- ❖ Mantra for removing obstacle of life (Bakratunda Mahakaya)
- ❖ Mantra for healing Energy (Pranaya Swaha-Apanaya..)
- ❖ Mantra for student and teacher (Om Sahana babatu)
- ❖ Morning Prayer (Karagre vasate)
- ❖ Mantra for world peace (loka samastan...)

### **3. Holistic Yoga Asana**

- ❖ Alignment, Assist and Adjustment
- ❖ Surya namaskar (sun salutation)
- ❖ Chandra namaskar (moon salutation)
- ❖ 1.Bharadvajasana
- ❖ 2.Lolasana – swinging pose
- ❖ 3.Kukkutasana – rooster pose
- ❖ 4.Sarpasana – snake pose
- ❖ 5.Shalabhasana – locust pose
- ❖ 6.Dhanurasana – bow pose
- ❖ 7.Paschimottanasana – seated forward bend
- ❖ 8.Janu sirshasana – head to knee pose
- ❖ 9.Parivirta janu sirshasana – revolving head to knee pose
- ❖ 10.Sarvangasana – shoulder stand
- ❖ 11.Padam sarvangasana – shoulder stand lotus pose
- ❖ 12.Sirshasana- Headstand
- ❖ 13.Natarajasana – lord shiva's pose
- ❖ 14.Utthita hasta padangusthasana
- ❖ 15.Naukasana –Boat pose
- ❖ 16.Vatayanasana – horse face pose
- ❖ 17.Mayurasana – peacock pose
- ❖ 18.Koormasana – tortoise pose
- ❖ 19.Chakrasana –wheel pose
- ❖ 20.Hanumanasana – monkey pose
- ❖ 21.Agnistambhasana- fire log pose
- ❖ 22.Brahmacharyasana –celibate's pose
- ❖ 23.Astavakrasana – eight-twists pose
- ❖ 24.Ek pada sirasana – one foot to head pose

- ❖ 25.Chaturanga Dandasana
- ❖ 26.Pincha Mayurasana-Feathered Peacock Pose
- ❖ 27.Eka Pada Koundinyasana- sage koundinyasana
- ❖ 28.Handstand – Adho Mukha Vrksasana
- ❖ 29.Ardha Pincha Mayurasana- dolphin pose
- ❖ 30.Makara Adho Mukha Svanasana- dolphin plank pose
- ❖ 31.Bakasana –crow pose
- ❖ 32.Ek pada bakasana – one leg crow
- ❖ 33.Utthan Pristhasana- lizard pose
- ❖ 34.Pashasana-Noose Pose
- ❖ 35.Parivrtta Surya Yantrasana- sundial or compass pose
- ❖ 36.Titibasana-fire fly pose
- ❖ 37.Parshva bakasana – side crow

#### 4. **Holistic therapy based Pranayama**

- ❖ Introduction to Prana and Pranayama
- ❖ Individual and universal prana body (sheath)
- ❖ Natural breathing (for peace)
- ❖ Abdominal or diaphragmatic breathing (Expansion and healing all internal organs)
- ❖ Thoracic/Chest Breathing (middle chest expansion)
- ❖ Clavicular breathing (upper lungs expansion)
- ❖ Yogic breathing/Complete breathing (complete lungs therapy)
- ❖ Alternative Nostril breathing (Nadishodhanam) (balance and peace)
- ❖ cooling breathing (Sheetali and sitkari) (fever and reduce anger)
- ❖ Bhramari Pranayama (for memory and stress relief)
- ❖ Ujjayi pranayama (healing throat and prolong concentration)
- ❖ Bhastrika pranayama (for complete health)
- ❖ Kapalbhati (intense cleansing and healing stress)
- ❖ Moorchha Pranayama(for ecstasy)
- ❖ Surya bheda pranayama (Heating and digestive)
- ❖ Chandra bheda pranayama (activate parasympathetic system)

#### 5. **Mudras: Hand, Face and Body talk**

- ❖ Origin of Mudras
- ❖ What is a Mudra
- ❖ Why hand mudras
- ❖ Benefits of Mudra practice
- ❖ Five element theory
- ❖ Acupressure and Scientific theory
- ❖ Types of Hand mudra

##### ✓ **General Mudras**

- Pranavayu Mudra (for poor vision and increase confidence)
- Mritsanjeevani Mudra (Prevent heart attack and depression)
- Samana Vaayu mudra (Reduces the formation of gases and acids and cure liver)
- Udana Vayu Mudra (improve power of speech and generate vitality)
- Vyana Vayu Mudra (for high BP, relax mental nerves)

##### ✓ **Therapeutic Mudras**

- Vayu Mudra (release extra wind from the stomach)
- Agni Mudra (Helps dissolving extra fat)
- Prithivi mudra (boost blood circulation)
- Varun Mudra (reliving dehydration and stomach infection)
- Akash Mudra (Activate calcium and phosphorus so good for bones)

##### ✓ **Spiritual Mudras**

- Gyan mudra (for innate wisdom)

- Abhya mudra (for courage and strength)
- Dhyana mudra (concentration and spiritual awakening)

#### 6. **Bandha (Energy Lock)**

- ❖ Mula bandha (for stability and awakening of Kundalini)
- ❖ Uddhiyana bandha (Abdominal lock for balancing inner organs)
- ❖ Jalandhar bandha (throat lock)
- ❖ Maha Bandha
- ❖ What is Energy blockages
- ❖ Reasons of blocking the energy and chakras
- ❖ Three major's energy blockages

#### 7. **Meditation**

- ❖ Basics of Meditation
  - How to sit in meditation
  - How to breath in meditation
  - How to Relax in meditation
  - How to concentrate in meditation
- ❖ Mantra meditation (Improve anxiety)
- ❖ Breath awareness meditation (Improving willpower)
- ❖ Obstacles in meditation
- ❖ Om meditation (Energy booster)
- ❖ Meditation and stress management
- ❖ Trataka (Candle light meditation) (improve eye sight and courage)
- ❖ Dynamic meditation (emotional block removing)
- ❖ Kundalini meditation (awakening sleeping kundalini energy)
- ❖ Silence Meditation (For enlightenment and peace)

#### 8. **Yoga Nidra**

- ❖ Yoga nidra-conscious sleep (to Master the sleep)
- ❖ Full body relaxation (Complete rejuvenation)
- ❖ Tension relaxation (removing blocks from whole body)
- ❖ Point to point yoga nidra (opening unconscious mind and transormation)
- ❖ Subtle body awakening Yoga nidra (feeling of expansion)

#### 9. **Sat Karma**

- ❖ Jal Neti (Nasal cleaning for opening the cognitive senses)
- ❖ Rubber Neti (Nasal cleaning with a cathederal for intense nasal block)
- ❖ Agnisar Kriya
- ❖ Kapalbhatai Kriya
- ❖ Trataka Kriya
- ❖ Kunjal Kriya

#### 10. **Yoga Anatomy with holistic approach**

- ❖ Digestive System
- ❖ Respiratory System
- ❖ Circulatory System
- ❖ Effects of breathing in respiratory system
- ❖ Effects of Yoga practice and Nauli in digestive system
- ❖ Muscular and skeletal system with advance postures
- ❖ Nadis-the energy channel
- ❖ Prana and nervous system
- ❖ Kundalini Shakti
- ❖ Chakras
- ❖ Panchakosha
- ❖ Theraputic Applications of yoga postures and how to avoid injury in yoga postures

#### 11. **Holistic Yoga Philosophy**

- ❖ Yoga philosophy and understanding of Truth

- ❖ Patanjali Yoga Sutras
- ❖ Bhagavat Geeta
- ❖ Hatha Yoga Pradipika

**12. Yoga Therapy**

- ❖ Satkarma therapy
- ❖ Ayurveda
- ❖ Natural healing
- ❖ Yoga therapy for different diseases
- ❖ Pranayama Therapy

**13. Teaching Practice**

- ❖ Demonstration
- ❖ Alignment
- ❖ Instructions

**14. Teaching Methodology**

- ❖ Positive and conscious communication
- ❖ Friendship and trust
- ❖ Time management
- ❖ Quality of a teacher
- ❖ Use voice in the class
- ❖ Mental and emotional preparation for teaching
- ❖ Class preparation
- ❖ Step by step class structure planning

**15. Ayurveda**

- ❖ Tri-dosha
- ❖ Pancha mahabhuta (theory of five elements)
- ❖ Prakrti
- ❖ Ayurveda diet
- ❖ Tastes

**16. Massage Therapy**

- ❖ Ayurveda massage
- ❖ Head massage
- ❖ Back massage
- ❖ Legs massage
- ❖ Full body massage

**17. Reiki Healing**

- ❖ Level I reiki Training for Self-Healing

**18. Music and Dance Therapy**

**19. Assessment**

- ❖ Based on Oral test
- ❖ Behavior
- ❖ Attendance
- ❖ Performance