

Yoga Teacher Training Course 200 Hours (YTT)

Courses are available (online and offline)

Syllabus for : Theory and Practical Lessons

Theory

1. Introduction to yoga
2. Fundamentals of Yoga Studies
3. Elementary Anatomy and Physiology

Unit-I Introduction Human Anatomy Bones of Upper limb Bones of Lower Limb. Relevance of yogic practices with Human Anatomy

Unit-II Osteology Bones:Types of Bones, classification, Description of Various Bones of the body, Vertebrae, skull, bones of thorax and pelvis etc.

Unit-III Myology, Arthrology Structure of Muscle Types of muscles Muscles of upper limb, lower limb, trunk, head and neck, Classification of joints Construction of joints in general, Description of the various joints Joint of upper limb, Joints of lower limb, Joints of Thorax and Head, Neck, Sterno clavicular Joint.

Unit-IV Physiology Cell, Tissues, Muscle, Digestive System, Respiratory System, Circulatory System, Nervous System, Endocrine System, Urinary System.

4. Yoga philosophy

Patanjal Yoga Darshan

UNIT-I Samadhi Pada Introduction of Maharshi Patanjali, Concept of Chitta, Chitta-Bhumis, Chitta-Vriti, Chitta Vritinirodhopaya, Abhyasand Vairagya. Types and nature of Samadhi, Concept of Ishwar and qualities of ishvara, Chitta- Vikshepas (Antrayas) & Sah-Vikshepas, Ritambharaprajna, Difference between Samapattis and Samadhi.

UNIT-II Sadhana Pada Concept of Kriya Yoga, Theory of Kleshes, Concept of Dukhavada, Viveka Khyati, Karma and Rebirth, Drishyanirupanam, Brief Introduction to Ashtanga Yoga; Concept of Yama, Niyama, Asana, and their usefulness in Chittavrittinirodhopayah.

UNIT-III Vibhuti Pada Pranayam, Pratyahar Concept of Vibhuti, Introduction of Dharana, Dhyan and Samadhi, Concept of Sanyama, Advantage and Result of Sanyam; Sanyama of Surya, Chandra & dhurva, Sanyam of Chakra (Nabhi chakra, kanthakooop), Sanyama of kurmanadi, murdha-jyoti & hradya, Sanyam of Udan & Samana, Concept of Parkayapravesh & Astamaha Siddhi.

UNIT-IV Kaivalya Pada Sources of Siddhis, Four types of Karmas, Expression, Smarti-Sanskar, Concept of Dharmmedha Samadhi, Principle of Knowledge, Concept of Chittashakti, Concepts of Kaivalya.

5. Hatha Yoga Principles and Processes :

Hath Yoga UNIT-I

Hath Yoga- Its Definition and objectives, origin, Utility of Hath Yoga. Importance of place, environment and season for Hatha Sadhana. Sadhak and Badhak Tattwa, Mithahaar.

UNIT-II Asanas, Definition, meaning, benefits, precautions and classification of Asanas. Description of Asanas in Hatha Yoga.

UNIT-III Pranayam - Definition, meaning, benefits, precautions and classification of Pranayam. Description of Pranayam in Hatha Yoga, Kundalini meaning and Benefits.

UNIT-IV Mudra, Bandh and Shatkriya, Definition, meaning and benefits of Mudra and Bandh according to hath yoga. Definition, meaning and benefits of Shatkriya according to hath yoga.

UNIT-I Personality Meaning and Definition Concept of Personality Principles of Personality Yogic concept of Personality Relevance of Yogic practices in personality Development.

6. Introduction of Naturopathy and Ayurveda.

7. Health and Diseases

Unit1 : Dimensions of Health Physical Health, Mental Health Social Health, Spiritual Health

UNIT-II Holistic Health Definition of Holistic Health Concept of Holistic Health Characteristics of Holistic Healthy Person Yogic tools of Holistic Health

Practical

1. Practice of Yoga Techniques

Unit-I: Yogic Sthule Vyayam

Meaning and its Benefits.

Types of Yogic Sthule & Sukshma Vyayam, Precautions concerning the following Sthule Vyayama :Rekha Gati, Hridgati (injan dour), Utkuradan (Jumping), Urdha Gathi, Sarvang Pusti.

Unit-II: Sukshma Vyayam: Uchcharansthal Tatha Vishuddhi Chakra Shuddhi, Buddhi tatha Dhriti Shakti Vikasak Kriya, Smaran Shakti Vikasak Kriya, Medha Shakti Vikasak Kriya, Netra Shakti Vikasak Kriya, Kapol Shakti Vikasak Kriya, Karna Shakti Vikasak Kriya, Greeva Shakti Vikasak Kriya

Unit-III: Asanas (Yogic Postures) Meaning and its Benefits. Types of Asanas in Laying Posture. Techniques and Precautions concerning the following asanas: Shavasana, Vipritkakni, Sarvangasana, Karnapidasana, Halasana, Uttanpadasana, Pawan Muktasana, Naukasana, setubandhasana, Chakrasana Surya Namaskar - Meaning, Techniques, Precautions and Benefits.

Unit-IV: Pranayama Meaning and Types of Pranayama, Preparation for Pranayama. Techniques of Pranayama. benefits and Precautions, Time, Concerning the following Pranayama: Nadi-Shodhan, Surya Bhedi, Ujjai, Sheetali, Shitakari, Bhastrika, Bhramari, Murchha, Plavini.

Unit-V: Shat Karma Meaning and its Benefits Types of Shat Karmas, Precautions of concerning the following Shat-Karmas: Dhauti, Vasti, neti, Nauli, Trataka, Kapalbhatai.

2. Yogic practices in personality Development.

3. Teaching Methodology

4. Lesson Plan and Yoga Project

5. Intership