

# **Meditation Teacher Training Course 100 Hours (TTC )**

## **Syllabus : Theory and Practical Lessones**

### **Theory :**

- i. Fundamentals of Yoga Studies
- ii. Elementary Anatomy and Physiology
- iii. Hatha Yoga
- iv. Yoga philosophy
- v. Stress Management
- vi. Fundamental Principles of Yoga Therapy

### **Practical :**

1. Practice of Yoga Techniques ( Satkarma cleanse techniques ( Yogic Kriyas )  
Pranayam , Mudra , Asana , Bhandha )
2. Yogic practices in personality Development.
3. Teaching Methodology
4. Lesson Plan and Yoga Project
5. Meditation techniques according yoga
6. Yog Nidra