

# 100 Hour Yoga Teacher Training Course Curriculum

## Ashtanga Yoga Series

- Ashtanga Yoga Primary Series•
- 9 Drishti in Ashtanga Series•
- Importance of Ujjai and Bandha in Ashtanga Series•

## Yoga Philosophy

- History of Yoga•
- Four Yuga in Yogic Tradition•
- Four Foundational Pillars of life•
- 5 Kosha (bodies)•
- What is Consciousness?•
- What is Self-Realization & Liberation?•
- Ayurvedic life style•
- Yogic Diet•

## Yoga Nidra

- What is Yoga Nidra?•
- Three States of Consciousness•
- Benefits of Deep Sleep•
- Yoga Nidra Level 1 Practice•

## Meditation

- What is Meditation?•
- Difference between Dharna and Dhyana•
- 3 Main Meditation Practices•

## Mantra Chanting

- Overview of Mantra yoga•
- Importance of Aum (Om) Mantra•
- 4 Main Mantra Practices•

## Hatha Yoga Series

- What is Hatha yoga?
- Sun Salutations (Surya Namaskar) with
- Mantra Chanting
- Sukshma Vyama (Joints & Glands Exercises)
- Standing Poses
- Kneeling Poses
- Sitting Poses
- Proline Poses
- Supine Poses
- Importance of Sequence of Asana
- Asana Benefits

## Pranayama

- Diaphragmatic Breathing Vs. Chest Breathing
- What does Pranayama mean?
- 5 Main Pranayama Practices
- What are Nadi, Ida and Pingala?

## Yoga Anatomy

- Basic overview of Respiratory System and Yogic Breathing
- Basic overview of Structure of Skeleton and Muscular System
- Basic overview of Nervous System
- Basic overview of Digestive and Excretory System
- Basic overview of Immunity System
- Basic overview of Cardiovascular system
- Basic overview of Endocrine system

## Relaxation

- Overview of Relaxation
- Deep Breathing
- Progressive Muscular Relaxation
- Partial Body Awake Relaxation

### Adjustment/Alignment

- Steps to Perform Yoga Poses Correctly
- Side Bending and Front & Back Bending
- Use of Props
- Modification & Variation of Yoga Poses
- Limitations & Contraindications of Specific Yoga Poses

### Bandha

- Overview of Yogic Locks (Bandha)
- Benefits of Bandha
- 2 Main Bandha Practices

### Mudra

- Importance of Mudra in Hatha Yoga
- Types of Mudra
- Physical, Mental and Spiritual Benefits of Mudra
- 7 Main Mudra Practices

### Yogic Purification

- Overview of Yogic Purification
- Practicum of Jal Neti and Sutra Neti

### Teaching Methodology

- Disciplines of Yoga Teachers and Students
- Classroom Planning
- Classroom Preparation

#### Ashtanga Yoga

- Total 21 Hours
- 1.5 Hours Everyday
- Morning Yoga Class

#### Pranayama Session

- Total 14 Hours
- 1 Hour Everyday
- Morning Yoga Class

#### Anatomy & Physiology

- Total 28 Hours
- 2 Hours Everyday
- Afternoon Class

#### Hatha Yoga

- Total 21 Hours
- 1.5 Hours Everyday
- Evening Yoga Class

#### Meditation Session

- Total 21 Hours
- 1.5 Hours Everyday
- Evening Yoga Class