

200 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? •
- Four Faculties of Mind Field •
- Five Stages of Mind Field •
- Ayurvedic life style •
- Yogic Diet •
- Eight Limbs of Yoga of Patanjali •
- Meditation and Yoga Nidra •

Meditation

- What is Meditation? •
- Difference between Dharna and Dhyana •
- 7 Main Meditation Practices •
- Breath Awareness in Meditation •
- Mantra Awareness in Meditation •

Yoga Nidra

- What is Yoga Nidra? •
- Three States of Consciousness •
- Benefits of Deep Sleep •
- Yoga Nidra Level 1 Practice •
- Yoga Nidra Level 2 Practice •

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
- Prone Poses
- Supine Poses
- Inversion Poses
- Importance of Sequence of Asana
- Asana Benefits

Pranayama

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

Yoga Anatomy

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

Relaxation

- Overview of Relaxation
- Deep Breathing
- Progressive Muscular Relaxation
- Tension Releasing Methods
- Guided Imagination
- 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

Mudra

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

Teaching Methodology

- Disciplines of Yoga Teachers and Students
- Classroom Planning
- Classroom Preparation
- Positive & Conscious Communication
- Create friendly Ambience
- Principles of Demonstrations
- Principles of Assisting
- Mental & Emotional Preparations
- Basic Adjustments & Alignments

Mantra Chanting

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

Bandha

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

Yogic Purification

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

Ashtanga Yoga

- Total 42 Hours
- 1.5 Hours Everyday
- Morning Yoga Class

Pranayama Session

- Total 28 Hours
- 1 Hour Everyday
- Morning Yoga Class

Anatomy & Physiology

- Total 56 Hours
- 2 Hours Everyday
- Afternoon Class

Hatha Yoga

- Total 42 Hours
- 1.5 Hours Everyday
- Evening Yoga Class

Meditation Session

- Total 42 Hours
- 1.5 Hours Everyday
- Evening Yoga Class

Teaching Practise

- Total 14 Hours
- 2 Hours Everyday
- Last Week Class