

300 Hour Yoga Teacher Training Course Curriculum

Ashtanga Yoga Series

- Ashtanga Yoga Primary & Intermediate Series •
- Flexibility And Strength For Series •
- 9 Drishti in Ashtanga Series •
- Importance of Ujjai and Bandha in Ashtanga Series •
- Difference between Hatha & Ashtanga Yoga •
- Importance Of Sequence And Systematic Flow •

Yoga Philosophy

- History of Yoga •
- Four Yuga in Yogic Tradition •
- Four Foundational Pillars of life •
- 5 Kosha (bodies) •
- What is Consciousness? •
- Four Level of 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 •
- Study of Kundalini and Chakra •
- Study of Karma Yoga, Bhakti Yoga, Raja Yoga, Swara •
- Yoga and Tantra Yoga •
- Study of Yoga in connection with Gita •
- Kundalini Awakening •
- Meditation And The Spiritual Heart •
- Intuitive Dream and Lucid Dream •
- Meaning of Birth And Death In Yogic Science •
- 6 Main Obstacles In The Path Of Yoga •

Hatha Yoga Series

- What is Hatha yoga?
- Sun Salutations (Surya Namaskar) with Mantra Chanting
- Chandra Namaskar With Chakra Awareness
- Primary + Advance Series Of Sukshma Vyama (Joints & Glands Exercises)
- Standing Poses
- Kneeling Poses
- Sitting Poses
- Proline Poses
- Supine Poses
- Inversion Poses
- Balancing Poses
- Advanced Poses
- Twisting Poses
- Importance of Sequence of Asana
- Asana Benefits

Pranayama

- Diaphragmatic Breathing Vs. Chest Breathing
- What does Pranayama mean?
- Overview of Pancha Prana (Five Vital Force)
- 12 Main Pranayama Practices
- What are Nadi, Ida and Pingala?
- Importance Of Sushumna
- Awakening Of Sushumna Energy
- Tuning Of Nadi By Nadi Shodhanam

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
- Effects Of Pranayama On Cardio-Vascular System
- Benefits Of Asana On Muscular System
- Anatomy Of Glands And Its Connections To Chakras

Relaxation

- Overview of Relaxation
- Deep Breathing
- Progressive Muscular Relaxation
- Tension Releasing Methods
- Guided Imagination
- Partial Body Awake Relaxation
- Self-Hypnosis
- Mindfulness
- Spine 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
- Understanding Every Detail of Human Body While Doing Yoga Poses
- Balancing Body Weight
- Modifying Asana Practice According to Individual's Limitations

Mudra

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

Meditation

- What is Meditation?
- Difference between Dharna and Dhyana
- 10 Main Meditation Practices
- Breath Awareness in Meditation
- Mantra Awareness in Meditation
- Obstacles In Meditation
- Chakra Awareness in Meditation

Yoga Nidra

- What is Yoga Nidra?
- Three States of Consciousness
- Benefits of Deep Sleep
- Study of Lucid & Intuitive Dreams
- Role of Yoga Nidra in Developing Intuition
- Yoga Nidra and Its Common Assumptions
- Yoga Nidra Level 1 Practice
- Yoga Nidra Level 2 Practice
- Yoga Nidra Level 3 Practice

Mantra Chanting

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

Bandha

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

Yogic Purification

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

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
- Advanced Adjustments & Alignments
- Planning Yoga Sequence For Class
- Inspiring And Motivating In Difficult Situation
- Building Social Relationship Between Teacher & Students
- Use of Voice & Tone
- Inculcating Multi Style Lesson Plan And Instructing Skills

Ashtanga Yoga

- Total 60 Hours
- 1.5 Hours Everyday
- Morning Yoga Class

Pranayama Session

- Total 40 Hours
- 1 Hour Everyday
- Morning Yoga Class

Anatomy & Physiology

- Total 80 Hours
- 2 Hours Everyday
- Afternoon Class

Hatha Yoga

- Total 60 Hours
- 1.5 Hours Everyday
- Evening Yoga Class

Meditation Session

- Total 60 Hours
- 1.5 Hours Everyday
- Evening Yoga Class

Teaching Practise

- Total 28 Hours
- 2 Hours Everyday
- Last 2 Week Class