

Yoga Teacher Training, Complete Curriculum

Asana:

1. Pawan Muktasana (Joints movements Exercises- Pre Yoga Poses)

- Pawanmuktasana series 1
- Pawanmuktasana serie 2
- Pawanmuktasana series 3

2 Warm Up Yoga Salutation (Preparation to Hatha)

- Sun salutation (Meditative and Vinyasa)
- Moon Salutation (Meditative and Vinyasa)

3 Hatha Yoga Asana (Yoga Postures)

- Standing pose
- Sitting pose
- Kneeling pose
- Forward bending asana
- Backward benign asana
- Twisting asana
- Fire series asana
- Tadasana (palm tree pose)
- Triyak tadasana (swaying palm tree pose)
- Trikonasana (triangle pose)
- Parivirtatrikon asana - revolving triangle pose
- Uttkatasana -chair pose
- Virbhdrasana 1 -warrior 1
- Virbhdrasana 2 -warrior 2
- Virbhdrasana 3 -warrior 3
- Ardha Chandrasana- Half moon pose
- Vriksasana - tree pose
- Parvatasana - mountain pose
- Adho mukha svanasana - downward facing dog
- Kati chakrasana - waist rotating pose
- Malasana - squatted yoga pose
- Garudasana - eagle pose
- Baddha Konasana- bound angle pose
- Rajkapoot asana - pegion pose
- Bhujanghasana - cobra pose
- Urdhva mukha svanasana - upward facing dog
- Matsyasana-
- Setu Bhandasana
- Utrasana
- Dhanurasana
- Salabhasana
- Supta Virasana- reclining hero pose
- Virasana -hero pose
- Vajrasana -thunderbolt
- Gomukhasana
- Balasana
- Dandasana
- Ardha Matsyendrasana

4. Pranayama:

- What is Prana and Pranayama
- How Prana flow in the body
- Types of major and sub Parana
- Pranayama and life span
- Prana healing
- Know how to breath correctly
- Diaphragmatic breathing and qualities of breath
- Anatomy of pranayama
- Kapal Bhati Pranayama Level I
- Bhastrika Pranayama Level I
- Bhramari Pranayama Level I
- Sitli and Sitkari Pranayama without retention
- Yogic breathing Level I with sitting and supine position
- Nadi sodhanam Pranayama 1 techniques

5.Meditation:

- What is meditation and what not
- Major meditation Tradition
- How to sit in meditation
- How to breath in meditation
- How to relax in meditation
- How to focus In meditation
- So-ham meditation
- Nadabrahma meditation
- Mantra Meditation

6. Contemplation-

- Buddha walk
- Contemplation on real Self- Shivoham

7. Yoga Nidra relaxation

- Mastering Sleep through Yoga Nidra
- Mastering Death through Yoga Nidra
- Complete relaxation practice
- Point to point Yoga Nidra

8. Bandha (Energy Lock)

- What is Energy blockages
- Reasons of blocking the energy and chakras
- Three majors energy blockages

Mula bandhas (Root lock) Level I

- Uddiyana bandha (Abdominal lock) Level I
- Jalandhar Bandha (Throat Lock) Level I
- Maha Bandha (Great Lock) Level I

9. Mudras (Yogic Gesture)

- What is Mudra and its necessity in yoga
- Mudras- The energy Tranquiliser
- Jnana Mudra
- Chin mudra
- Bhairava mudra
- Vishnu/pranayama mudra

10. Yoga Philosophy:

- Yoga Tradition and History of yoga
- The Classical Texts of Yoga Tradition
- Yoga Sutra of Patanjali - Raja Yoga
- Bhagavat Geeta - Lord Krishna
- What is ashtanga yoga
- Mind and its functions
- Chakras and Kundalini in Yoga
- Hinduism - a way of living not a religion

11. Alignment and adjustment of yoga poses

- Understanding the balance and imbalance of the body
- Alignment an art to be free from injuries in yoga
- Helping the energy flow correctly in the nadis
- Adjusting pose is a part of yoga therapy
- Applying in all exercises

12. Mantra Chanting

- Mantra What and Why
- Origin of Mantras and The Vedas
- 4 kinds of Speech
- Gayatri Mantra- om bhur
- Shiva Mantra- om namah shivaya
- Guru Mantra- Guru brahma
- Healing Mantras- Maha mritunjaya

13. Yoga Anatomy

- Understanding skeletal system for joints movements
- Function of Muscular system in yoga
- Respiratory system and Pranayama
- Spiritual Anatomy

- Posture anatomy

14. Yoga therapy

- Importance of Yoga therapy
- Treatment of different kind of diseases through yoga therapy
- Alternative medicine is the boon for health

15. Teaching methodology

- Role of the teacher in the class
- Sequencing the asana, pranayama and meditation

16. Tantra Practices

- Understanding what Tantra truly is?
- Tantra breathing to awake kundalini

17. Ayurveda

- Basic principles of Ayurveda

18. Massage

- Ayurvedic Massage

19. Assessments

- Written Test
- Oral Test
- Attendance
- Performance
- Behaviour