

# Course Syllabus 2022

200 Hr Yoga Teacher Training Course



<b>Module 1</b>	<b>Philosophy of Yoga</b>
1.1	What is Yoga? Philosophy and Aim of Yoga
1.2	History of Yoga
<b>Module 2</b>	<b>The Classical 8 Limbs</b>
2.1	Introduction to the 8 Limbs, Ashtanga Yoga
2.2	Yama Application
2.3	Niyama Application
<b>Module 3</b>	<b>Chakras and Nadis</b>
3.1	Introduction to Chakras
<b>Module 4</b>	<b>Practical and Teaching</b>
4.1	Preparatory movements
4.2	Surya Namaskar (Classical and Variations)
4.3	Lesson Planning
4.4	Teaching Methodology, Verbal Cueing, Adjustments
<b>Module 5</b>	<b>Asanas (refer to book)</b>
5.1	Sanskrit and English names of the pose
5.2	How to perform the pose
5.3	Variations of the pose
5.4	Give step-by-step instructions
5.5	Benefits
5.6	Contra-indications
5.7	Modifications to the pose
5.8	Breakdown of pose
<b>Module 6</b>	<b>Relaxation</b>
6.1	Shavasana & Yoga Nidra
<b>Module 7</b>	<b>Pranayama and preparation</b>
7.1	What is Pranayama and its effects
7.2	Deep Breathing
7.3	Anuloma Viloma, Surya loma, Chandra loma
7.4	Nadi Shodana
7.5	Sound producing Ujjayi
7.6	Bastrika

<b>Module 8</b>	<b>Bandhas and Mudras</b>
8.1	3 Bandhas (Jalandhara, Uddiyana, Moola)
8.2	Mudras
<b>Module 9</b>	<b>Diet and Nutrition</b>
9.1	Basic Nutrition
9.2	3 Gunas of Yogic Diet (Sattvic, Rajasic, Tamasic)

<b>Module 10</b>	<b>Dhyana</b>
10.1	What is Meditation
10.2	Types of Meditation
10.3	Guide to Meditation

<b>Module 11</b>	<b>Anatomy and Physiology</b>
11.1	Digestive System
11.2	Respiratory System
11.3	Skeletal System
11.4	Muscular System

For the above, you are required to know:

- Importance and function of the system
- Main organs, components and its location
- Function of the components

Relation with Yoga

<b>Module 12</b>	<b>Ethics and Yoga Career</b>
(1)	How to be a good Yoga Teacher
(2)	How to start your own yoga career
(3)	How to do marketing of yourself as an individual
(4)	Insurance, Licensing

## YOGA ASANAS

### SUPINE POSITIONS

#### Restorative Asanas

- (1) Shavasana – Corpse Pose
- (2) Supta Vajrasana – Reclining Thunderbolt Pose
- (3) Supta Virasana – Reclining Hero Pose
- (4) Supta Baddha Konasana – Reclining Bound Angle Pose
- (5) Supta Padangusthasana A – Reclining Hand To Toe Pose
- (6) Supta Padangusthasana B – Reclining Hand To Toe Pose

#### Abdominal Toning Asanas

- (7) Ekapada Uttanpadasana – Single Leg Raise
- (8) Dwipada Uttanpadasana – Double Leg Raise
- (9) Naukasana – Boat Pose
- (10) Jathara Parivartanasana - Belly Twist Pose
- (11) Pawan Muktasana – Wind Releasing Pose

#### Inversion Asanas

- (12) Viparita Karni – Inverted Pose
- (13) Sarvangasana – Shoulder Stand
- (14) Matsyasana – Fish Pose
- (15) Halasana – Plough Pose
- (16) Ashwini Mudra – Horse Gesture
- (17) Karanapidasana – Ear Press Pose

#### Backbend Asanas

- (18) Sethu Bandhasana – Bridge Pose
- (19) Urdhva Dhanurasana / Chakrasana – Upward Bow / Wheel Pose
- (20) Eka Pada Urdhva Dhanurasana / Chakrasana (\*Advance)

### PRONE POSITIONS

#### Restorative Asanas

- (21) Makarasana – Crocodile Pose
- (22) Balasana – Child Pose
- (23) Sasankasana – Rabbit Pose

#### Arms Toning Asanas

- (24) Adhomukha Shvanasana – Downward Facing Dog Pose
- (25) Urdhavamukha Shvanasana – Upward Facing Dog Pose
- (26) Santolasana – Plank Pose
- (27) Vasisthasana – Side Plank Pose
- (28) Chaturanga Dandasana – Four Limb Staff Pose

#### Backbend Asanas

- (29) Bhujangasana – Cobra Pose
- (30) Niralamba Bhujangasana – Without Support Cobra Pose
- (31) Shalabhasana – Locust Pose
- (32) Naukasana – Boat Pose
- (33) Dhanurasana – Bow Pose

- (34) Raja Bhujangasana – King Cobra Pose (\*Advance)
- (35) Paripurna Dhanurasana – Full Bow Pose (\*Advance)

Hip opener

- (36) Mandukasana – Frog Pose

## SITTING POSITIONS

Restorative / Meditative Asanas

- (37) Dandasana – Staff Pose
- (38) Padmasana – Lotus Pose
- (39) Vajrasana – Thunderbolt Pose
- (40) Virasana – Hero Pose
- (41) Sukasana – Comfortable Seated Pose
- (42) Siddhasana – Meditative Pose
- (43) Baddha Konasana – Bound Angle Pose / Butterfly Pose
- (44) Gomukasana – Cow Face Pose
- (45) Baddha Padmasana – Bound Lotus Pose (\*Advance)

Forward Bending / Flexibility Asanas

- (46) Padmasana Yoga Mudra
- (47) Janu Sirsasana – Head To Knee Pose / Single Leg Forward Bend
- (48) Paschimottanasana – Posterior Stretch Pose / Double Leg Forward Bend
- (49) Ardha Baddha Padma Paschimottansana – Half Bounded Lotus Forward Bend
- (50) Marichasana A, B – Marichi Sage Pose
- (51) Upavistha Konasana – Spread Legs Forward Bend
- (52) Kurmasana – Tortoise Pose
- (53) Supta Kurmasana (\*Advance)
- (54) Hanumanasana – Monkey God Pose (\*Advance)

Twisting Asanas

- (55) Vakrasana – Twisted Pose
- (56) Marichiasana C, D – Marichi C Pose
- (57) Ardha Mastyendrasana – Half Spinal Twist
- (58) Parivrita Janu Sirsasana – Revolved Head To Knee Pose

Back Toning/Bending Asanas

- (59) Purvottanasana – Reverse Plank Pose
- (60) Utkatasana – Squatting Chair Pose
- (61) Ushtrasana – Camel Pose
- (62) Kapotasana – Reclining Pigeon Pose (\*Advance)
- (63) Eka Pada Raja Kapotasana – Single Leg King Pigeon Pose (\*Advance)

Arm Toning/Balancing Asanas

- (64) Akarna Dhanurasana – Archer's Pose
- (65) Tolasana – Scales Pose
- (66) Kakasana – Crow Pose
- (67) Bakasana – Crane Pose (\*Advance)
- (68) Parivrita Kakasana – Side Crow Pose (\*Advance)
- (69) Titibhasana – Firefly pose (\*Advance)
- (70) Bhujapidasana – Shoulder pressure pose (\*Advance)

## STANDING POSITIONS

### Restorative Asanas

(71) Tadasana – Mountain Pose

### Forward Bending Asanas

(72) Pada Hastasana – Hands to Feet Pose

(73) Parshavottanasana - Single Leg Forward Bend

(74) Prasarita Padottansana – Spread Legs Forward Bend

(75) Ardha Baddha Padmottansana – Half Bounded Lotus Forward Bend

### Side Bending/Twisting Asanas

(76) Trikonasana – Triangle Pose

(77) Parivrita Trikonasana – Revolved Triangle Pose

(78) Parshavakonasana – Side Angle Pose

(79) Parivrita Parshavakonasana – Revolved Side Angle Pose

(80) Triyaka Tadasana – Swaying Palm Tree

### Toning Asanas

(81) Virabhadrasana 1 – Warrior 1

(82) Virabhadrasana 2 – Warrior 2

(83) Utkatasana – Standing Chair Pose

### Balancing Asanas

(84) Vrksahasana – Tree Pose

(85) Garudasana – Eagle Pose

(86) Natarajasana – Dancer Pose

(87) Utthita Hastapadangustasana – Extended Hand-Leg-Toe Stretch

(88) Virabhadrasana 3 – Warrior 3

(89) Ardha Chandrasana – Half Moon Pose

## INVERSIONS

(90) Sirsasana - Headstand

(91) Pincha Mayurasana – Dancing Peacock (\*Advance)

## **ASHTANGA YOGA PRIMARY SERIES - ASANA**

### 1) STANDING POSES

- Samasthiti  
*Standing still*
- Surya Namaskara (A & B)  
*Sun salutation*
- Padangushtasana  
*Thumb to foot pose*
- Pada hastasana  
*Hand to foot pose*
- Utthita Trikonasana  
*Extended triangle pose*
- Parivritta Trikonasana  
*Revolved extended triangle pose*
- Utthita Parshvakonasana  
*Extended side way angle pose*
- Parivritta Parshvakonasana  
*Revolved extended side way angle pose*
- Prasarita Padottanasana (A, B, C & D)  
*Spread feet stretching pose*
- Parshvottanasana  
*Sideways stretching pose*
- Utthita Hasta Padangushtasana  
*Extended triangle pose*
- Ardha Baddha Padmottanasana  
*Half bound lotus stretching pose*
- Utkatanasana  
*Uneven pose*
- Virabhadrasana (A & B)  
*Warrior pose*

### 2) SITTING POSES

- Dandasana (Chaturanga Dandasana)  
*Four-Limbed Staff Pose (staff means spine, body support)*
- Paschimattanasana (3 types)  
*West-Back (extended-intense) stretching pose*
- Purvatanasana  
*Est-Front (extended-intense) stretching pose*
- Ardha Baddha Padma Paschimattanasana  
*Half bound lotus forward pose*
- Triang Mukhaekapada Paschima – ttanasana  
*One foot transversely facing back forward stretch*
- Janu Shirshasana (A, B & C)  
*Head to knee pose*
- Marichyasana (A, B, C & D)  
*Marichya (Ray of light (of sun or moon)) pose*
- Navasana  
*Boat pose*
- Bhujapidasana  
*Arm pressure pose*
- Kurmasana  
*Tortoise pose*

- Supta Kurmasana  
*Sleeping tortoise pose*
- Garbha Pindasana  
*Embryo in the womb pose*
- Kukkutasana  
*Roster pose*
- Baddha Konasana  
*Bound angle pose*
- Upavishta Konasana  
*Seated angle pose*
- Supta Konasana  
*Sleeping angle pose*
- Supta Padangushtasana  
*Lateral sleeping thumb to foot pose*
- Ubhaya Padangushtasana  
*Both thumbs to feet pose*
- Urdhva Mukha Paschimattanasana  
*Upward facing forward stretch pose*
- Setu Bandhasana  
*Bridge configuration (construction) pose*
- Urdhva Dhanurasana  
*Elevated bow pose*
- Paschimattanasana  
*West-Back (extended-intense) stretching pose*

### 3) FINISHING POSES

- Salamba Sarvangasana  
*All limbs pose*
- Halasana  
*Plow pose*
- Karnapidasana  
*Ear pressure pose*
- Urdhva Padmasana  
*Elevated lotus pose*
- Pindasana  
*Embryo pose*
- Matsyasana  
*Fish pose*
- Uttana Padasana  
*Extended foot pose*
- Shirshasana  
*Head standing pose*
- Baddha Padmasana  
*Bound lotus pose*
- Yoga Mudra  
*Yoga gesture*
- Padmasana  
*Lotus pose*
- Uth Pluthi (Tolasana)  
*Sprung up*
- Shavasana  
*Corpse pose*