



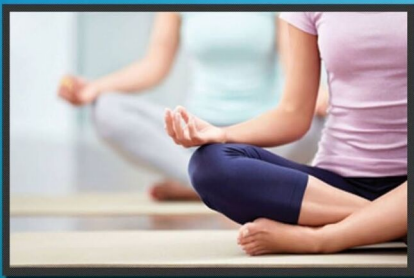
Karuna Yoga Vidya Peetham

(Yoga Education & Teacher Training)

Bangalore, India

www.karunayoga.in

SYLLABUS





Syllabus

Yoga Teacher Training Certificate Course

1. Techniques, Training and Practice
2. Teaching Methodology
3. Anatomy, Physiology, Kinesiology & Bio-Mechanism
4. Yoga Philosophy, Lifestyle, Health & Wellness
5. Practicum
6. Elective Paper
7. Project Work

1. Training and Practice

1. Mantras

1. Gayathri Mantra
2. Maha Mrityunjaya Mantra
3. Santhi Mantra
4. Patanjali Mantra
5. Pranayama Mantra
6. Surya Namaskara Mantra
7. Astanga Yoga Mantra
8. Guru Mantra
9. Vedic Mantras
10. Dhyana Mantra
11. Pratahsmaranam

2. Surya Namaskara (sun salutation)

Beginners Level

1. Surya Namaskara (Sun Salutation) Sivananada School of Yoga Style
2. Surya Namaskara (Sun Salutation) Satyananada School of Yoga Style
3. Surya Namaskara (Sun Salutation) Vivekananada School of Yoga Style

Intermediate Level

4. Chandra Namaskara (Moon Salutation)
5. Astanga Surya Namaskara – A

Advanced Level

6. Astanga Surya Namaskara - B

3. Asanas

3.1. Standing Asana

Beginners Level

1. Samasthiti (upright or still)
2. Tadasana – (mountain pose)
3. Ardhakati Cakrasana (half lateral wheel pose)
4. Vrksasana (tree pose)
5. Ardha Uttanasana (standing half forward bend)
6. Padahasthasana (hand to foot pose)
7. Ardha Chakrasana (half wheel pose)
8. Utthita Vayu Muktasana (standing wind releasing pose)

Intermediate Level

9. Garudasana (eagle pose)
10. Utkatasana (mighty pose)
11. Utthita Trikonasana (extended triangle pose)
12. Parivritta Trikonasana (revolved triangle pose)
13. Utthita Parsvakonasana (extended side angle pose)
14. Parivritta Utthita Parsvakonasana (revolved extended side angle pose)
15. Parsvottanasana (side intense stretch)
16. Virabhadrasana -1 (warrior -1)

17. Virabhadrasana -2(warrior-2)

Advanced Level

18. Padangusthasana(holding the big toes)
19. Ardha Chandrasana (half moon pose)
20. Parivrtta ardha Chandrasana (revolved half moon pose)
21. Parivrtta Baddha Parsvakonasana (revolved bound side angle)
22. Urdhva Prasarita Ekapadasana(upward split one leg)
23. Virabhadrasana -3(warrior-3)
24. Ardha Baddha Padmottanasana (half bound lotus intense stretch)
25. Natarajasana(Lord of the dance Pose)
26. Prasarita Padottanasana(legs widespread intense stretch)
27. Utthita Hasta Padangusthasana(intense arms hold big toe)
28. Malasana (garland pose)

3.2. Kneeling Asana

Beginners Level

29. Vajrasana (diamond pose)
30. Balasana(Child's Pose) or Shashankasana (moon or hare pose)
31. Madukasana(Frog Pose) or Bhadrasana (gracious pose)
32. Marjaryasana(Cat Pose)
33. Vyaghrasana(Tiger Pose)

Intermediate Level

34. Virasana (hero pose)
35. Ustrasana(camel pose)

Advanced Level

36. Parighasana (gate pose)
37. Supta Virasana (recline hero pose)

3.3. Sitting Asana

Beginners Level

37. Sukhasana(Easy pose)
38. Dandasana (Staff Pose)
39. Swastik Asana(auspicious pose)
40. Siddhasana(adept pose)
41. Padmasana(lotus pose)

Intermediate Level

42. Janu Sirsasana (Head to Knee Pose)
43. Parivrtta Janu Sirsasana(revolved knee to head pose)
44. Paschimottanasana(ugrasana or brahmacharyasana)
45. Purvavuttanasana(east intense stretch pose)
46. Gomukhasana(cow face resembling)
47. Marichyasana(name of the sage mariachi)
48. Ardha Navasana (half boat)
49. Upavistha Konasana(wide angle seated forward bend pose)

50. Baddha Konasana(bounded angle pose)
51. Ardha Matsyendrasana (half spinal twist)
52. Yogamudrasana(yoga gesture or psychic union pose)
53. Simhasana(lion gesture)
54. Parvatasana(mountain pose)

Advanced Level

55. Ardha Padma Paschimottanasana(half lotus west intense stretch pose)
56. Ardha Baddha Padma Paschimottanasana(half bounded lotus west intense stretch pose)
57. Bharadvajasana(Bharadvaja was the father of drona)
58. Paripurna Navasana (complete boat pose)
59. Ubhaya Padangustasana(ubhaya - both, padangusta - big toe)
60. Merudandasana (spinal column pose)
61. Goraksasana(cowherd)
62. Simhasana - 2(lion pose)
63. Trianga Mukhaikapda Paschimottanasana(three limbs facing intense west stretch pose)
64. Hanumanasana(front full split or hindu monkey god)
65. Krounchasana(heron pose)
66. Urdhva Padmasana(Upward Lotus Pose) or Lolasana (swinging pose)
67. Akarna Dhanurasana(heel touches the ear as an archer pulls the bowstring)
68. Eka Pada Raja kapotasana(single leg king pigeon pose)
69. Eka Pada Sirasana(one leg behind head pose)
70. Kukkutasana(cockerel pose)

3.4. Supine Asana (on back)

Beginners Level

71. Shavasana(corpse pose)
72. Ananda Balasana (happy baby pose)
73. Supta Pawanmuktasana (wind relieving pose)
74. Setu Bandha Sarvangasana(bridge lock Sarvangasana)

Intermediate Level

75. Jathara Parivartanasana(abdomen twisting pose)
76. Salamba Sarvangasana(supported Sarvangasana)
77. Matsyasana(fish pose)
78. Supta Konasana(reclining angle pose)
79. Urdhva Cakrasana(upward wheel pose)

Advanced Level

80. Anantasana(Vishnu couch pose)
81. Eka Pada Setu Bandha Sarvangasana (single leg bridge pose)
82. Niralamba Sarvangasana (without support Sarvangasana)
83. Supta Padangusthasana(supine holding big toe)
84. Halasana(Plough Pose)
85. Karnapidasana(ear pressure pose)
86. Dwi Pada Viparita Dandasana(both feet reverse stick pose)

- 87. Eka Pada Urdhva Dhanurasana(single leg upward bow pose)
- 88. Pindasana in Sarvangasana(embryo or fetus pose)
- 89. Urdhva Padmasana in Sarvangasana (upward lotus pose in sarvangasana)

3. 5. Prone Asana (abdomen)

Beginners Level

- 90. Makarasana (crocodile pose)
- 91. Ardha Shalabhasana(half locust pose)
- 92. Salabhasana (locust Pose)
- 93. Sarpasana(snake pose)
- 94. Bhujangasana(serpent pose)
- 95. Ardha Dhanurasana (half bow)

Intermediate Level

- 96. Dhanurasana(bow pose)
- 97. Urdhva Mukha Svanasana(upward facing dog pose)

Advanced Level

- 98. Parsva Dhanurasana(sideways bow pose)
- 99. Bhekasana(toad or frog pose)

3. 6. Arm Balancing and Head Standing Asana

Intermediate Level

- 100. Phalakasana(plank pose) or Santolanasana (balancing pose)
- 101. Chaturanga Dandasana(four limbed staff pose)
- 102. Tolasana(scale pose)
- 103. Purvottanasana(east intense stretch)

Advanced Level

- 104. Bakasana(crane)
- 105. Mayurasana (mayura means a peacock)
- 106. Padma Mayurasana(lotus peacock pose)
- 107. Astavakrasana
- 108. Bhujapidasana
- 109. Eka Pada Bakasana
- 110. Eka Pada Galavasana
- 111. Eka pada Koundinyanasana(Single Leg Sage Koundinyan Pose)
- 112. Vasisthasana
- 113. Kukkutasana(lifted cockerel pose)
- 114. Pincha Mayurasana
- 115. Salamba Sirsasana
- 116. Salamba Sirsasana

4. Pranayama

- 4.1. Introduction
- 4.2. Four aspects of pranayama
 - 1. Pooraka or inhalation

2. Rechaka or exhalation
3. Antar kumbhaka or internal breath retention
4. Bahir kumbhaka or external breath retention.
- 4.3. The Pranic body
- 4.4. Breath, health and pranayama
- 4.5. Breathing and life span
- 4.6. General notes for the practitioner
- 4.7. Natural breathing
- 4.8. Abdominal (or diaphragmatic) breathing
- 4.9. Thoracic Breathing
- 4.10. Clavicular Breathing
- 4.11. Full Yogic Breathing
- 4.12. Kapalbhatai Pranayama (frontal brain cleansing breath)
- 4.13. Bhastrika Pranayama (bellows breath)
- 4.14. Nadi Shodhana Pranayama (psychic network purification)
4. 15. Ujjayi Pranayama (the psychic breath)
4. 16. Chandra Bhedana Pranayama (calming energy)
- 4.17. Surya Bhedana Pranayama (stimulating vitality)
- 4.18. Sheetali Pranayama(cooling pranayama)
- 4.19. Sheekari Pranayama (hissing breath)
- 4.20. Bhramari Pranayama (humming bee breath)

5. Mudra

- 5.1. Introduction
- 5.2. Mudras and prana
- 5.3. A scientific look at mudras
- 5.4. Five Groups of Yoga Mudras
 - i) Jnana Mudra (psychic gesture of knowledge)
 - ii) Chin Mudra (psychic gesture of consciousness)
 - iii) Bhairava Mudra (fierce or terrifying attitude)
 - iv) Hridaya Mudra (heart gesture)
 - v) Shambhavi Mudra (eyebrow centre gazing)
 - vi) Nasikagra Drishti(gaze at tip of nose)
 - vii) Khechari Mudra (tongue lock)
 - viii) Shanmukhi Mudra (closing the seven gates)
 - ix) Vipareeta Karani Mudra (inverted psychic attitude)
 - x) Pashinee Mudra (folded psychic attitude)
 - xi) Tadagi Mudra (barrelled abdomen technique)
 - xii) Prana Mudra
 - xiii) Yoga Mudra (attitude of psychic union)
 - xiv) Manduki Mudra (gesture of the frog)
 - xv) Maha Mudra (great psychic attitude)
 - xvi) Maha Bheda Mudra (the great separating attitude)

- xvii) Maha Vedha Mudra (the great piercing attitude)
- xviii) Ashwini Mudra (horse gesture)

6. Bandhas

6.1. Introduction

6.2. Granthis

Brahma Granthi

Vishnu Granthi

Rudra Granthi

6.3. Bandhas(locks)

1. Jalandhara Bandha
2. Moola Bandha
3. Uddiyana Bandha
4. Maha Bandha

7. Pratyahara (withdrawal of the mind, from its sense object)

7.1. Yoga Nidra

7.2. Japa and Ajapa japa

8. Dharana (concentration)

8.1. Trataka (concentrated gazing)

8.2. Antar Trataka

8.3. Shambhavi Mudra (eyebrow centre gazing)

8.4. Nasikagra Drishti (nose tip gazing)

9. Dhyana (meditation)

9.1. Meditation on Breath

9.2. Mantra Meditation (Sacred Syllable Chanting Meditation)

9.3. Counting Beads

10. Shatkarma(internal cleansing)

1. Jala Neti (nasal cleansing with water)
2. Sutra Neti (nasal cleansing with thread)
3. Vaman Dhauti (regurgitative cleansing)
4. Shankhprakashana(cleansing entire digestive tract)

2. Teaching Methodology

1. Introduction

- 1.1. Trend of Teaching
- 1.2. Methodology
- 1.3. Need of Yoga Teaching Method
- 1.4. Importance of Teaching Method

02. Physical Setting

- i) Dedicated space
- ii) Floor
- iii) Walls
- iv) Air
- v) Light
- vi) Music
- vii) Aroma
- viii) Props
- ix) Mats
- x) Blankets
- xi) Bolsters
- xii) Blocks
- xiii) Straps
- xiv) Chairs

03. Class Etiquette

- i) Cleanliness
- ii) Scents
- iii) Attire
- iv) Bare Feet
- v) Talking
- vi) Arriving/Departing

04. Classroom Setup and Orientation

- 4.1. Layout of the room & Placing Mat

05. Waking Up the Spiritual Environment

- i) Greeting your class
- ii) Getting situated
- iii) Setting intention
- iv) Chanting the sound of aum
- v) Guiding asana as meditation
- vi) Rhythm of Nature
- vii) Ambiance

06. Voice and Language

07. Querying new students

- 1. Practiced yoga? Style? Duration? Frequency?
- 2. Any injuries
- 3. Are you pregnant?
- 4. Daily work or lifestyle?
- 5. Any physical exercise?

08. Class Levels and Prerequisites

- 8.1. Beginners, Intermediate, Advance, & Mixed class

09. Instructing Asanas

- i) Breath, alignment, Chakras, Variations
- ii) Modifications, Props, Transition in & Out

- iii) General & Individual Guidance
 - a) Positioning and Demonstration
 - b) In-the-flow demonstration
 - c) Gather-around demonstration

10. Partner Standing Observation

- i. Feet
- ii. Achilles
- iii. Calves
- iv. Knees
- v. Hips
- vi. Arms
- vii. Shoulders
- viii. Head
- ix. Ear
- x. Shoulder & hip
- xi. Upper back hunched (kyphosis)
- xii. Chest
- xiii. Pelvis
- xiv. Knee & ankle

11. Ethics in Teaching and Touching

- i) Yama
- ii) Niyama

12. Practice Teaching Observation

13. Motivational skills

14. Positive feedback on student practice

15. Different learning styles

- Visual learning
- Auditory learning
- Kinesthetic

16. Self-Reflection while Instructing

17. Student Feedback on Your Class

18. Evaluation and reflection of personal practice

19. Yoga Marketing

20. Assignments

Techniques

11. Techniques in General

11.1. General Principles of Yogic Practices

11.2. Asana Laboratory Observation

- I. Breath and general vibe
- II. Feet and ankles
- III. Knees

- IV. Pelvis
- V. Spine
- VI. Rib cage
- VII. Chest and collarbones
- VIII. Shoulders, arms, hands, and fingers
- IX. Where is the model's energy?

11.3. Basic Elements of Asana Practice

- 11.3.1. Being Present
- 11.3.2. Relaxing
- 11.3.3. Breathing

11.4. General Principles in Giving Physical Cues and Adjustments

11.5. How Not to Touch

- 11.5.1. Distally
- 11.5.2. Forcefully
- 11.5.3. Meanderingly
- 11.5.4. Blindly
- 11.5.5. Destabilizing
- 11.5.6. Randomly
- 11.5.7. Inappropriately

11.6. Modifications, Variations, and the Use of Props

- 11.6.1. Props help students find stability and ease

11.7. Pacing and Holding Asanas

- 11.7.1. Basic considerations
- 11.7.2. Class definition
- 11.7.3. Student ability
- 11.7.4. Class theme
- 11.7.5. Time constraints

- 11.8.1. Individualizing Instruction

11.9. Transitioning into Asanas

11.10. Transitioning out of Asanas

11.1. Seven Principles of Hands on Adjustments

Principle 1: Teach What You Know

Principle 2: Ask Permission to Touch

Principle 3: Have Clear Intention

Principle 4: Move with the Breath

Principle 5: Honor Safe Biomechanics

Principle 6: Teach Essential Asana Elements

- Stability and ease

- Alignment principles

- Transitioning in, refining, and transitioning out

Principle 7: Support Stable Foundations

11.2. Qualities of Touch

1. Awakening or relaxing:
2. Clarifying
3. Stabilizing
4. Emphasizing
5. Moving
6. Grounding
7. Comforting

Asana Techniques

12. Asana Techniques

1. Hatha Yoga View on Asana
2. Patanjali concept on Asana

12.1. Classification of Asana

1. Beginners
2. Intermediate
3. Advanced

12.2. Isometric static & Dynamic Asana

12.3. Modern Perspective view on Asana

13. Standing Asana

13.2. Sequencing Cues for Standing Asanas

14. Forward Bending Asana

15. Hip Opening Asana

16. Seated Asana

17. Twisting Asana

18. Inverted Asana

18.1. 1. Inversions and Menstruation

18.1. Sequencing Cues for Inverted Asana

19. Back bending Asana

19.1. Sequencing Cues for Backward Bending Asana

20. Core Asana

20.1. Sequencing Cue for Core Asana

21. Arm Balancing Asana

21.1. Sequencing Cues for Arm Balancing Asana

22. Basic Arc Structure of Classes

22. 1. Initiating the Yogic Process

22. 2. Warming the Body

22. 3. Pathway to the Peak

22. 4. Exploring the Peak

22. 5. Integration

23. Principles of Sequencing Asana

23. 1. Applied Parinamavada(theory of transformation)

23. 2. Move from Simple to Complex Asanas

- 23. 3. Move from Dynamic to Static Exploration
- 23. 4. Sattvic Effect: Cultivating Energetic Balance
- 23. 5. Pratikriyasana(counter pose)

24. Sequencing Within and Across Asana Families

- 24.1. Surya Namaskara and Fluid Flow Sequences
- 24.2. Standing Asanas
- 24.3. Abdominal Core
- 24.4. Arm Balances
- 24.5. Backbends
- 24. 6. Twists
- 24.7. Forward Bends
- 24.8. Hip Openers
- 24.9. Inversions

5. Practicum

*** Trainee should take following yoga classes**

P1. Surya Namaskara (sun salutation)

Beginners Level

- 1. Surya Namaskara (Sun Salutation) Sivananada School of Yoga Style
- 2. Surya Namaskara (Sun Salutation) Satyananada School of Yoga Style
- 3. Surya Namaskara (Sun Salutation) Vivekananada School of Yoga Style

P2. Intermediate Level

- 4. Chandra Namaskara (Moon Salutation)
- 5. Astanga Surya Namaskara – A

P3. Advanced Level

- 6. Astanga Surya Namaskara - B

P4. Standing Asana

Beginners Level

- 1. Samasthiti(upright or still)
- 2. Tadasana – (mountain pose)
- 3. Ardhakati Cakrasana(half lateral wheel pose)
- 4. Vrksasana (tree pose)
- 5. Ardha Uttanasana(standing half forward bend)
- 6. Padahastasana (hand to foot pose)
- 7. Ardha Chakrasana (half wheel pose)
- 8. Utthita Vayu Muktasana(standing wind releasing pose)

P5. Intermediate Level

- 9. Garudasana (eagle pose)
- 10. Utkatasana (mighty pose)
- 11. Utthita Trikonasana (extended triangle pose)
- 12. Parivritta Trikonasana (revolved triangle pose)
- 13. Utthita Parsvakonasana (extended side angle pose)
- 14. Parivritta Utthita Parsvakonasana (revolved extended side angle pose)
- 15. Parsvottanasana(side intense stretch)

16. Virabhadrasana -1 (warrior -1)

17. Virabhadrasana -2(warrior-2)

P6. Advanced Level

18. Padangusthasana(holding the big toes)

19. Ardha Chandrasana (half moon pose)

20. Parivrtta ardha Chandrasana (revolved half moon pose)

21. Parivrtta Baddha Parsvakonasana (revolved bound side angle)

22. Urdhva Prasarita Ekapadasana(upward split one leg)

23. Virabhadrasana -3(warrior-3)

24. Ardha Baddha Padmottanasana (half bound lotus intense stretch)

25. Natarajasana(Lord of the dance Pose)

26. Prasarita Padottanasana(legs widespread intense stretch)

27. Utthita Hasta Padangusthasana(intense arms hold big toe)

28. Malasana (garland pose)

P7. Beginners Level

29. Vajrasana (diamond pose)

30. Balasana(Child's Pose) or Shashankasana (moon or hare pose)

31. Madukasana(Frog Pose) or Bhadrasana (gracious pose)

32. Marjaryasana(Cat Pose)

33. Vyaghrasana(Tiger Pose)

P8. Intermediate Level

34. Virasana (hero pose)

35. Ustrasana(camel pose)

P9. Advanced Level

36. Parighasana (gate pose)

37. Supta Virasana (recline hero pose)

Seated Asana

P10. Beginners Level

37. Sukhasana(Easy pose)

38. Dandasana (Staff Pose)

39. Swastik Asana(auspicious pose)

40. Siddhasana(adept pose)

41. Padmasana(lotus pose)

P11. Intermediate Level

42. Janu Sirsasana (Head to Knee Pose)

43. Parivrtta Janu Sirsasana(revolved knee to head pose)

44. Paschimottanasana(ugrasana or brahmacharyasana)

45. Purvauttansana(east intense stretch pose)

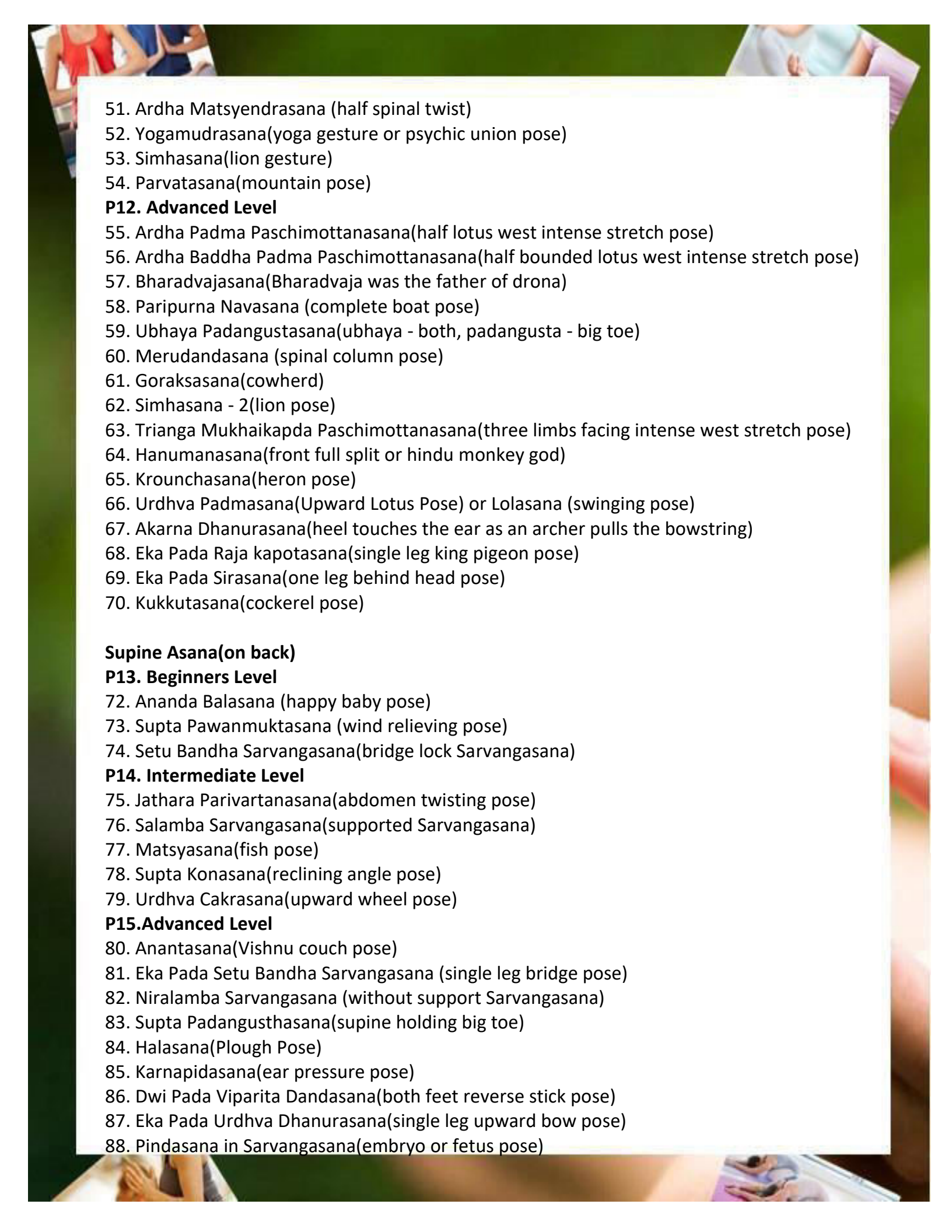
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47. Marichyasana(name of the sage mariachi)

48. Ardha Navasana (half boat)

49. Upavistha Konasana(wide angle seated forward bend pose)

50. Baddha Konasana(bounded angle pose)

- 
51. Ardha Matsyendrasana (half spinal twist)
 52. Yogamudrasana(yoga gesture or psychic union pose)
 53. Simhasana(lion gesture)
 54. Parvatasana(mountain pose)

P12. Advanced Level

55. Ardha Padma Paschimottanasana(half lotus west intense stretch pose)
56. Ardha Baddha Padma Paschimottanasana(half bounded lotus west intense stretch pose)
57. Bharadvajasana(Bharadvaja was the father of drona)
58. Paripurna Navasana (complete boat pose)
59. Ubhaya Padangustasana(ubhaya - both, padangusta - big toe)
60. Merudandasana (spinal column pose)
61. Goraksasana(cowherd)
62. Simhasana - 2(lion pose)
63. Trianga Mukhaikapda Paschimottanasana(three limbs facing intense west stretch pose)
64. Hanumanasana(front full split or hindu monkey god)
65. Krounchasana(heron pose)
66. Urdhva Padmasana(Upward Lotus Pose) or Lolasana (swinging pose)
67. Akarna Dhanurasana(heel touches the ear as an archer pulls the bowstring)
68. Eka Pada Raja kapotasana(single leg king pigeon pose)
69. Eka Pada Sirasana(one leg behind head pose)
70. Kukkutasana(cockerel pose)

Supine Asana(on back)

P13. Beginners Level

72. Ananda Balasana (happy baby pose)
73. Supta Pawanmuktasana (wind relieving pose)
74. Setu Bandha Sarvangasana(bridge lock Sarvangasana)

P14. Intermediate Level

75. Jathara Parivartanasana(abdomen twisting pose)
76. Salamba Sarvangasana(supported Sarvangasana)
77. Matsyasana(fish pose)
78. Supta Konasana(reclining angle pose)
79. Urdhva Cakrasana(upward wheel pose)

P15. Advanced Level

80. Anantasana(Vishnu couch pose)
81. Eka Pada Setu Bandha Sarvangasana (single leg bridge pose)
82. Niralamba Sarvangasana (without support Sarvangasana)
83. Supta Padangusthasana(supine holding big toe)
84. Halasana(Plough Pose)
85. Karnapidasana(ear pressure pose)
86. Dwi Pada Viparita Dandasana(both feet reverse stick pose)
87. Eka Pada Urdhva Dhanurasana(single leg upward bow pose)
88. Pindasana in Sarvangasana(embryo or fetus pose)

89. Urdhva Padmasana in Sarvangasana (upward lotus pose in sarvangasana)

Prone Asana(on abdomen)

P16. Beginners Level

- 90. Makarasana (crocodile pose)
- 91. Ardha Shalabhasana(half locust pose)
- 92. Salabhasana (locust Pose)
- 93. Sarpasana(snake pose)
- 94. Bhujangasana(serpent pose)
- 95. Ardha Dhanurasana (half bow)

P17. Intermediate Level

- 96. Dhanurasana(bow pose)
- 97. Urdhva Mukha Svanasana(upward facing dog pose)

P18. Advanced Level

- 98. Parsva Dhanurasana(sideways bow pose)
- 99. Bhekasana(toad or frog pose)

Balancing Asana

P19. Intermediate Level

- 100. Phalakasana(plank pose) or Santolanasana (balancing pose)
- 101. Chaturanga Dandasana(four limbed staff pose)
- 102. Tolasana(scale pose)
- 103. Purvottanasana(east intense stretch)

P20. Advanced Level

- 104. Bakasana(crane)
- 105. Mayurasana (mayura means a peacock)
- 106. Padma Mayurasana(lotus peacock pose)
- 107. Astavakrasana
- 108. Bhujapidasana
- 109. Eka Pada Bakasana
- 110. Eka Pada Galavasana
- 111. Eka pada Koundinyanasana(Single Leg Sage Koundinyan Pose)
- 112. Vasisthasana
- 113. Kukkutasana(lifted cockerel pose)
- 114. Pincha Mayurasana
- 115. Salamba Sirsasana
- 116. Salamba Sirsasana

P21. Pranayama

- 4.8. Abdominal (or diaphragmatic) breathing
- 4.9. Thoracic Breathing
- 4.10. Clavicular Breathing
- 4.11. Full Yogic Breathing

P22. Pranayama

- 4.12. Kapalbhati Pranayama (frontal brain cleansing breath)

4.13. Bhastrika Pranayama (bellows breath)

P23. Pranayama

4.14. Nadi Shodhana Pranayama (psychic network purification)

4. 15. Ujjayi Pranayama (the psychic breath)

4. 16. Chandra Bhedana Pranayama (calming energy)

4.17. Surya Bhedana Pranayama (stimulating vitality)

P24. Pranayama

4.18. Sheetali Pranayama (cooling pranayama)

4.19. Sheetkari Pranayama (hissing breath)

4.20. Bhramari Pranayama (humming bee breath)

P25. Shavasana (corpse pose)

P26. Yoga Nidra

3. Yoga, Anatomy, Physiology, Kinesiology & Bio-Mechanism

1. Introduction

1.1. Anatomy

1.2. Physiology

1.3. Anatomical Terminology

1.4. Directional terms

- i) Superior or cranial
- ii) Inferior or caudal
- iii) Posterior or dorsal
- iv) Lateral
- v) Proximal
- vi) Distal
- vii) Medial
- viii) Anterior or ventral

1. 5. Chemical to Organism level

1.6. Different Systems of the Body

- i) The Locomotor System
- ii) The Blood-Vascular System
- iii) The Digestive System
- iv) The Respiratory System
- v) The Ductless Glands
- vi) The Urogenital System
- vii) The Nervous System
- viii) The Special Sense organs
- ix) The Excretory System

2. Respiratory system

2.1. Gaseous Exchange

2.2. Respiratory System

- a. Nasal Cavity
- b. Pharynx
- c. Larynx
- d. Trachea (wind pipe)
- e. Bronchi
- f. Bronchioles
- g. Alveoli (Air sacs)

2.3. Lungs

2.4. Pleura

2.5. Bronchi

2.6. Pulmonary Ventilation

2.7. Respiration mechanism

- a) Shallow breathing
- b) Deep Breathing
- c) Unconscious control of breathing
- d) Conscious control of breathing

2.8. Lung Volume

3. Muscular System

3.1. Muscular tissues can be classified into

1. Smooth, non-striated or involuntary muscles
2. Cardiac muscle or myocardium
3. Skeletal, striated or voluntary muscles

3.2. Characteristics of skeletal muscles

- i) Contractility
- ii) Excitability
- iii) Extensibility
- iv) Elasticity

3.3. Functions of Muscles

- I. Movement
- II. Maintaining posture
- III. Producing Heat & Temperature Regulation
- IV. Circulation

3.4. Muscle fiber types

1. Slow twitch muscle fibre (type -1)
2. Fast twitch muscle fibre (type -2)

3.5. Aerobic (with oxygen) and Anaerobic (without oxygen) Exercise

3.7. Types of Muscle Contractions

i) Isometric Contraction

ii) Isotonic Contraction

- a) Concentric Contraction
- b) Eccentric Contraction

4. Skeletal System

- i) Cartilage
- ii) Tendon
- iii) Ligament
- iv) Fascia
- v) Bursa

Types of bone and cartilage

4.2. Functions of the Skeletal System?

4.3. The main bones of the human skeleton are

1. The axial skeleton
2. The appendicular skeleton

4.4. Classification of Bones according to shape

1. Long bones
2. Short bones
3. Flat bones
4. Irregular bones
5. Sesamoid bones

4. 5. Skeleton Joints

Joints classifications

- i) Fibrous joints
- ii) Cartilaginous joints
- iii) Synovial joint

4. 6. Synovial joints

4.7. Synovial joints classifications

1. Hinge
2. Ball and socket
3. Pivot
4. Gliding
5. Saddle
6. Planar

5. Spinal Cord and Yoga

- 5.1. Elements Of linkage between the vertebrae
- 5.2. Discs and ligaments
- 5.3. Weight Bearing Activities
- 5.4. Push & Counter push
5. 5. Types Of spinal movement
- 5.6. Axial Rotation
- 5.7. Flexion and extension
- 5.8. Forward and Backward-Bending Poses
- 5.9. Lateral and twisting movements
- 5.10. Axial extension
- 5.11. Intrinsic equilibrium
- 5.12. Spine, rib cage, and pelvis

6. Cardiovascular system

6.1. Heart

6.2. Chambers of the heart

The Heart, Arteries & Veins Forms the Circulatory System

6.3. The Cardiac cycle

6.4. Pulse

6.5. Heart Rate

6.6. Cardiac Output

6.7. Blood pressure (BP)

6.8. Factors affecting blood pressure

6.9. Blood volume

6.10. Cardiac output

6.11. Peripheral resistance

6.12. Elasticity of the arterial walls

6.13. The viscosity of blood

6.14. Disorders of blood vessels

i) Arteriosclerosis

ii) Atherosclerosis

6.15. Disorders of blood pressure

i) Hypertension's

ii) Hypotension

7. Nervous System

Peripheral nervous system

Somatic Nervous system (SNS)

Autonomic Nervous system (ANS)

7.1. The Central Nervous System

1. The Brain

2. The Spinal cord

7.2. Peripheral Nervous System

7.3. Somatic Nervous System

1. Sensory neurons (or afferent neurons)

2. Motor neurons (or efferent neurons)

The Autonomic Nervous System

1. The sympathetic system

2. The parasympathetic system

8. Kinesiology

8.1. Biomechanics and Kinesiology

8.2. Body Movements

Body Movements and Their Descriptions

1. Flexion

2. Extension

3. Abduction

4. Adduction

5. Supination
6. Pronation
7. Lateral flexion
8. Rotation
9. Medial rotation (internal rotation)
10. Lateral rotation (external rotation)
11. Elevation
12. Depression
13. Dorsiflexion
14. Plantar flexion
15. Eversion
16. Inversion
17. Protraction
18. Retraction
19. Circumduction

8.3.7. Asana and Kinesiology

9. Stretching

Stretching

Definition and goal of stretching

What happens in a stretch?

When should you stretch?

Warming up

Cooling down

Diet and stretching

Calcium

Magnesium

Cold and heat therapy

Endorphin theory

The gate theory of pain

Six rules to stretching

Warm up

Be Gentle

Hold for 30 seconds

Breathe

Do not bounce

Stretch both sides symmetrically

9.1. Types of Stretching

1. Ballistic Stretching
2. Dynamic Stretching
3. Passive Stretching
4. Static Stretching

a). Isometric Stretching

b). PNF Stretching

9.2. Biomechanics of Stretching

What is stretching?

Moving origins & Insertions

Spinal Cord Reflexes

Muscle Spindle Stretch Receptor

Reciprocal Inhibition

Golgi tendon Organ

Physiology in Stretching

10. Muscles in Action

1. Iliopsoas
2. Gluteus maximus
3. Adductor magnus
4. Piriformis
5. Quadriceps
6. Hamstrings
7. Abdominals
8. Back muscles
9. Latissimus dorsi
10. Trapezius
11. Pectoralis major minor
12. Rhomboids
13. Serratus anterior
14. Deltoids
15. Rotator cuff
16. Biceps brachii
17. Triceps brachii
18. Sternocleidomastoid

11. Endocrine System

12. Digestive System

13. Assignments

4. Yoga Philosophy, Lifestyle, Health & Wellness

1. Introduction

1.1. Meaning

1.2. Definition of Yoga

1.3. History of Yoga

1.4. Shad-Darshan (Six Schools of Indian Philosophy)

I. Nyaya - by Sage Gautam

II. Vaisheshika – by Sage Kanada

III. Sankhya - by Sage Kapila

IV. Yoga - by Sage Patanjali

V. Poorv Mimamsa - by Sage Jaimini

VI. Uttar Mimamsa (Vedanta) - by Sage Veda Vyasa

2. Hatha Yoga Pradipika

Yama

Niyama

Asana

Shat Karma and Pranayama

Mudra

Bandha

2.2. Nadis

2.2.1. Ida, Pingala, Shushmna

2.2.2. Major Nadis

2.3. Cakras

3. Purusharthas (Four attainments of life)

i) Dharma (Virtue)

ii) Artha (Wealth)

iii) Kama (Pleasure)

iv) Moksha (Emancipation)

3.1. Chaturvargas (Four stages of Life)

i) Brahmacharya Ashram

ii) Grihastha Ashrama

iii) Vanprastha Ashrama

iv) Sanyasa Ashrama

3.2. Karma Yoga (path of selfless action)

3.2.1. Types of Karma

i) Sanchita Karma or Stored Karma

ii) Agami Karma or Forthcoming Karma

iii) Prarabdha or Vartamana Karma or Present Karma

3.3. Jnana Yoga (path of knowledge)

3.3.1. Meaning

3.3.2. Jnana yoga (Adi Sankara, Vivekacudamani)

Seven limbs of Jnana Yoga

3.4. Raja Yoga (path of royal yoga)

3.4.1. Aim of Raja Yoga

3.4.2. Practice (abhyasa) and dispassion (vairagya)

3.4.3. Astanga Yoga (eight limbs of yoga)

I. yama- social ethical code

II. niyama- personal ethical code

III. asana- posture

v. pranayama- control of life-force

- V. pratyahara- sense withdrawal
- VI. dharana- concentration
- VII. dhyana- absorption
- VIII. Samadhi- ecstasy or super consciousness
- 3. 5. Path of Devotion (Bhakti Yoga)
 - Bhagavata Purana nine forms Bhakti
- 4. Vedas
 - 1. Rig Veda
 - 2. Yajur Veda
 - 3. Sama Veda
 - 4. Atharva Veda
 - i) Samhitas (mantras or hymns)
 - ii) Brahmanas (explanations of mantras or rituals)
 - lii) Aranyakas (philosophical interpretation of the rituals)
 - iv) Upanishads (essence of the knowledge)
- 5. Upanisad(essence of knowledge)
 - 5.1. Introduction
 - 5.2. Katha Upanisad
 - a) Three Boons
 - 5.3. Mandukya Upanisad
 - a. Waking - Vaishvanara
 - b. Dreaming - Taijasa
 - c. Deep Sleep - Prajna
 - d. Beyond this three - Turiya
 - 5..4. Taittiriya Upanisad
 - a. Annamaya kosha - food sheath
 - b. Pranamaya kosha - breath sheath
 - c. Manomaya kosha - mind sheath
 - d. Vijñanamaya kosha - intellect sheath
 - e. Anandamaya kosha - bliss sheath
- 6. Patanjali Yoga Sutra
 - Samadhi Pada – 51 Sutras (Yoga and Its Aims)
 - Sadhana Pada – 55 Sutras (Yoga and Its Practice)
- 7. Bhagavad Gita
 - Introduction
 - Chapter - 1 Arjuna Vishada Yoga (Despondency of Arjuna)
 - Chapter - 2 Sankhya Yoga
 - Chapter - 3 Karma Yoga (Yoga of Action)
 - Chapter - 4 Jnana-Vibhaga Yoga (Yoga of Wisdom)
 - Chapter - 5 Karma Sannyasa Yoga (Yoga of Renunciation of Action)

- Chapter - 6 Adhyatma Yoga (Yoga of Meditation)
Chapter - 7 Jnana Yoga (Yoga of Wisdom)
Chapter - 8 Akshara Brahma Yoga (Yoga of Imperishable Brahman)
Chapter - 9 Raja Vidya Raja Guhya Yoga (Yoga of Kingly Science and Kingly Secret)
Chapter - 10 Vibhuti Yoga (The Yoga of Divine Glories)
Chapter - 11 Visva Rupa Darsana Yoga (Yoga of the vision of the Cosmic Form)
Chapter - 12 Bhakti Yoga (Yoga of Devotion)
Chapter - 13 Kshetra-Kshetrajna-Vibhaga (Distinction between Field and Knower of Field)
Chapter - 14 Guna Traya Vibhaga Yoga (Yoga of the Division of the Three Gunas)
Chapter - 15 Purushottama Yoga (Yoga of Supreme Purusha)
Chapter – 16 Daivasura-Sampad-Vibhaga Yoga (Yoga of Divine and Demoniactal Nature)
Chapter -17 Sraddha Traya Vibhaga Yoga (Yoga of the Threefold Faith)
Chapter - 18 Moksha Sannyasa Yoga (Yoga of Liberation by Renunciation)
8. Mitahara(moderate diet)
9. Yogic Diet

10. Yoga, Health, Wellness & Lifestyle

10.1. Health and Wellness

- i) Physical Dimension of Health
- ii) Emotional Dimensions of Health
- iii) Social Dimension of Health
- iv) Intellectual Dimension of Health
- v) Spiritual Dimension of Health

6. Electives

Yoga Styles

- Hatha Yoga
- Ashtanga Yoga
- Vinyasa Yoga
- Gentle Yoga
- Restorative Yoga
- Yogic Suksma Vyayama

7. Project Writing

8. Tutorials, Assignment and Examination

- Trainee will be required to engage in self-study and submit daily & weekly assignments on the basis of the day's lectures and discussions.
- There will be a practical and a theory exam at the end of the course to assess the
- students on their learning, practice and teaching during the Teacher Training Course.