

# **COURSE SYLLABUS (200 HRS. TTC)**

## **SCIENTIFIC – SIMPLIFIED – SPIRITUAL**

### **A – KNOWLEDGE**

- ❖ Introduction to Yoga and Yogic Practices.
- ❖ Introduction to Hatha Yoga.
- ❖ Introduction to important Hatha Yoga Texts with special reference to Hatha Yoga Pradipika and Gheranda Samhita.
- ❖ Introduction to Patanjali Yoga Sutras.
- ❖ Bhavas of the Buddhi – Basis of Yoga Education
- ❖ Introduction to Anatomy and Physiology
- ❖ Introduction to Human Systems, Yoga and Health
- ❖ Yoga for wellness – prevention and promotion of positive health
- ❖ Yoga and stress management.

## **B – SKILL**

### **Ashtanga Yoga of Patanjali (Hata Yoga & Raj Yoga)**

- ❖ Sahajbhava Asanas
- ❖ Shat Karmas
- ❖ Surya Namaskar (Sun Salutation)
- ❖ **Yogendra** Asanas
- ❖ Knowledge of selected postures and demonstrated ability to perform these postures – meditative and cultural (dynamic and static versions).
- ❖ Selected psychophysical and conceptual techniques pioneered by The Yoga Institute.
- ❖ **Yogendra** Pranayamas
- ❖ Knowledge, teaching, and demonstrated ability to select **Yogendra** Pranayamas.
- ❖ Practices leading to Meditation
- ❖ Communication and Teaching Practice
- ❖ Understanding and practice of basic skills of public speaking.
- ❖ Familiarity and demonstration ability to apply teaching methods.
- ❖ Adapt the above to unique styles of learning.
- ❖ Provide supportive and effective feedback.
- ❖ Acknowledge the aspirant's progress and ability to cope with difficulties.
- ❖ Principles and skills for working with groups.