

300hrs curriculum

1. Techniques, Training and practice :

1.1. Shloka & Mantra Chanting:

Patanjali shloka.

108 Surya namaskara shloka and 13 surya namaskara mantras.

Shanti mantra & Ending prayer.

Pratha smarane (Morning prayer) Shlokas to be chanted early morning at sunrise.

Patanjali Yoga Sutra(The entire first chapter)

1.2. Asana : Demonstration,technique and variations :

Standing asanas :

Utthita and Parivrtta Trikonasana ; Utthita and Parivrtta Parsvakonasana ; Virabhadrasana I, II & III ;Ardha

Chandrasana ;Parivritta ardha Chandrasana; Parsvottanasana; Prasarita Padottanasana I & II ;Padangusthasana;Padahastanasana;

Ardha baddhapadma uttanasana; Uttanasana; Urdhva Prasarita Ekapadasana ; Utkatasana; Garudaasana; Vatayanasana;

Natarajasana

Sitting asanas :

Malasana I & II;Baddha Konasana;Urdhva Prasarita Padasana; Paripoorna Navasana; Ardha Navasana;Upavishta Konasana;

Koormasana;janu sirasana;parivritta janu Sirasasana; Paschimottanasana, virasana, Supta Virasana, paryankasana, simhasana I

& II, padmasana, baddha padmasana, yoga mudrasana, gorakshasana, paschimottanasana, parivritta paschimottanasana,

koormasana, Supta koormasana,krounchasana,

Twisting asanas :

Bharadwajasana I & II;Marichyasana I, II, III & IV,Ardha Matsyendrasana I; paripoorna matsyendrasana, pashasana.

Stretching asanas :

Supta Padangusthasana (steps 1 to 3); Anantasana; Jatara parivrittanasana. Poorvottansana, Ankarana dhanurasana, Malasana I & II, ekapada rajakapotasana I,II,III.

Forward bends :

Janusirasana; Ardha Baddha Padma Paschimottanasana; Triangmukhaikapada Paschimottanasana ; Marichyasana I & II; Paschimottanasana; Ubhaya Padangushtasana;Urdhva Mukha Paschimonan asana I.

Backward bends:

Ustrasana; Salabhasana; Bhujangasana,Dhanurasana; Parsva Dhanurasana; Urdhva Dhanurasana, Mandukasana, chatutanga dandasana, Nakarasana, Bhujanjasana II, Urdhva mukha shvanasana,Chakrosana.

Headstands :

Salamba Sirsasana I, II, III & IV; Parsva sirsasana, parsvaikapada sirasana, Ekapada Sirasana, parsvaikapada sirasana, urdhvapadmasana in sirasana, pindasana in sirasana,Dandasana in Sirasana(with wall support).

Shoulder stand :

Salamba Sarvangasana I,II, III & IV; Halasana ;karnapidasana ;Supta Konaasana ; Parsva Halasana; Ekapada Sarvangasana; Parsvaikapada Sarvangasana;setubandhasana, ekapada setubandhasana, urdhvapadmasana in sarvangasana, pindasana in sarvangasana.

Hand stands :

Bhujapidasana, ekahasta bhujasana, Dwi hasta Bhujasana, Mayurasana, Padma mayurasana, adhomukha vrksasana, vashisthasana, vishwamitrasana, bakasana,

1.3. Pranayama :

Surya bedhana pranayama; Chandra bedhana pranayama; Nadi Sobhana pranayama; Brahmari Pranayama; Bhastrika pranayama and Kapalabathi, Uddiyana bandha & Nauli.

Shloka, explanation and meaning.

Technique of practice.

Ratio of practice.(I.e inhalation , internal retention, exhalation & external retention).

Sequence of practice to be followed for 6 months ,12 months & 18 months. Benefits and detailed study of each pranayama.

Effect of the practice on the respiratory system. Detailed study of the anatomy of lungs and therapeutic advantages of the practice.

1.4. How to teach and train :

Frequency and intensity in which the asana has to be learnt,taught and practiced.

Usage of various techniques in the practice, with and with out props.

Role of assisting students in the practice.

How to help a student in making them understand the art of alignment and correction.

1.5. Asana sequencing and adaptations :

Asana sequencing, how to design a sequence, how to plan the classes every week.

Planning of monthly routines, And how to maintain the balance between asana, pranayama and relaxation.

How to design the asana sequence based on limitations of the student/ when you have students from all different levels in a single class.

1.6. Meditation:

Study, practice and detailed study of -

Antara mouna

Yoga nidra

Hridayakasa dharana

2. Teaching methodology :

2.1. Alignment correction :

When to start correcting the students & how to help advance students in further refinement of their practice.

Understanding the mindset of the student.

How to teach a class so that it benefits everyone present?.

Altering the sequence based on the students present.

Pushing beyond limits, whats the right time to start ?.

How to further deepen ones knowledge base and practice by teaching ?.

How much teaching is good for the students ?.

Demonstrations of the asana when the posture is thought for the first time.

2.2. Communication skills & time management :

All the skills required for the teaching will be taught for the student who under goes the training.

The role of communicating with the students by correcting them

How to develop a subtle level of understanding towards teaching by continuing the practice over the years.

How and what to teach in a 60/90 minute class.

How to effectively manage time while teaching .

How to discipline ones own lifestyle & practice for effective management of time.

2.3. Demonstration , Assisting & Correction:

Each student will be taught as to how to demonstrate the asana before teaching.

How to teach the practice step wise from the beginning to advance stage.

To teach the asana with the use of props & assisting the students of all levels of practice.

2.4. Alignment class :

A special 5 hr sessions will be held to make the students understand as to how to work on the alignment using all types of props or without them.

2.5. The art of correction :

Every individual has his/her own limitation as to how to go about in the practice. In this session one will learn all about how a teacher needs to correct a student by understanding the limitations of the students.

Students will be guided about the ways of assisting a master class if an individual is already advanced in practice.

2.6. Teaching techniques:

Role of usage of props in the practice; Sequencing of asanas

Ways of teaching the practice for individuals who are suffering from different ailments.

Ashtanga yoga sequences.

How to design a sequence while teaching over the years and understanding the foundations of Iyengars teaching technique

2.7. Qualities of a teacher :

Sexual conducts that's needs to be followed while teaching.

Student teacher relationships.

Why one needs to be well versed on the path of yoga and be a Brahma Nistham.

2.8. Business aspects :

How to create an online presence on social media and how to keep your posts on social media updated through Google adwords, SEO, Website & ads

The role of youtube in getting a wide audience.

Follow up & students feedback collection towards the practice.

2.9. Use of language and Voice :

The tone of voice thats needs to be used in the practice.

The art of being gentle while teaching.

3. Anatomy & philosophy :

3.1 Human anatomy :

Human body - How the journey starts with a cell.

Introduction and study about cell, tissue & muscle.

Nervous system

Digestive system

Respiratory system Skeletal system.

Gastro intestinal system

Excretory system

Reproductive system

Chakras & their role in everyday practices.

3.2. Special requirement hours :

Anatomy of Asana, Understanding muscle movement with respect to different asana.

The role of nerve functioning in Sirasana and sarvangasana and the detailed study of its influence on the sympathetic and parasympathetic nervous systems.

Functioning of the internal organs while practising asanas.

Study of central nervous systems and the comparison between the chakras and spinal centres.

The role of human anatomy and how it functions in helping the student to understand oneself and correct during teaching and self practice.

Application in yoga practice while treating individuals with special needs.

4. Yoga philosophy, lifestyle & Ethics of a yoga teacher :

4.1. Yoga philosophy :

Philosophy of yoga sutras. Complete study of the first & second chapter.

Complete study of first chapter of Hatha yoga pradipika, By Mukthibodhananda Sarawati.

Interrelation of yoga sutras & bhagavad gita with respect to karma yoga, gyana yoga, Raja yoga & bhakti yoga.

Complete study of all the different meditation & concentration techniques from the third chapter of Patanjali yoga sutras.

Kriya yoga.

Explanation about the different klesahs.

The seven states of consciousness and corresponding levels of knowledge and integration.

A detailed study about Asthanga yoga. Study of Dharana , dhyana & samadhi .

Origin of hatha yoga

4.2. Ethics :

Student and teacher relationship -

1. Qualities of a student - Surrender, questioning and seva(service)
2. The limitations of physical assistance while teaching.
3. Abstaining from any kind of personal relationship with the students.
4. Knowing students limitations when teaching.
5. Qualities of a teacher - how to be well versed on the path of yoga.

4.3. Teaching as a service :

1. Role of selfless service in teaching.
2. Why you should not be carried away by name and fame while teaching and focus on growing in practice.
3. Understanding the karma behind teaching.

Leading the class - Last seven days of the training, each student will have to teach one class every day(5hrs in total) in the morning and assist lead teacher in the evening (5hrs).

Interaction with the students - Interacting and get the inputs from the students who attend the class in order to avoid makes in future, If any.

Other faculty :

Being the lead teachers assistant- How to observe the senior teachers teaching and what to learn from them and how to learn from them. The technique of helping students in achieving the final Yoga posture with the help of one another or with the help of teacher.

Reviewing after the completion of the class - How to interact, how to teach, what to teach & everything a qualifying student has to know and also teach and getting feedback from the fellow students.

6. Non contact hours - 18 hrs

Topics :

1. Introduction to Vedanta by Mr. Vishwajith, briefly explaining the different vedas and upanishads. Introductory class on each of the 4 Veda's and the 10 prominent upanishads. The six systems of Indian Philosophy.
2. Assignment presentation and group discussion.
3. Documentary videos on History of yoga, BKS Iyengar and Spiritual journey.
4. Visit to Art of living International Ashram , Om Shanthi Dhama Gurukula and Veda Gurukula in Bangalore.