

Syllabus for 300 Hrs.

1- Practice of Asana in Hatha Style:

Daily Practice of Asana from Intermediate to Advance level.

Technique, Sequence, and Modifications of Asana.

Limitations and Benefits of Asana.

Theoretical explanations with the references of Traditional Yogic Texts.

2- Practice of Pranayama:

Daily Practice of Pranayama i.e., Suryabhedana, Ujjayi, Bhastrika, Bhramari, Nadi Shodhana, Shitali, Sitkari, with the references of Traditional Hatha Yogic Text.

3- Practice of Cleansing Process: Shat-Karma

Kapalbhati: Cleansing of Lungs

Jal-Neti, and Rubber Neti: Cleansing of Nostrils and Nasal Passage

Kunjal, and Shankh Pracchalana: Cleansing of GI Tract.

Nouli: Strengthening of Intestines.

Trataka: Cleansing of Eyes.

4- Alignment of Postures:

Experiential Understanding of Postures with proper Alignment.

5- Practice of Intermediate Series of Ashtanga Vinyasa: Practical exposure of group of Asana in a determined flow of Ashtanga with all the respective Techniques.

6- Yoga Philosophy: Conceptual and Practical Understanding of Shrimad Bhagavat Gita.

7- Yoga Anatomy: To understand the effect of applied Yoga Practices on each System of the Body for the wellness.

8- Vedic Physiology: Energy, Kosha, Chakra, Kundalini.

9- Bandhas and Mudras: Locks and Gestures to direct the energy.

10- Yoga Therapy: Applied Yoga Practices as Therapy are based on Scientific Research.

11- Deep Relaxation: Practice of Yoga Nidra for deep relaxation of Body and Mind.

12- Concentration and Meditation: Practice of Various Techniques of Meditation from Traditional Texts.

13- Mantra Yoga: Chanting of the Important Vedic mantras for contemplation.

14- Karma Yoga: To purify the heart through selfless service.

15- Teaching methodology: The methods of Teaching to become a good Yoga Teacher.

16- Assignments: To improve the personal understanding of a particular subject.

17- Written and Practical Examination: Self-evaluation to improve the skills.

