

Syllabus for 200 Hrs.

1- Practice of Asana in Hatha Style:

Daily Practice of Asana from Basic to Intermediate level. Technique, Sequence, and Modifications of Asana.

Limitations and Benefits of Asana.

Theoretical explanations with the references of Traditional Texts.

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

3- Alignment of Postures

Experiential Understanding of Postures with the proper Alignment.

4- Practice of Pranayama:

The art of controlling the breath is often the most difficult yet the most transformative one. Often amateur yogis get exhausted in the long list of postures. Pranayama not only help them to find the lost energy, it also refines the breath and offer many other advantages. Some of the most famous breath work exercises are Alternate Nostril Breathing, Skull Cleansing Breath or Bee's breath, etc. 200 hour yoga teacher training syllabus includes this class daily to tone the body and the breath simultaneously.

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

5- Practice of Cleansing Process: Shat-Karma

Kapalbhati: To clean the

Lungs. Jal-Neti: To clean

the Nostrils.

Rubber Neti: To clean the Nasal

Passage. Kunjal: To clean the Food Pipe

and Stomach. Trataka: To clean the

Eyes.

6- Mantra Yoga: Recitation of Important Vedic mantras for Spiritual Awakening.

7- Yoga Philosophy: Conceptual and Textual Understanding of Yoga Sutra.

8- Yoga Anatomy: To understand the effect of applied Yoga Practices on Cell, Musculo- Skeletal System, Respiratory System, Digestive System, and Nervous System.

9- Mudras: Gestures to direct the energy.

10- Deep Relaxation: Practice of Shavasana and Yoga Nidra for deep relaxation of the Body and Mind.

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

Whenever we talk about a course in yoga, how is it possible to overlook meditation? Meditation directly impacts the mind, which goes on to help the body in the asana practice. 200 hour yoga teacher training syllabus involves mentioned with great intensity and demands the practitioner to go inside to find oneself before setting foot in the world.

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

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

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

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

