

# **200 hrs Multi-Style Yoga and Ayurveda Teacher Training Course**

## **Classical & Traditional Practice of Hatha Yoga**

- What is Hatha yoga? And its various sequence style of practice
- Surya & Chandra Namaskar & Its mantra awareness Practices
- Six steps of doing Asana consciously
- Joints and Gland as Preparatory Practice
- Deep study of Classical Hatha yoga with adjustments and alignments
- Core understanding of Practice of Kundalini yoga.
- Practical idea of Iyenger Yoga and its tools of implementations
- Standing series of asana methods
- Kneeling series of asana Methods
- Sitting series of asana
- Lying on stomach series of Asana
- Supine series of asana
- Inversion series of asana
- Asana benefits and its contra-indications

## **Ashtanga Vinyasa Yoga – Primary series- structure and sequential Methods**

- Understanding the idea of Mysore Ashtanga Practices Vs Krishnamacharya's Ashtanga Practices
- Idea of teaching ashtanga Yoga sequence
- Four modules of Ashtanga Yoga
- What is vinyasa ?
- How many Bandhas are there in ashtanga ?
- Importance of Ujjai practice
- Its benefits and side effects

## **Pranayama & its cleansing and expansions**

- Chest breathing v/s diaphragmatic breathing
- What are Prana and Pranayama mean?
- Types of Pranayama practice
- What is Nadi?

- What are Ida, Pingala and Sushmana?
- Seven main practices of Pranayama
- Four qualities of yogic breathing
- 1:1, 1:2 and 1:4 breathing for emotional purification
- Psychological effect of yogic breathing
- Stress and stress less related breathing techniques

## **Mudra and its sparks**

- Yogic Gesture for stress related problems
- Internal mudras
- Healing Gestures for physical blockages
- Pranic gestures for awakening energy
- Importance of Mudra according to Hatha Yoga
- Types of Mudra
- Practicum of Gyana & Chin Mudra
- Practicum of Ashwini Mudra
- Physical, Mental and Spiritual Benefits of Mudra

## **Mantra & its Vibrations**

- Introduction of Mantra yoga
- Significance of (OM)-AUM
- Mantra for Meal Purification
- Mantra for Obstacles
- Mantra for universal masters to bless
- Mantra for Realization
- Mantra for well being

## **Meditation & its transformations**

- Breath awareness meditation
- Inner light meditation
- Chakra awareness meditation
- Body less meditation
- Mantra Awareness meditation
- Walking meditation
- Full moon meditation
- Third eye meditation

## **Yoga Nidra & its Deep Silence**

- What is Yoga Nidra?
- What is sleep?
- Four states of consciousness
- Benefits of deep sleep
- Yoga Nidra practices from Himalayan tradition
- How Yoga Nidra practices cure insomnia problem
- Adjusting in Shavansana

## **Adjustment & Alignment Practices**

- The fundamentals of practicing side extension, forward extension, backwards extension and revolving action
- How to correct postures verbally and by hands on adjustments
- Modifying the asana with different tools
- Various limitation, contra-indications and benefits of yoga asana
- Workshop on hip opening
- Workshop on back bending
- Workshop on forward bending
- Workshop in twisting postures

## **Teaching methodology & its confidence**

- Disciplines of yoga teachers and students
- How important to ensure the safety of student while teaching
- Understanding the idea of demand of student before start the class
- The scope of listening, presence, directive and non-directive dialogue
- How important is demonstration
- What are the preparations for classroom
- How to sequence the class
- How to describe the practice, techniques, and delivery in teaching a class
- Discussion on different types of lesson planning

## **Yoga philosophy & it's unknown realities**

- History and origin of yoga
- Why we have disturbed mind, distracted mind, and stupefied mind in yogic science?
- What is yoga?
- What is celibacy and sex in yogic science?
- Why we suffer?
- What is Ashtanga Yoga?( eight limbs of yoga)
- What made us to get disease?
- What is Raja Yoga?
- How to bend body to bend mind?
- What is ignorance?
- Three states of consciousness in yogic science
- What is mind?
- Four foundational pillars of life
- Four faculties of mind field in yogic science
- What is practice mean in yogic science?
- Five layers of body in yogic science
- What is Ekagrah mean?
- What is knowledge and wisdom in yoga?
- What is kundalini?
- What is karma?
- What is chakra?
- What is Nirodhah mean in yoga?
- What is Fear and love in yogic science?
- What is enlightenment and liberation in yoga?

## **Yoga anatomy & its safety and precautions**

- What is Yogic Anatomy and physiology?
- Introduction of the respiratory system and yogic breathing
- How shat kriya practices give benefits on a body?
- How Pranayama practices give connection to a digestive and immune system?
- How asana practices give various effects on joints, spine and muscular system?
- The structure of the spine and its movement in yoga
- Types of contraction in the muscular system
- Know the basic studies and types of joints to avoid injury during Asana classes
- Studies and discussion about spine according to a yogic point of view