

300 Hrs Multi-Style Yoga Teacher Training Course

Classical & Traditional Practice of Hatha Yoga

- Hatha Yoga – Intermediate sequence
- Advance Series Of Joints And Glands Exercise
- Chair Yoga
- Flexibility And Strength For Series
- Importance To Have Much Water In Body To Do Series
- Importance Of Sequence And Systematic Flow
- Advance Study of Poses
- Idea of stillness and posture
- Importance of Hatha yoga texts with special reference to Hatha Pradipika and Gheranda Samhita
- Causes of success (Sadhaka Tattwa) and causes of failure (Badhaka Tattwa) in Hatha yoga Sadhana
- Concept of Ghata and Ghata Shudhhi in Hatha yoga
- Purpose and utility of Shat kriyas in Hatha yoga
- Purpose and utility of asanas in Hatha yoga
- Purpose and importance of pranayama in Hatha yoga

Ashtanga Vinyasa Yoga – Intermediate series- structure and sequential Methods

- Pashasana
- Krounchasana
- Shalabhasana A, B
- Bhekasana
- Dhanurasana
- Parshva Dhanurasana
- Ushtrasana
- Laghu-Vajrasana
- Kapotasana A, B, C
- Supta Vajrasana
- Bakasana A, B
- Bharadvajasana
- Ardha Matsyendrasana
- Eka-Pada Shirshasana
- Dvi-Pada Shirshasana
- Yoga-Nidrasana
- Tittibhasana A, B, C
- Pincha Mayurasana
- Karandavasana
- Mayurasana
- Nakrasana

- Vatayanasana
- Parighasana
- Gomukhasana A, B
- Supta Urdhva Pada Vajrasana
- Mukta Hasta Shirshasana A, B, C
- Baddha Hasta Shirshasana A, B, C, D
- Urdhva Dhanurasana
- Paschim

Pranayama & its cleansing and expansions

- Idea of kumbhaka practice
- Refining the breathing flow
- Concept of sushumna
- Understanding the idea of nadi's and its chakras
- Mystical science of swara yoga
- Power of navel center – seat of prana
- Balancing breath with mind practices

Mudra and its sparks

- Concept of internal mudras and its benefits
- Practical practices of eye mudras
- Understanding the idea of stimulate and activate the chakra through mudras
- Re-gain energy through Mudra
- Positivity through various mudra practice

Mantra & its Vibrations

- Concept of so-hum Mantra
- Universal mantra for all realizations
- Japa and ajapa practice of mantra
- Mantra for self dependent
- 7 methods of om Chantings
- Obstacles and disciplines in the path of mantra science

Meditation & its transformations

- Third eye meditation
- Open eye meditation
- Technique-less meditation
- Obstacles in the path of meditation
- Idea of expectation and results

Yoga Nidra & its Deep Silence

- Four stages of consciousness
- Yoga nidra practice with om
- Spinal breathing practice
- Sweeping the karma through yoga nidra
- Yoga nidra in heart center
- Idea of witnessing and observing

Adjustment & Alignment Practices

- Art Of Adjustment Yoga For Daily Life
- Workshop On Head standing postures
- Understanding each and every detail of the whole Body, its Emotions and Vibrations while doing Asana
- Balancing the Body Weight to Feel the Infinity Within
- Modifying the Asana practice according to individual's Limitations

Teaching methodology & its confidence

- Positive & conscious communication
- Friendship and trust
- Time management
- Qualities of a teacher
- Principles of demonstrating, observation, assisting, correcting
- Use of voice in class
- Mental & emotional preparation for teaching
- Class preparation
- Step by step class structure planning

Yoga philosophy & it's unknown realities

- Study of Kundalini and Chakra
- Study of Karma Yoga, Bhakti Yoga, Raja Yoga, Swara Yoga and Tantra Yoga
- Study of Yoga in connection with Gita
- Health Maintenance and Benefits of Yoga
- Study of Nourishing the Body
- Karma And Non-Attachment In Yogic Dimensions
- Four Level Of Consciousness
- Kundalini Awakening
- Keys to Successful Living In Yogic Science
- Meditation And The Spiritual Heart
- Intuitive Dream and Lucid Dream
- Meaning of Birth And Death In Yogic Science
- Reincarnation In Spiritual Science

- 6 Main Obstacles In The Path Of Yoga
- Samadhi and Its Study

Yoga anatomy & its safety and precautions

- The nine systems of the human body
- Functions of the different systems of the human body
- Introduction to sensory organs
- Neuro-muscular coordination of sensory organs
- Basic understanding of exercise physiology
- Homeostasis
- The benefits of various asanas on different parts of the human body
- Limitations and contra-indications of specific yoga practices