



# YOGA365

Plot No. 23, Room No. 11, Daya Sagar Society, Gorai -1, Borivali (West), Mumbai 400091.

## Yoga365 – 200 hrs Yoga Teacher Training Course

<b>Syllabus Map</b>	
<b>Syllabus Component</b>	
<b>Section 1</b>	<b>Philosophy</b>
	<b>Indian Philosophy</b>
<b>1</b>	Common Characteristics of Indian Philosophy
	<b>Samkhya Darshana</b>
	<b>Yoga Darshana (Patanjali Yoga Sutras)</b>
	Names of 4 Padas
<b>2</b>	the Ashtangas (Bahiranga&Antaranga)
<b>3</b>	Names of Antarayas
<b>4</b>	Names of Vrittis&Klesas
<b>5</b>	Cittaprasadana technique
<b>6</b>	Names of Samadhi states
	<b>Etymological Meanings &amp; Definitions of 'Yoga'</b>
	<b>Meanings of 'Yoga'</b>
<b>7</b>	Yujir-yoge
<b>8</b>	Yuj-samyoga
<b>9</b>	Yuj-samyamneYuj-samadhi
	<b>Definitions of 'Yoga'</b>
<b>10</b>	PYS Def Ch I – S: 2
	<b>BG – 2</b>
<b>11</b>	Samatvam Yoga Uchyate
<b>12</b>	Yogaha Karmasu Kaushalam
	<b>Salient features of Indian Culture</b>
	<b>Only Names &amp; brief understanding</b>
<b>13</b>	Ashrama Dharma
<b>14</b>	Purusharthas
<b>15</b>	Guru-ShishyaParampara
<b>16</b>	Karma & Law of Karma
<b>Section 2</b>	<b>Basic Texts of Yoga</b>
	<b>Patanjali Yoga Sutras</b>
<b>17</b>	Over-view of 1st and 2nd Padas

	Sutras by heart
18	Definition (Ch:I S-2);
19	Ashtanga Yoga (Ch:II S- 29);
20	Asana (Ch:II S-46);
21	Pranayama (Ch:II S-49)
	<b>Hatha Pradipika (HP) &amp;Gheranda Samhita (GS)</b>
22	Brief Understanding of Hatha Yoga
	<b>Hatha Pradipika</b>
23	Names of 4 angas
24	Names of 15 Asanas
25	Names of Shat Kriyas
26	BadhakTattva / SadhakTattva
	<b>Gheranda Samhita</b>
	<b>Bhagavad Gita</b>
27	Name of Author
28	No. of Chapters
29	General Understanding of Karma, Bhakti &Jnana Yoga
	<b>Upanishads</b>
30	Meaning 'Upanishad'
	<b>Vedas</b>
31	Meaning of 'Veda'
32	Names of Vedas
	<b>Puranas</b>
Section 3A	<b>Anatomy &amp; Physiology: Medical Science &amp; Yoga</b>
	<b>A. Anatomy &amp; Physiology as per Medical Science</b>
33	Names of 9 Main Systems and Organs in each system
34	Main Functions of Organs
	<b>B. Yogic Anatomy &amp; Physiology as per Yoga</b>
35	Prana and names of 10 Pranas
36	Nadi& names of Nadis
37	Ashta Chakras & Names of Granthis
38	Kundalini
Section 3B	<b>Human Psychology as per Yoga</b>
	<b>Personality theories</b>
39	Names and Main characteristics of Tri- Gunas
40	Names of 5 Citta Bhumis
41	Panchamaya (Panchakosha) theory as already considered in earlier section.
	<b>Concept of Mind</b>
	<b>Life Style Considerations</b>
42	Diet: Mitahar as per HP;
43	Bhagavad Gita: Diet, rest, relaxation, exertion, etc
44	Elaboration of Yogic Life style
	<b>Introduction to Ayurveda</b>
45	Meaning of 'Ayurveda'
46	3 Doshas
47	Concept of Health (Swasthya)

<b>Section 4</b>	<b>Teaching of Yoga</b>
48	Teaching Methods (Instruction; Observation; Demonstration; Correction)
49	Teaching Aids
50	Communication Skills
51	Verbal & Non-verbal
52	Ideal Qualities of Teacher
53	Conducive Environment
54	Safety measures
56	Guideline as regards framework of Professional Practice
	<b>Total</b>
<b>Section 1</b>	<b>SukshmaVyayama / Preparatory Practices / Sandhi Chalanakriya</b>
1	Institution-specific
<b>Section 2</b>	<b>ShuddhiKriyas</b>
2	Dhauti: VamanDhauti; Agnisaar
3	Neti: Jal Neti
4	Tratak
5	Kapalbhati
6	Theoretical Knowledge as regards Basti&Nauli
<b>Section 3</b>	<b>Asanas</b>
	<b>Three Meditative Asanas</b>
7	Padmasana
8	Vajrasana
9	Svastikasana
	<b>Four Standing Asanas</b>
10	Tadasana
11	Ekpadasana
12	Trikonasana
13	Padahastasana
	<b>Three Kneeling Asanas</b>
14	Ushtrasana
15	Marjarasana
16	Shashankhasana
	<b>Six Sitting Asanas</b>
17	Bhadrasana
18	Simhasana
19	Gaumukhasana
20	Vakrasana
21	Parvatasana
22	Paschimottanasana
	<b>Five Prone Asanas</b>
23	Bhujangasana
24	Shalabhasana
25	Dhanurasana
26	Naukasana
27	Makarasana
	<b>Six Supine Asanas</b>

28	Pavanmuktasana
29	Setubandhasana
30	Matsyasana
31	Uthitapadahastasana
32	Halasana
33	Shavasana
	<b>One Inverted Asanas</b>
34	Sarvangasana
<b>Section 4</b>	<b>Suryanamaskar</b>
35	Suryanamaskar (Traditional with 12 Poses) (Can be School- Specific)
<b>Section 5</b>	<b>Pranayama</b>
36	Sectional Breathing
37	Yogic Breathing
38	Nadishodhana
	<b>Kumbhakas without Bandhas</b>
39	Suryabhedana
40	Ujjayi
41	Shitkari
42	Shitali
43	Bhramari
<b>Section 6</b>	<b>Mudras</b>
44	Chin / Jnana Mudra
45	Padma Mudra
46	Agochari Mudra (NasikagraDrishthi)
47	Shambhavi (BruhmadhyaDrishthi)
48	Viparitakarani
49	Mahamudra
<b>Section 7</b>	<b>Mantras</b>
50	Pranavajapa
51	Shanti Mantra: Can be school specific
<b>Section 8</b>	<b>Meditation</b>
52	Institution-specific
<b>Section 9</b>	<b>Teaching Practice</b>
53	Institution-specific