

Curriculum

1. Techniques, Training and practice : 100 hrs

Lead trainer : Amar (YA ID : 185974) - 50 hrs

Other faculty : Harsha - 35 hrs

Non contact hrs : 15 hrs

1.1. Shloka & Mantra Chanting: Amar - 2hrs, Harsha - 5hrs

Patanajali shloka.

Surya namaskara shloka and 13 surya namaskara mantras.

Shanti mantra & Ending prayer.

Pratha smarane (Morning prayer) Shlokas to be chanted early morning at sunrise.

Patanjali Yoga Sutra, Sutras of Ashtanga Yoga.

1.2. Asana : Demonstration, technique and variations. Amar - 40 hrs, Harsha - 10hrs , Non contact hours(Self practice)- 15 hrs

Standing asanas :

Utthita and Parivrtta Trikonasana ; Utthita and Parivrtta Parsvakot)asana ; Virabhadrasana I, II & III ;Ardha Chandrasana ;Parsvottanasana; Prasarita Padottanasana I & II ;Padangusthasana ; Padahasthasana; Uttanasana; Urdhva Prasarita Ekapadasana ; Utkatasana; Garudasana; Vatayanasana.

Sitting asanas :

Malasana I & II;Baddha Konasana;Urdhva Prasarita Padasana; Paripoorna Navasana; Ardha Navasana;Upavishta Konasana; Koormasana;janu sirasana;parivritta janu Sirasasana; Paschimottanasana.

Twisting asanas :

Bharadwajasana I & II;Marichyasana I & II ;Ardha Matsyendrasana I; pashasana.

Stretching asanas :

Supta Padangusthasana (steps 1 to 3); Anantasana; Jatara parivrittanasana.

Forward bends :

Janusirasana; Ardha Baddha Padma Paschimottanasana; Triangmukhaikapada Paschimottanasana ; Marichyasana I & II; Paschimottanasana; Ubhaya Padangushtasana;Urdhva Mukha Paschimonan asana I.

Backward bends:

Ustrasana; Salabhasana; Bhujangasana Dhanurasana; Parsva Dhanurasana; Urdhva

Dhanurasana.

Headstands :

Salamba Sirsasana I & II; Parsva sirsasana; Ekapada Sirasana, Dandasana in Sirasana(with wall support)

Shoulder stand :

Salamba Sarvangasana I & II; Halasana ;Karnaapldasana ;Supta Konaasana ; Parsva Halasana; Ekapada Sarvangasana; Parsvaikapada Sarvangasana;Jatara Parivartanasana.

1.3. Pranayama : Amar - 2hrs, Harsha - 5 hrs

Surya bedhana pranayama; Chandra bedhana pranayama; Nadi Sobhana pranayama; Brahmari Pranayama; Bhastrika pranayama and Kapalbathi.

Shloka explanation and meaning.

Technique of practice.

Ratio of practice.(I.e inhalation , internal retention, exhalation & external retention).

Sequence of practice to be followed for 6 months ,12 months & 18 months. Benefits and detailed study of each pranayama.

Effect of the practice on the respiratory system. Detailed study of the anatomy of lungs and therapeutic advantages of the practice.

1.4. How to teach and train : Amar - 2hrs , Harsha - 5hrs

Frequency and intensity in which the asana has to be learnt,taught and practiced.

Usage of various techniques in the practice, with and with out props.

Role of assisting students in the practice.

How to help a student in making them understand the art of alignment and correction.

1.5. Asana sequencing and adaptations : Amar - 2hrs, Harsha - 5hrs

Asana sequencing, how to design a sequence, how to plan the classes every week.

Planning of monthly routines, And how to maintain the balance between asana, pranayama and relaxation.

How to design the asana sequence based on limitations of the student/ when you have students from all different levels in a single class.

1.6. Meditation: Amar - 2 hrs, Harsha - 5hrs

Study, practice and detailed study of -

Antara mouna

Yoga nidra

Hridayakasa dharana

2. Teaching methodology : 25 hrs

Lead trainer : Amar (YA ID : 185974) - 15hrs

Other faculty : Harsha - 10 hrs

2.1. Alignment correction : Amar - 2.5hrs, Harsha - 1.5 hrs

When to start correcting the students & how to help advance students in further refinement of their practice.

Understanding the mindset of the student.

How to teach a class so that it benefits everyone present?.

Altering the sequence based on the students present.

Pushing beyond limits, whats the right time to start ?.

How to further deepen ones knowledge base and practice by teaching ?.

How much teaching is good for the students ?.

Demonstrations of the asana when the posture is thought for the first time.

2.2. Communication skills & time management : Amar - 2hrs, Harsha - 1hr

All the skills required for the teaching will be taught for the student who under goes the training.

The role of communicating with the students by correcting them

How to develop a subtle level of understanding towards teaching by continuing the practice over the years.

How and what to teach in a 60/90 minute class.

How to effectively manage time while teaching .

How to discipline ones own lifestyle & practice for effective management of time.

2.3. Demonstration , Assisting & Correction: Amar - 2hrs, Harsha - 1hr

Each student will be taught as to how to demonstrate the asana before teaching.

How to teach the practice step wise from the beginning to advance stage.

To teach the asana with the use of props & assisting the students of all levels of practice.

2.4. Alignment class : Amar - 2.5hrs, Harsha - 2hrs

A special 5 hr sessions will be held to make the students understand as to how to work on the alignment using all types of props or without them.

2.5. The art of correction : Amar - 2hrs, Harsha -2hrs

Every individual has his/her own limitation as to how to go about in the practice. In this session one will learn all about how a teacher needs to correct a student by understanding the limitations of the students.

Students will be guided about the ways of assisting a master class if an individual is already advanced in practice.

2.6. Teaching techniques: Amar - 2hrs, Harsha - 1hr

Role of usage of props in the practice; Sequencing of asanas

Ways of teaching the practice for individuals who are suffering from different ailments.

Ashtanga yoga sequences.

How to design a sequence while teaching over the years and understanding the foundations of Iyengars teaching technique

2.7. Qualities of a teacher : Amar 1 hr, Harsha - 1hr

Sexual conducts that's needs to be followed while teaching.

Student teacher relationships.

Why one needs to be well versed on the path of yoga and be a Brahma Nistham.

2.8. Business aspects : Harsha - 5 hrs

How to create an online presence on social media and how to keep your posts on social media updated through Google adwords, SEO, Website & ads

The role of youtube in getting a wide audience.

Follow up & students feedback collection towards the practice.

2.9. Use of language and Voice : Amar - 1hr,

The tone of voice that's needs to be used in the practice.

The art of being gentle while teaching.

3. Anatomy & philosophy : 20 hrs

Other faculty : Dr.Radhika

3.1 Human anatomy :

3hrs :

Human body - How the journey starts with a cell.

Introduction and study about cell,tissue & muscle.

3 hrs :

Nervous system

Digestive system

Respiratory system Skeletal system.

3hrs:

Excretory system

Reproductive system

Chakras & their role in everyday practices.

3.2. Special requirement hours : 8hrs. Amar - 4hrs, Harsha - 4hrs.

Anatomy of Asana, Understanding muscle movement with respect to different asana.

The role of nerve functioning in Sirasana and sarvangasana and the detailed study of its influence on the sympathetic and para sympathetic nervous systems.

Functioning of the internal organs while practising asanas.

Study of central nervous systems and the comparison between the chakras and spinal centres.

The role of human anatomy and how it functions in helping the student to in understanding oneself and correct during teaching and self practice.

Application in yoga practice while treating individuals with special needs.

4. Yoga philosophy, lifestyle & Ethics of a yoga teacher : 30 hrs

Contact hours : 30hrs

Lead trainer : Amar (YA ID : 185974) - 15hrs

Other faculty : Harsha - 15 hrs

4.1. Yoga philosophy : 20 hrs. Amar - 5hrs, Harsha- 10hrs

Philosophy of yoga sutras

Interrelation of yoga sutras & bhagavad gita with respect to karma yoga, gyana yoga, Raja yoga & bhakti yoga

Understanding Chitta vrittis, the fluctuations of mind.

Abhyasa & viragaya (practice & renunciation).

Levels of sadhakas & types of awareness. Role of karma in everyday life.

Antaraysa - Obstacles on the path of sadhana .

Kriya yoga.

Explanation about the different klesahs.

The seven states of consciousness and corresponding levels of knowledge and integration.

A detailed study about Asthanga yoga. Study of Dharana , dhyana & samadhi .

Origin of hatha yoga

4.2. Ethics : Amar - 3hrs, Harsha - 1hr.

Student and teacher relationship -

1. Qualities of a student - Surrender, questioning and seva(service)
2. The limitations of physical assistance while teaching.
3. Abstaining from any kind of personal relationship with the students.
4. Knowing students limitations when teaching.
5. Qualities of a teacher - how to be well versed on the path of yoga.

4.3. Teaching as a service - Amar - 2hrs.

1. Role of selfless service in teaching.
2. Why you should not be carried away by name and fame while teaching and focus on growing in practice.
3. Understanding the karma behind teaching.

5. Practicum : 10 Hours

Total contact hours : 10 hrs

Lead trainer : Amar (YA ID : 185974) - 5 hrs

Other faculty : Harsha - 5 hrs

Lead trainer : Amar (YA ID : 185974) - 5 hrs

Leading the class - Last seven days of the training, each student will have to teach one class every day(5hrs in total) in the morning and assist lead teacher in the evening (5hrs).

Interaction with the students - Interacting and get the inputs from the students who attend the class in order to avoid makes in future, If any.

Other faculty : Harsha - 5 hrs

Being the lead teachers assistant- How to observe the senior teachers teaching and what to learn from them and how to learn from them. The technique of helping students in achieving the final Yoga posture with the help of one another or with the help of teacher.

Reviewing after the completion of the class - How to interact, how to teach, what to teach & everything a qualifying student has to know and also teach and getting feedback from the fellow students.

6. Non contact hours - 18 hrs

Topics :

1. Introduction to Vedanta by Mr. Vishwajith, briefly explaining the different vedas and upanishads. Introduction to each of the 4 Veda's and the 10 prominent upanishads. The six systems of Indian Philosophy.
2. Assignment presentation and group discussion.
3. Documentary videos on History of yoga, BKS Iyengar and Spiritual journey.
4. Visit to Art of living International Ashram , Om Shanthi Dhama Gurukula and Veda Gurukula in Bangalore.

Total contact hours :

Lead trainer : Amar (YA ID : 185974) - 84 hrs

Other faculty : Harsha - 69

Other faculty: Radhika - 30