

200 Hour Yoga Teacher Training Syllabus

Recitation of Sacred Sound (Mantra Chanting)

The purpose of mantra chanting in yoga is to generate vibrations and connect with the universe. Each mantra is special and rich with spiritual energy.

- Om Asato Maa Sadgamaya (Mantra from Upanishad)
- Tvameva mata ca pita Tvameva (Sloka on gods)
- Om Tryambakam Yajamahe (Mantra on lord shiva)
- Om sahana vavatu (Mantra from Upanishad)
- Guru Brahma Guru Vishnu Gurudevo maheshwara (Guru stotram)
- Yogena Cittasya (Sloka on sage Patanjali)
- Hare rama, Hare Krishna (Maha mantra)
- Om purna madah purna midam (Everything starts from infinite and ends in infinite)
- Sarve Bhavantu Sukhinah
- Yoga Postures (Asana)

Students will gain extensive knowledge of yoga postures and will increase their strength, flexibility and discipline.

Hatha Yoga (Asanas)

1. Pawanmuktasana series 1
2. Pawanmuktasana series 2
3. Pawanmuktasana series 3
4. Surya Namaskar (sun salutation)
5. Chandra Namaskar (Moon salutation)
6. Tadasana (palm tree pose)
7. Triyak tadasana (swaying palm tree pose)
8. Trikonasana (triangle pose)
9. Parivirtatrikon asana - revolving triangle pose
10. Utkatasana - chair pose
11. Virabhadrasana 1 - warrior 1
12. Virabhadrasana 2 - warrior 2
13. Virabhadrasana 3 - warrior 3
14. Ardha Chandrasana - Half moon pose
15. Vrksasana - tree pose
16. Parvatasana - mountain pose
17. Adho mukha svanasana - downward facing dog
18. Kati chakrasana - waist rotating pose
19. Malasana - squatting yoga pose
20. Garudasana - eagle pose
21. Baddha Konasana - bound angle pose
22. Rajakapotasana - pigeon pose
23. Bhujangasana - cobra pose
24. Urdhva mukha svanasana - upward facing dog
25. Matsyasana
26. Setu Bandhasana

27. Ustrasana
28. Dhanurasana
29. Salabhasana
30. Supta Virasana- reclining hero pose
31. Virasana - hero pose
32. Vajrasana - thunderbolt
33. Gomukhasana
34. Balasana
35. Dandasana
36. Ardha Matsyendrasan

Pranayama (Breathing Practices)

Pranayama is an ancient yogic breathing technique that is used as preparation for meditation and is a vital aspect of practicing yoga. It improves the respiratory system and purifies the body and mind.

Week 1

- Clavicular, Thoracic and Abdominal breathing includes :
 1. Nadishodhan, Ujjayi, Kapal bhati, Surya bhedi, Sheetal , Sheetakari, Chandra Bhedi.

Week 2

- Sitting postures for pranayama sadhana:
 1. Sukhasana, Half Lotus Pose, Full Lotus Pose

Week 3

- Mudras (Yoga Gestures)
 1. Jnana Mudra, Chin Mudra, Yoni Mudra, Bhairavi Mudra, Kechari Mudra.

The practice of Mudra hand gestures is an ancient facet of yoga. Performing gestures affects the energy flow of the body and can change a person's spiritual and mental characteristics.

- Yoga Bandhas (Energy Lock)
 1. Preparation, Uddiyana, Jalandhar, Mula & Maha Bandha Teaching

The practice of Bandhas expands the lung capacity and breathing capabilities during yoga. It also strengthens the entire body from the inside out.

Week 4

- Teaching Doubts

Meditation (Dhyana)

Meditation is a systematic practice that promotes physical, mental and emotional tranquility with the purpose of reaching Samadhi (self-realization).

- **Introduction to Meditation**
 1. Breathing Awareness Meditation
 2. Om / Mantra Meditation
 3. Trataka
 4. Dynamic meditation
 5. Tips for developing concentration
 6. Silence Practice
 7. Antar mouna

Yoga Nidra (Psychic Sleep)

When a yoga practitioner moves through the various internal states of Yoga Nidra, a profound experience of relaxation occurs. This is called “Turiya,” a sensation of pure bliss.

1. Basic Relaxation
2. Tension Relaxation
3. Full Body Relaxation

Yoga Cleansing (Shatkarma)

Yogic cleansing exercises are important to learn how to incorporate your breath and meditate properly during physical aspects of yoga. It also removes the blockages in the energy channels.

1. Rubber-neti
2. Jala Neti
3. Kunjal Kriya or Vaman
4. Kapalbhata- cleansing the lungs

Anatomy and Physiology (Sharir Vijnan)

The proper understanding of the physical body will help to prevent injury before, during and after practice. There are two kinds of yoga anatomy: physical and spiritual. Understanding both types are needed.

- **Brief overview:**
 1. Digestive System
 2. Respiratory System
 3. Circulatory System
 4. Nervous System
 5. Endocrine System
 6. Organs
 7. Bodily systems
 8. Nadis
 9. Chakras
- **Guidelines in Studying Asana Anatomy**
 1. Muscular System
 2. Skeletal System

3. Muscle Functions according to Joint Movements

- **Anatomy**

1. Breathing & Inversions

Yoga Philosophy (Yoga Darshana)

Yoga Philosophy is the foundation of our yoga practice and is the key to earn yogic strength. Through the path of Vedanta Philosophy, you will establish a solid, well-rounded yoga practice.

- **Week 1**

1. Introduction to the Himalayan Tradition of Yoga
2. Introduction to the different Indian Philosophy
3. History of Yoga
4. Yoga Sutra of Patanjali
5. Types of yoga

- **Week 2**

1. Eight limbs of yoga
2. Yamas and Niyamas(Ethics of yoga)
3. Philosophy of Asana
4. Concentration and its power

- **Week 3**

1. 4 aspects of mind
2. How to control the mind
3. Samadhi and the goal of yoga
4. Introduction to Bhagawat Geeta

- **Week 4**

1. Chakras
2. Science of Karma
3. Indian culture and Spirituality and Evaluation

Teaching Practice (Adhyapanam)

Students will take turns practicing their teaching skills by performing in front of their peers and teachers.

1. Demonstration
2. Alignment
3. Instructions

Teaching Methodology

A yoga teacher should efficiently perform the practical applications of class planning and preparation. At RYK Yoga School, our students will learn how to create a positive and peaceful class environment for an enjoyable and transformative experience.

1. Positive & conscious communication.
2. Friendship and trust.
3. Time management
4. Qualities of a teacher
5. Principles of demonstrating, observation, assisting, correcting.
6. Use of voice in class
7. Mental & emotional preparation for teaching.
8. Class preparation
9. Step by step class structure planning.

Assessments are based on:

The whole teacher training program is scheduled and organized in International capital of Yog-Rishikesh at our Yog School. The natural environment, divine fragrance in the air, the sound of the waves of river ganges is a divine experience in which you will spend the whole time. Along with the eternal beauty and peace of nature the course has below salient features.

1. Written Test
2. Oral Test
3. Attendance
4. Performance
5. Behavior