

# **Aerial 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 Matsyendrasana

### **Aerial Yoga Asanas**

Students will use an Aerial Yoga Hammock as well as a traditional mat to perform exercises.

- Shoulder and core strengthening exercises .
- Sun salutations and Asanas which will include close pelvis, open pelvis, forward fold and backbends
- Evaluation

### **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, Sheetali , 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 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.

- **Overview and understanding of Yoga and Koshas**

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

## **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.