

## Mantra Chanting

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### Mantra

Mantras are sacred sounds, words, or phrases which are recited to attain spiritual attention. In other words, a mantra is a tool of the mind. It helps the mind in focusing better.

- Art of Mantra
- Science of Mantra
- Power of Mantra
- Formation of Mantra
- Mantra as a Religion
- Vibration of Sound

### Mantra Chanting

Mantra Chanting is a powerful tool which develops a spiritual connection inside you. It, in turn, creates a balance between the body, mind, and spirit.

- How to chant the mantra properly?
- Om Mantra
- Peaceful Shiva Mantra
- Energetic Durga Mantra

- Kundalini Mantra
- Ganesha Mantra for removing hurdles
- Joyous Krishna Mantra
- Gayatri Mantra for the purification of the mind
- Sahana Mantra for Guru Disciple Study
- Guru Mantra for paying homage to Guru
- Early Morning Chant - asato ma sadgamaya, tamaso ma jyotirgamaya, mrtiyorma amrtam gamaya, om shanti shanti shanti ||
- Surrender Mantra - twameva mata cha pita twameva, tvameva bandhushcha sakha tvameva, tvameva vidya dravinam tvameva, tvameva sarvam mama deva deva ||
- Maha Mritunjaya Mantra - Om Tryambak Yajamahe, Sugandhim Pushtee-Vardhanam, Urvarukmeva Bandhanaan, Mrtyoh-Mrukshiya MaaMmrataat
- Patanjali Mantra (Yogenacittasya)
- Suryanamaskar 12 Mantra - Om Mitraaya Namaha, Om Ravaye Namaha, Om Suryaaya Namaha, Om Bhaanave Namaha, Om Khagaya Namaha, Om Pooshne Namaha, Om Hiranyagarbhaaya Namaha, Om Mareechaye Namaha, Om Adityaaya Namaha, Om Savitre Namaha, Om Aarkaaya Namaha, Om Bhaskaraaya Namaha

## Multisyle Yoga ( Hatha Yoga and Vinyasa Yoga)

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Traditional Hatha Yoga sessions conducted by our school are a positive workout for one's physical and mental wellness. It originated years ago with the aim to attain health and peace. The practice also benefits you with strength and flexibility.

- PavanMuktasana series 1 (15 practices)
- PavanMuktasana series 2 (10 practices)
- PavanMuktasana series 3 (10 practices)
- Surya Namaskar (Sun Salutation) (12 asana series)
- Chandra Namaskar (Moon Salutation) (12 Asana Series)
- Standing postures series .
- Kneeling postures series .
- Sitting Postures series
- Forward bending postures series.
- Backward bending postures series .
- Supine postures series .
- Prone Postures series.

- Fire Series series .
- Inversions series .
- Twisting postures series.
- Balancing Postures series.
- Relaxing Posture series.
- Meditative Asana Series.

### **Theory of Hatha Yoga**

You have done practice sessions but what about theory? It is also as important as practice sessions. If you are not theoretically aware of Hatha yoga and its elements, you are not able to practice it well.

- Hatha Yoga Philosophy
- Ancient Scriptures & Texts of Hatha Yoga
- Aim and Objectives
- Yoga as a Therapy
- Yoga as Balancing

- Connection of Hatha Yoga with Chakras, Nadis, Kundalini, and the Subtle Body

## Pranayama (Breathing Practices)

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Prana, the life energy Yama means control. It is the foundation practice of traditional form of yoga. It is not just a breathing practice but much more than this. The class of pranayama reveals its secrets and the power of pranayama to gain the right health, peace, and balance.

The three week course offers a different experience, such as,

**Week 1:** Step wise knowledge of pranayama and building strength.

**Week 2:** From the beginning to the deep core of pranayama.

**Week 3:** Advance practice by holding the breath and manifesting chakra awareness.

### Pranayama Topics:

- Definition of Prana
- Definition of Pranayama
- Definition of breath
- Connection of the Prana and the breath
- Importance of Pranayama
- Benefits of Pranayama
- Preparing ourselves to practice pranayama

- Aspects of Breathing
- Ancient Texts of Breathing
- General understanding
- Knowledge of nostrils
- Activating nostrils for pranayama
- Secrets of Pranayama
- Breath flow in 5 elements
- Unit of Prana
- Function of Prana
- Three levels of Prana
- Three Gunas
- Flow of Prana
- Quality of breath

- Imbalance of Prana
- Retention of breath
- 6 Sitting postures for Pranayama practices
- Breathing pattern
- Chakras and Kundalini connect with Prana

### **Beginners and Intermediate Practices of Pranayama**

- Clavicular Pranayama
- Thoracic Pranayama
- Diaphragmatic Pranayama
- Yogic Pranayama
- Pranava Pranayama (Om Meditation Breathing)
- Nadi Shodhana Pranayama or Anulom Vilom Pranayama
- Bhastrika Pranayama (Bellows Breath)
- Kapalabhati Pranayama (Skull Shining Breath)

- Bhramari Pranayama (Humming Bee Breath)
- Ujjayi Pranayama (Ocean Breath)
- Sitali Pranayama (Cooling Breath)
- Sitkari Pranayama (Hissing Breath)
- Murcha Pranayama (Swooning Breath Yoga)
- Surya Bhedi Pranayama (Right Nostril Breathing)
- Chandra Bhedi Pranayama (Left Nostril Breathing)

## **Meditation (Dhyana)**

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Just like you involve your body in physical exercise for its benefits, in the same way, meditation is an exercise for mental health. With the power of meditation, you can control your mind and block negative and unnecessary thoughts. You enter into a deep state of relaxation where peace is the ultimate goal.

During the meditation class, you are advised to sit quietly by keeping your focus on a single thing. It helps you in eliminating tension and stress. With the 200 Hours yoga teacher training course, you get to learn basic and intermediate techniques of meditation. The four weeks program work as,

**Week 1:** Introducing Meditation and Building Foundation

**Week 2:** Making the mind able to focus on a single aspect with concentration process and exercises.

**Week 3:** Meditation Techniques & Chakra Awareness and Kundalini Meditation

**What'll you learn?**

- What is Meditation?
- History and Origin of Meditation
- How to prepare yourself for Meditation?
- What Meditation is actually?
- What Meditation is not?
- Why to meditate?
- How to meditate?
- Where to meditate?
- When to meditate?
- Philosophy of Meditation
- Meditation Traditions
- Meditation Scriptures
- Aim and Objectives of Meditation

- Sitting Positions
- How to Sit Correctly
- Preliminary Practices Before Practicing Meditation
- Diaphragmatic Breathing in Meditation
- Correct Breathing in Meditation
- How to Relax in Meditation?
- Lifestyle in Meditation
- Diet of Meditation
- Why should one sleep while meditating?
- What are the rules of meditation?

### **Styles of Meditation Practices**

#### **Himalayan Meditation Practices**

- Basics Foundation Meditation Practice
- Breath- Mind- Mantra Awareness
- Trataka Meditation

- Music Meditation

- Om Meditation

- Mantra Power Meditation

### **Active Meditation Practices**

- Dynamic Moving Meditation (Osho)

- Buddha Walking Meditation

- Karma Yoga Meditation

- Natraj Meditation

- Sufi Meditation

- Gaurishankar Meditation

- Ajna Chakra Awakening Meditation

- Kundalini Active Meditation

### **Kirtan Even and Creating a Spiritual Vibe**

### **One-Day Silence Meditation**

### **Silence Practice**

### **Yoga Cleansing (Shatkarma)**

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"Shat" means "Six" and "Karma" means "Actions". Thus, as per yogic science, Shatkarma is six cleansing actions that help to clean your body and mind. It is well described in the Hatha Yoga Tradition. Shatkarma is an important practice to maintain a balance between body and mind and also promote well-being. The practice eliminates toxins from the body and unblocks energy channels.

With the 200 Hours Yoga TTC, you will learn,

- Introduction to Shatkarma
- Benefits of Shatkarma
- Risks of Shatkarma
- Who should practice it?
- Who should not practice it?
- Experiences
- Preparation to Shatkarma
- Practices After Completing It
- Cleansing of Nadis or Energy Channels

**Practices that you will learn**

- Jihwa Dhauti (Tongue Cleansing)
- Danta Dhauti (Teeth Cleansing)

- Karna Dhauti (Ear Cleansing)
- Jalaneti (Cleansing with Water)
- Kapalbhata (Mind Cleansing)
- Agnisara (Cleansing with Fire)

## Yoga Philosophy (Yoga Darshana)

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Yoga Philosophy is a powerful subject that can change one's life. Many are confused that it only exists in Patanjali's Yoga Sutras but this is not true. It is the philosophy of life which can also be found in Bhagwat Geeta, Hatha Yoga Pradipika and Upanishads. The basic and main philosophy of yoga is simple, body, mind, and soul are one and one can not separate them.

During the 3 weeks of the 200 Hours Yoga Course, Yoga Philosophy will explain to you the motive of life.

### **Week 1:** The World of Wisdom

- Introduction to Indian Culture
- Spirituality and Himalayan Tradition
- Introduction to the Ancient Scriptures of Yoga and Spirituality
- Meaning of Indian Philosophy
- Purpose of Indian Philosophy
- Introduction to 9 Major Indian Philosophy

- What is Yoga Philosophy the Most Important among All?
- History of Yoga
- Types of Yoga

### **Week 2:** Yoga Sutras of Patanjali

- Patanjali and His Work
- Introduction to Yoga Sutras Text
- Eight Limbs of Yoga (Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha, Saucha, Santosha, and Tapas)
- Yamas & Niyamas
- Philosophy of Asana & Pranayama
- Karmic Science

### **Week 3:** Internal Limbs

- Concentration, Meditation, and Samadhi
- First Chapter
- Second Chapter

- Third and Fourth Chapters of Patanjali
- Mind and Its Control
- Introduction to Bhagavat Geeta & Upanishad

### **Anatomy & Physiology (Sharir Vijnan)**

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In yoga, anatomy is a crucial subject for yoga teachers and learners. In the class, you will get to know physical anatomy and spiritual anatomy.

#### **Physical Anatomy**

- Introduction to Body
- Bodily Structures
- Body Planes
- Anatomical Movements
- Bones of the Skull
- Cervical Vertebrae
- Shoulder Girdle/ Arm Bones/ Pelvic Region
- Deformities of the Spine

- Lower Extremity
- Tendons and Ligaments
- Muscular System
- Nervous System
- Respiratory System

### **Spiritual Anatomy**

- Nadi (Energy Channel)
- Chakras (Energy Centres)
- Kundalini (Prime Energy and Source of All Creativity)
- Pancha kosha (5 Layers)
- Pancha Mahabhuta (5 Elements and Body Structure)
- Tri-Guna (Three Attributes)

### **Bandhas (Energy Lock)**

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Bandhas is the Sanskrit word which means Lock. The aim of it is to block the energy flow from a particular part of the body. When the lock is opened, then the energy flows properly throughout the body and maintains overall wellness and vitality.

- Meaning and Importance of Energy Lock

- Why the Energy Lock and How Our Energy Gets Drained
- Energy Knots and How to Open Them
- Understanding the Three Chakras (Muladhara, Manipura, Visuddhi)
- Experience with Energy Lock
- Benefits and Risks of Bandha Practices

#### **Practices (Beginners and Intermediate Level)**

- Agnisar (Preparation to Uddiyana)
- Vahir Kumbhaka (External Retention)
- Antar Kumbhaka (Internal Retention)
- Ashwini Mudra to prepare Mulabandha
- Vajroli Mudra to prepare Mulabandha
- Mula bandhas (Root lock)
- Uddiyana bandha (Abdominal lock)
- Jalandhar Bandha (Throat Lock)

## Teaching Methodology

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While being a student, it is also necessary to learn to teach. You are on a journey from being a student to a teacher.

- Proper sequence
- Avoid injuries
- Happiness during and after the practice
- Work with various styles of yoga and in all levels
- Meditative experience
- Managing the energy flow
- Balancing the energy flow

### **What you'll learn?**

- Proper demonstration of a Yoga practice
- The proper way to instruct and guide a lesson
- Proper alignment of yoga postures
- Proper adjustment with/ without props
- Yogic personality establishment

## Alignment

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In yoga, alignment is the right way to perform any asana so that one can minimise the risk of injury and reap maximum benefits from it.

### What'll you learn?

- Sense of alignment
- Role of alignment in daily practice
- Balancing prana & chakras
- Alignment and 5 koshas
- Importance of Alignment
- A different aspect of Alignment
- Minimising the risk of injuries
- Increase the movement of joints
- Alignment based on body regions
- Upper Limb alignment
- Lower Limb alignment

- Torso – Thorax - Abdomen – Pelvis Alignment
- Alignment of Head & Neck
- Alignment of the spine
- Basic postures of alignment
- Bringing the body into comfortable zone
- Balancing the body and mind

## Adjustment

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Adjustment in yoga is also about learning the correct technique of yoga.

### You'll learn,

- What is yoga adjustment?
- Sense of yoga adjustment
- Level of yoga adjustment
- Why adjustment is needed in yoga asana
- Role of adjustments in yoga asana class
- The right technique for perfect adjustment

- Bandhas
- Dynamics of each asana
- How to adjust self adjust in a posture
- How to adjust to others during the class
- Methods of Adjustment
- Tools and props to achieve the peak in the posture
- Body weight management
- Safety rules
- Preparations for adjustment

## **Yoga For Health**

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- Yogic counselling for a healthy life.
- Yogic techniques to use in daily lifestyle.
- Yoga cures common diseases like Headaches, migraine, colds, sinus, etc.

- Yoga tools for back issues like backache, slipped disk, sciatica, diabetes, thyroid, spinal deformities, obesity, etc.

## **Evaluation & Certification**

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- Performance during the course
- Attendance
- Practical asana demonstration test
- Written test (Objective and subjective type)
- Behavior