

## Ashtanga Yoga

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More than a teaching session conducted by yog gurus, Ashtanga Yoga is a self-assisted and practice class. All students are doing the same sequence and postures, supported by experienced teachers.

- Introduction
- History
- Awakening the Inner Fire
- The Breath of Life (Prana)
- Chakras
- Eight Limbs of Yoga (Ashtanga Yoga)
- The practice of K.Pattabhi Jois
- Bandha practice
- Drishti (Focusing the Attention)
- Cleansing & Purification
- Developing a pious platform for yogic practice
- Use of yoga props and instruments

- Sun Salutation A & B (week 1) - Surya Namaskar Series A & B
- Standing Asana Series (week 2)
- Sitting Asana Series (Week 3)
- Finishing Asana Series (Week 3)
- Teaching Practices (Traditional & Mysore Style- Week 4)
- Padangustasana (Big toes Posture)
- Pada hastasana (Hand under foot posture)
- Utthita trikoṇasana (A+B) (Triangle posture)
- Utthita parsvakonasana (A+B) (Extended side angle pose)
- Prasarita padottanasana (A,B,C,D) (Intense wide leg stretch)
- Parsvottanasana (Intense side stretch posture)
- Utthita Trikoṇasana (A+B) Triangle posture
- Utthita Parsvakonasana (A+B) Extended side angle pose
- Prasarita Padottanasana (A,B,C,D) - Intense wide leg stretch

- Parsvottanasana – Intense side stretch posture
- Utthita Hasta Padangusthasana- hand to big toe posture
- Ardha bandha padmottanasana (Half-bound lotus forward bend)
- Utkatasana (Fierce pose)
- Virabhadrasana (Warrior pose) A+B
- Dandasana (Staff pose)
- Pascimattanasana (Intense west stretch or sitting forward bend)
- Purvattanasana (Intense east stretch)
- Ardha bandha padma pascimattanasana (Half bound lotus forward bend)
- Tiryangmukha Eka pada pascimattanasana (Reverse the leg, one leg intense stretch)
- Janusirsasana (Head-to-knee pose)
- Marichyasana (Leg Binding Pose)
- Navasana (Boat Pose)
- Bhujapidasana (Shoulder Pressure Pose)

- Kurmasana (Tortoise Pose)
- Suptakurmasana (Reclining Turtle Pose Yoga)
- Garbhapindasana (Womb Pose)
- Kukkutasana (Cockerel Pose, or Rooster Posture)
- Baddha Konasana (Bound Angle Pose, Butterfly Pos
- Upavistha Konasana (Seated Angle Posture)
- Suptakonasana
- Supta Padangustasna
- Ubhaya Padangustasna
- Urdhvamukha Pascimattanasana
- Setubandhasana (Bridge Pose)

### **Finishing Postures**

- Urdhva Dhanurasana (upward bow posture)
- Salamba sarvangasana (shoulder stand posture)
- Halasana (plough posture)

- Karṇa pidasana (ear pressure posture)
- Pindasana (Embryo Pose)
- Matsyasana (Fish Pose)
- Uttanapadasana (Leg Lifting Posture)
- Chakrasana (Wheel Pose)
- Shirshasana (Yoga Headstand)
- Baddhapadmāsana (Bound Lotus Posture)
- Yoga Mudra
- Padmasana (Lotus Pose)
- Uṭpluthiḥ
- Savasana (Corpse Pose)

## Yoga Therapy

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Yoga is the wellness science for nurturing the body, mind and spirit. It is the natural healing process to keep you healthy and free from illness. Yoga therapy uses yoga postures, breathing exercises (pranayama), meditation, and other practices to improve physical and mental well-being. Yoga therapy encourages the amalgamation of the body, mind, and spirit.

In the 300 Hours Yoga Course, you will learn,

- Definition of Yoga Therapy
- Rules and Regulations of Yoga Therapy
- Healing Through Asana, Pranayama and Meditation
- Therapy for Common Diseases

**In the 300 Hours Yoga Course, you will learn,**

- The disease of the head and neck
- Headache
- Thyroid
- Heart problems
- Circulatory problems
- Respiratory system and its disorders
- The common cold
- Bronchitis and Eosinophilia
- Asthma

- Sinusitis and Hay Fever
- Tonsillitis
- Disorder of the Digestive system
- Upper Digestive disorders
- Peptic Ulcer
- Constipation
- Colitis
- Acute Gastro Enteritis
- Diabetes
- Hepatitis
- The problem of Obesity
- Arthritis
- Cervical Spondylitis
- Back pain

- Slipped Disk and Sciatica
- Kidney stones
- Menstrual disorder
- Disorders of the male reproductive system
- Hernia
- Skin problems
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## Ayurveda

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Ayurveda is the oldest and the most natural system of medicine that originated in India years ago. It is approximately 3000 years ago medicinal science. Ayurveda is derived from two words, "Ayur" means "Life" and "Veda" means "Science", thus Ayurveda describes the meaning "Science of Life" or 'Knowledge of Life'. As per Ayurvedic Science, the body is made up of five elements, i.e. Akash (Ether), Vayu (Air), Agni (Fire), Apas (Water), and Prithvi (Earth). These 5 elements create 3 doshas namely, Kapha, Vata and Pitta. When these are balanced, then an individual remains healthy and when these are imbalances, an individual remains ill. Ayurveda helps in balancing all of these to give you a healthy lifestyle.

- What is Ayurveda?
- Ayurvedic Treatment and its Unique Features
- Ayurveda and Its Diversified Areas
- Ashtanga Ayurveda
- Fundamentals of Ayurveda



- Panchamahabhuta [Earth (Prithvi), Water (Jal), Fire (Agni), Air (Vayu) and Aether / Space (Aakash)]
- Kapha
- Vata
- Pitta
- Prakriti- Know Your Constitution

## Mudras

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Mudra is a symbolic gesture. It is normally practiced with hands and fingers, explaining the flow of energy in the subtle body. It brings a wondrous change in body and mind.

The 200 Hours Yoga Course explains,

- Mudras
- The Secrets of Mudra
- The Position of Elements in the Hands
- The Need for Mudra
- Advantages of Mudras
- Special Guidelines About Mudra

- Gyan Mudra (Gesture of Wisdom)
- Purn Gyan Mudra (Gesture of Complete Wisdom)
- Vairagya Mudra (Gesture of Dispassion)
- Abhaya Mudra (Gesture of Fearlessness)
- Dhyana Mudra (Meditation Mudra)
- Vayu Mudra (Gesture of Air)
- Pran Mudra (Gesture of Prana)
- Prithvi Mudra (Gesture of Earth)
- Surya Mudra (Gesture of Sun)
- Varun Mudra (Gesture of God of Water)
- Shoonya mudra (Gesture of Openness, Space)
- Pran-Apan Mudra (Gesture of Prana Apana)

## **Yoga Nidra (Psychic Sleep)**

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Yoga Nidra is also known as Psychic Sleep. The practice creates a state between waking and sleeping. It is a state of consciousness. One can go into this deep and conscious sleep with the practice of guided meditation. Yoga Nidra can also be termed as the victory over sleep. You can relax your mind and complete the sleep of 8 hours in just a short practice of yoga nidra. When you go through the epic, Mahabharata, you get to know that Arjuna (one of the Pandavas) was associated with Yoga Nidra.

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

- Basics of Yoga Nidra
- Meaning of Yoga Nidra
- Purpose of Yoga Nidra
- Different Schools of Yoga Nidra
- Traditions of Yoga Nidra
- Tantric Origin of Yoga Nidra
- Lifestyle for Yoga Nidra Practitioners
- Rules for Yoga Nidra Practitioners
- Benefits of Yoga Nidra
- Risks of Yoga Nidra
- Difference Between Yoga Nidra and Meditation

- Yoga Nidra Experience
- Yoga Nidra and Healing
- 4 States of Consciousness
- 3 Body Awareness
- Tension Relaxation

## **Pranayama**

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Pranayama (yogic breathing): Here the students will learn the clear concepts and practices of Pranayama including different breathing exercises mentioned in Hatha yoga & Kumbhaka (breath retention) with benefits and contra-indications.

- What is pranayama?
- What is the purpose of practicing pranayama?
- What are the contra-indications and benefits of pranayama practices?
- Introduction of Paranayama
- What is breathing?
- Yogic breathing.

- Seetkari Pranayama (Cooling breath).
- Kapalbhathi Pranayama (Frontal brain cleansing).
- Sheetali Pranayama (cooling Pranayama).
- Bharamri Pranayama(Humming Bee Breath).
- Plawani Pranayama(Gulping Breath).
- Nadi Shodhan.
- Anulom Viloma Pranayama (Alternate-Nostril Breathing).
- Surya Bhedi Pranayama (Sun-Piercing Pranayama).
- Chandra Bhedi Pranayama (Moon-Piercing Pranayama).
- Ujjayi Pranayama (Psychic Breath).
- Bhastrika Pranayama ( Bellows Breath).
- Moorcha Pranayama(Swooning Breath).
- Kewali Pranayama (So-Ham Pranayama).
- Udhgeeth Pranayama.

- The Importance and practices of Kumbhaka (Breath Retention).

## 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 4 weeks of the 300 Hours Yoga Course, Yoga Philosophy will explain to you the motive of life.

### **Week 1:** The World of Enlightenment (Yoga Samadhi)

- Yoga and Yoga Samadhi
- How to achieve Samadhi?
- Discipline of Yoga
- States of mind
- Controlling the mind
- What is Samadhi?
- What if we are not in the state of Samadhi?
- The right knowledge, wrong knowledge, imagination, sleep & memory
- Why practice Yoga Samadhi?

- Self-practice
- Types of Samadhi
- Yogi who born with yoga and bodiless yogi
- How to achieve Samadhi?
- What is God?
- What is Om?
- How to overcome obstacles in yoga?
- The utmost Samadhi

**Week 2:** (Yoga Sadhana)

- Tapasya (Intense practice of Yoga)
- How to practice Tapasya?
- Swadhyaya (Self-Analysis, self-discovery)
- Surrender to the Divine
- Kriya Yoga?
- Ignorance and emotional attachment

- Minimising pain
- Past life; pain and pleasure
- How pain lives with you and how it generates and vanishes
- Clear perception
- Right action
- Stability
- Control of sense organ
- Experience of self
- Source of liberation
- How to achieve total withdrawal and separation of mundane psychology
- Viveka kyati – insight discrimination
- Eight limbs of yoga

**Week 3: Yoga Vibhuti**

- Concentration
- Meditation



- Samadhi
- External and internal yoga
- How can a yogi know the past and future
- Understanding the language of animals
- Know about the past life
- Making the body invisible
- How Yogis receive the knowledge of the entire cosmos
- How cessation of hunger and thirst is achieved
- Acquiring complete stillness
- Celestial beings
- How the flash of illumination happens
- How can one have knowledge of the mind
- Siddhis? Are they helpful or hindrances for Sadhana?
- How can one enter another's body

- How can a Yogi walk on thorns and water
- Achieving the divine sense of hearing
- How can one make a body as light as cotton wool that can soar in the sky
- Achieving glorification and indestructibility of bodily qualities.

#### **Week 4: Yoga Kaivalya**

- How Siddhi generates
- Achieving Kaivalya (liberation)
- Revision of the first week- Samadhi Yoga
- Revision of the second week –Sadhana Yoga
- Revision of the third week –Vibhuti Yoga
- Revision of the fourth week – Kaivalya Yoga

## **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 300 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

**Week 4:** Chakra Awareness and Kundalini Meditation

**What'll you learn?**

- Mind and its role in meditation
- Nature of mind
- Why the mind is anxious?
- Meditation as Reverse Journey of Pratiprasava
- Brain Waves
- Music and Meditation
- Emotional Purification Meditation
- Past Life Healing with Meditation
- Samadhi with Meditation

**Styles Of Meditation Practices**

**Himalayan Meditation Practices**

- Advance Foundational Meditation Practice

- Breath- Mind- Mantra Awareness

- Trataka Meditation

- Anapana Meditation

### **Nada Meditation Practices**

- Music Meditation

- Pranava Meditation

- Advance Mantra Meditation

### **Active Meditation Practices**

- Dynamic Moving Meditation (Osho)

- Contemplative walking

- Meditation in daily life

### **Tantra & Kundalini Meditation Practices**

- Meditation for Muladhara Chakra

- Meditation for Swadhisthana Chakra

- Meditation for Manipura Chakra

- Meditation for Anahata Chakra

- Meditation for Visuddhi Chakra
- Meditation for Ajna Chakra
- Meditation for Sahasrara Chakra
- Guru chakra Meditation
- Kundalini Meditation

### **Vipassana & Passive Meditation Practices**

- Breath Awareness
- Mindfulness and Sensation
- Total Awareness Practice

### **Kirtan Dhyan**

### **Mantra Japa**

### **Silence Practice**

## **Mudras**

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### **Hasta Mudra (Hand Mudra)**

- Mudras
- The Secrets of Mudra

- The Position of Elements in the Hands
- The Need for Mudra
- Advantages of Mudras
- Special Guidelines About Mudra
- Gyan Mudra (Gesture of Wisdom)
- Purn Gyan Mudra (Gesture of Complete Wisdom)
- Vairagya Mudra (Gesture of Dispassion)
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- Vayu Mudra (Gesture of Air)
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- Surya Mudra (Gesture of Sun)
- Varun Mudra (Gesture of God of Water)

- Shoonya mudra (Gesture of Openness, Space)
- Pran-Apan Mudra (Gesture of Prana Apana)
- Yoni mudra
- Linga Mudra
- Bhairava Mudra
- Bhairavi Mudra
- Energy Mudra
- Viparita Karnai Mudra
- Mahabandha Mudra
- Mahabheda Mudra

#### **Kundalini Mudra**

- Ashwini Mudra
- Vajroli Mudra
- Sahajoli Mudra

## **Evaluation & Certification**

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