

# YOGA TEACHER TRAINING (300 Hours RYT program)



**Jeevmoksha Institute of yoga studies**

[www.jeevmokshayoga.com](http://www.jeevmokshayoga.com)

Tapovan, Rishikesh

Himalayas, India



योगस्थः कुरु कर्माणि

***A registered yoga school with yoga alliance at 500 hours level.***

 **YogaAlliance**  
Integrity. Diversity. Community.

## **COURSE CONTENTS / SYLLABUS**

- The syllabus of course has been designed to achieve the above mentioned objectives in complete curriculum.
- Course is divided into 4 modules for 4 weeks and each module will be complementary to its successor.
- The approach of study is from beginners to advanced level. Starting with the elementary practices, the course will cover the advanced levels towards the last modules.
- Students will be given exposure to the yogic discipline in a conducive and positive attitude so as to prevent any misconceptions or impressions to be formed.

### **PRACTICAL SESSIONS**

#### **Asanas**

1. Utthita Parsvakonasana (variations)
2. Utthita Trikonasana (variations)
3. Ardha Chandrasana
4. Parivrita Parshvakonasana (Poorna)
5. Parivrita Trikonasana (poorna)
6. Virabhadrasana 3
7. Utthita Hasta Padangusthasana (variations)
8. Paripurna Navasana
9. Vasisthasana (variations)
10. Salabhasana 3
11. Poorna Bhujangasana
12. Urdva Mukha Svanasana
13. Poorna Dhanurasana
14. Raj Kapotasana
15. Poorna Chakrasana (variations)
16. Uttana Padasana (advanced)
17. Halasana (cycle)
18. Niralamba Sarvangasana (cycle)
19. Karnapidasana
20. Sirsasana (variations)
21. Poorna Matsyendrasana
22. Marichyasana 2 & 3
23. Paschimottanasana (variations)
24. Tiriang Mukha Eka Pada Padchimotanasana
25. Krounchasana
26. Padmasana (poorna)
27. Siddhasana
28. Vajrasana
29. Natrajasana
30. Vatayanasana
31. Bhadrasana
32. Bhardwajasana (1&2)
33. Parivritta Janu Shirasana
34. Adho Mukh Swanasana
35. Koormasana
36. Tittabhasana
37. Bakasana

38. Ek pad Bakasana
39. Garbhpindasana
40. Lolasana
41. Vishwamitrasana
42. Vrishchikasana
43. Adho vrksasana
44. Hanumanasana
45. Kandharasana

*(Note: performance and practice of asanas, to a lot of extent, depends on individual capabilities and conditions. Although we teach most of the above mentioned asanas, the students have to keep in mind that a month is not enough time to perform the asanas completely.)*

**Pranayama-** Concepts and practices of Pranayama including different breathing exercises (Shwas kiryas mentioned in Hatha yoga & kumbhak (breath retention) with indications and contraindications. Technique, teaching, method, application, contraindication and benefits of:

- Bhastrika (advanced practise)
- Bhramari (with kumbhak)
- Nadi Shodhan (with antar kumbhak)
- Ujjayi,
- Sheetali, Seetkari,
- Tribandh Pranayama
- Pran Dharana

**Shatkarma** (Cleansing Process) – Technique, teaching, method, application, contraindication and benefits of:

- Vastra Dhauti
- Dand Dhauti
- Tratak
- Laghoo Shakh Prakshalan

**Bandhas** (Energy Locks) – Technique, teaching, method, application, contraindication and benefits of:

- Mool bandha,
- Uddiyan Bandha,
- Jalandhar Bandha,
- Maha Bandha.

**Mudra** (gesture of energy)- Technique, teaching, method, application, contraindication and benefits of:

- Ashwani Mudra
- Tadagi Mudra
- Maha mudra
- Maha vedh
- Shambhavi mudra

**Pratyahar** – Techniques to culminate Pratyahar (sensory withdrawal) to gain a deep relaxation of mental and physical circuits.

- Yoga nidra (advanced practise)
- Ajapa japa (Soham mantra)
- Chakra Dharana

**Mantra Chants and Bhajans:** Participatory hours for chanting mantras, learning the pronunciation and usage of mantras, devotional songs to cultivate the attitude of positivity, to purify the body and mind and to experience and transcendental state of higher awareness through chants and singing.

**Karma Yoga:** Periodic involvement into actions without personal benefits, purely for social awareness and uplifting.

## THEORETICAL SESSIONS

### Yoga philosophy

- **Elements of Universe:** The process of evolution according to Samkhya Darshan
- **Antahkaran** (the mind stuff)
- **Chitta** and its patterns (vrritis)
- **The obstacles in Yoga**
- **How to overcome obstacles**
- **Samadhi** (The states of mental control)
- **Types of Samadhi**
- **Yog Sadhana** (the devoted path of Yoga)
- **Culmination of Pure Intelligence**
- **Method to gain concentration of mind**
- **Vibhootis of Yoga**( Siddhis)
- **The state of Pure existence** (kaivalya)

**Innate nature** of individuals and classification of Yoga

1. Karma
2. Bhakti
3. Gyaan

**Bhagwad Geeta:** Study of classical concepts of personalities and potentials in Indian tradition.

## **Ayurveda**

1. Principles of Ayurveda, (Dhatus & Doshas)
2. Ayurvedic body types,
3. Swasthviritta (the circle of health)

## **Yoga Anatomy**

### **TEACHING METHODOLOGY**

- Learning Constructive and effective skills on how to conduct a class, time management, etc
- Qualities of a yoga teacher and ethical guidelines
- Suitable Environment for yoga practices
- Principles of demonstration, observation, assisting, correcting and style of teaching a class
- Teacher manuals for explanation of principles, methods, advantages of methods
- Students' process of learning and adaptation
- Last 2 week in the curriculum will be devoted to development of teaching skill in the students.

### **TEACHING PRACTICES & EVALUATION**

- Practice teaching and taking of lesson plans
- Observation, feedback, assisting, demonstrate

- **YOGA RELATED TOURISM**

### **PROGRAM FEATURES**

- Practical yoga sessions twice a day.
- Cleansing processes three times a week
- Two theoretical sessions a day
- Weekly assignments
- Lesson plans
- Teaching methodology

## **The course requirements**

### **Master assignment on asanas**

1. 20 asanas to be recorded in note book with details on :
  - a. Technique
  - b. Benefits
  - c. Contraindication
  - d. Adjustments
2. The final report on the assignment has to be submitted towards the last week for assessment and evaluation.
3. The credit points for the assignment are 25.

### **Weekly assignment**

1. Students will be provided with questions each week from the topics covered in that week.
2. Students will be divided in groups to organize a group discussion on those questions and come up with specific descriptions and conclusions which needs to be written in answer sheets provided.
3. The answer needs to be submitted on every Monday to the associated teacher and any doubts raised during the discussion has to be put up in front of the teacher to be clarified.
4. Students should motivate themselves as well as colleagues to actively participate in the discussions and come up with relevant queries as a part of their learning process.
5. The credit points for the assignment will be 25.

### **Lesson planning**

1. In the fifth and sixth week of the course, students will have to prepare and conduct live teaching plans to be taught in the class.
2. The duration of the lesson is 90 minutes .
3. All the components of teaching have be incorporated in the lesson.
4. The credit points for lesson plan are 25.

### **Behaviour and conduct**

1. Remaining 25 credit points will be counted for the following:
  - a. For being punctual in classes
  - b. For a positive all round behavior in and out of class
  - c. For active participation in group activities
  - d. For cleanliness.
  - e. For being compassionate and feeling of community.
2. Students need to obtain at least 40 credit points out of 100 in order to be eligible to obtain the certificate towards the end of the course.
3. In case the required credit points are not up to the mark, the certification can be cancelled by the institute.

## Daily Schedule

<b>Monday to Friday</b> <ul style="list-style-type: none"><li>» 06:30 am – Yogaasanas</li><li>» 08:15 am – Shatkarma/ Pranayama and Kriyas</li><li>» 09:15 am – Breakfast</li><li>» 10:30 am – Yoga Philosophy</li><li>» 12:30 pm – Lunch</li><li>» 02:30 pm – Self study and assignments</li><li>» 03:00 pm – Yoga Anatomy (4 days a week)</li><li>» 05:00 pm – Yoga Asana</li><li>» 06:30 pm – Yoga Nidra/Meditation/Satsang</li><li>» 07:15 pm – Dinner</li><li>» 10:45 pm – Good night</li></ul>	<b>Saturday</b> <ul style="list-style-type: none"><li>» 06:30 am – Yoga Asana</li><li>» 08:15 am – Pranayama</li><li>» 09:15 am – Breakfast</li><li>» 10:30 am – Outing/ spiritual documentary</li><li>» 12:30 pm – Lunch</li><li>» 04:00 pm – Live group discussions on topics of the week</li><li>» 07:15 pm – Dinner</li><li>» 10:45 pm – Good night</li></ul>
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*\*The schedule above is subject to change depending on whether and seasons of the year.*

**List of asanas for the assignment to be submitted in the last week.**

Write down the following on separate sheets:

- Techniques
- Benefits
- contraindications
- adjustment (if any)

1. Ardha Chandrasana
2. Parivrita Parshvakonasana (Poorna)
3. Parivrita Trikonasana (poorna)
4. Virabhadrasana 3
5. Paripurna Navasana
6. Salabhasana 3
7. Poorna Dhanurasana
8. Raj Kapotasana
9. Chakrasana
10. Uttana Padasana
11. Karnapidasana
12. Sirsasana
13. Marichyasana 2
14. Padmasana (poorna)
15. Siddhasana
16. Vatayanasana
17. Bhardwajasana 1
18. Parivritta Janu Shirasana
19. Bakasana
20. Hanumanasana