

200 Hour Yoga Teacher Training Syllabus –

The syllabus of YTT-200 Yoga comprises of theory and practical method of teaching. The students are also imparted training making them competent to take up the job of an instructor in future. Students are imparted with the fundamentals and principles of Yoga, are given practical training in performing varied asanas and their uses on both mental and physical health.

- »Yoga Philosophy
- »Yoga - Introduction
- »Origin of yoga
- »Different paths of yoga -Karma, Bhakti, and Jnana
- »Consciousness and awareness
- »Evolution of awareness
- »Evolution of elements (according to Sankhya darshan)
- »Pancha kosha (five covering or sheaths over consciousness)
- »Annamaya Kosha (physical sheath) - Gross body - Conscious state
- »Pancha-tattva (Five-elements), Sapta-dhatu (Seven-tissues)
- »Pranamaya Kosha (energy sheath) - Subtle body - Subconscious state
- »Pancha-prana (five vital airs)
- »Karmendriya (five organs of action)
- »Nadi (subtle energy channels), Tri-shakti (tried energy)
- »Shat-Chakra (six centers of energy-transformation)
- »Kundalini and Granthis
- »Manomaya Kosha (mental sheath) - Subtle body - Subconscious state
- »Manas (mind), Buddhi (lower intellect), Chitta (memory), Ahamkara (ego)
- »Jnanendriyas (five senses)
- »Jnanamaya kosha (intuitive sheath) - Subtle body - Subconscious state
- »Buddhi (higher intellect)
- »Anandamaya kosha (bliss sheath) - Causal body - Unconscious state
- »Turiya - Pure consciousness
- » Four-sutra (preface of Patanjali's Yoga sutra)
- » Pancha-klesha (five causes of pain and miseries)
- » Raja yoga and hatha yoga
- » Yama, Niyama (social and personal rules and regulations))
- » Dharna (concentration), Dhyan (meditation), Samadhi (self-realization)
- » Asana/Pranayama/Shatkarma/Bandha

- **ASTHANGE YOGA (YAM , NIYAM, ASAN , PRANAYAM , PRATAHAR, DHAYAN ,DHRANA ,SAMADHI)**

Asanas

Dynamic postures
Pawanmuktasana series
Marjari asana
Vyaghrasana
Surya namaskar
Standing postures
Tadasana
Utkatasana
Padhastasana
Trikonasana

Ardh chandrasana
Parsvottanasana
Prasarita padottanasana
Inverted postures
Sarvangasana
Halasana
Twisting postures
Ardh matsyendra asana
Kati chakrasana
Back bend postures
Bhujangasana
Shalabhasana
Dhanurasana
Matsyasana
Ushtrasana
Chakrasana
Gomukhasana
Setu asana
Forward bend postures
Paschimotanasana
Ardh padam paschimotanasana
Padprasar paschimotanasana
Adho mukha svanasana
balancing postures
Vrkshasana
Bak Dhayan asana
Natraj asana
Garudasana
Relaxation postures
Shashankasana
Makarasana
Savasana

Pranayama

Breathing practices
Yogic Breathing
Nadi Shodhan
Kapalbhati
Bhastrika
Ujjayi
Bhramari
Meditative postures
Sukhasana
Padamasana
Vajrasana
Meditational practices
Breath awareness
Tratak
Yog Nidra
Mantra chanting

Shart karm

Jal Niti
Nauli

Kapalbhati
Bandh & mudras
Jalandhar bandh
Mulband
Uddiyan bandh
Mahaband
Maha mudra
Vipreet karni mudra

300 Hour Yoga Teacher Training Course in Haldwani, Uttarakhand

The syllabus of YTT-300 Yoga comprises of theory and practical method of teaching. The students are also imparted training making them competent to take up the job of an instructor in future. Students are imparted with the fundamentals and principles of Yoga, are given practical training in performing varied asanas and their uses on both mental and physical health.

1. **Yoga Philosophy**
2. **Patanjali yoga sutra:**
Yoga text
3. **Upanishad**
4. **Yoga and anatomy**
5. **Teaching methodology**
6. **MANTRA RECITATION**
7. **ASANA : pranayama ,mudra &bandha ,shart karm ,Dhayan Dharna Samadhi**
 - **ASTHANGE YOGA (YAM , NIYAM, ASAN , PRANAYAM , PRATAHAR, DHAYAN ,DHRANA ,SAMADHI)**

Asanas.

Dynamic postures

Pawanmuktasana series

Marjari asana

Vyaghrasana

Surya namaskar

Standing postures

Tadasana

Utkatasana

Padhastasana

Trikonasana

Parivrta Trikonasana

Parshwakonasana

Parivrta parshwakonasana

Veerbhadrasana I

Veerbhadrasana II

Veerbhadrasana III

Ardh chandrasana

Parsvottanasana

Prasarita padottanasana

Inverted postures

Sirshasana step

Sarvangasana

Halasana

Twisting postures

Ardh matsyendra asana

Kati chakrasana

Back bend postures

Bhujangasana

Shalabhasana

Dhanurasana

Matsyasana

Ushtrasana

Kandhrasana

Chakrasana

Gomukhasana

Setu asana

Rajkapotasana

Forward bend postures

Paschimotanasana

Janusirasana

Ardh padam paschimotanasana

Padprasar paschimotanasana

Adho mukha svanasana

Balancing postures

Vrkshasana

Bak Dhayan asana

Natraj asana

Garudasana

Relaxation postures

Shashankasana

Makarasana

Savasana

1. Pranayama

Breathing practices

Yogic Breathing

Nadi Shodhan

Kapalbhati

Bhastrika

Ujjayi

Bhramari

Meditative postures

Sukhasana

Padamasana

Vajrasana

Meditational practices

Breath awareness

Tratak

Yog Nidra

Mantra chanting

Shart karm

- **Jal niti**
- **Nauli**
- **Kapalbhati**
- **Danda**

Bandh & mudras

Jalandhar band

Mulband

Uddiyan bandh

Mahaband

Maha mudra

Vipreet karni mudra

Yoga mudra

Jive bandh

500 Hour Yoga Teacher Training Course syllabuses

The syllabus of YTT-500 Yoga comprises of theory and practical method of teaching. The students are also imparted training making them competent to take up the job of an instructor in future. Students are imparted with the fundamentals and principles of Yoga, are given practical training in performing varied asanas and their uses on both mental and physical health.

- A. Foundation of Yoga: History, Evolution OF Yoga & school
- B. Basic yoga texts: principle Upanishads Bhagwat gita, yoga Vasistha
- C. Patanjali yoga sutra
- D. Hatha yoga texts
- E. Allied science: Anatomy & physiology, diet & Nutrition, General Psychology & Counseling
- F. Yoga & health
- G. Practice of yoga asana: asana, pranayama, Dhyana Dharana, Bandh, Mudra, Shat kriya
- H. Method of teaching
- I. Application of yoga
 - ASTHANGE YOGA (YAM , NIYAM, ASAN , PRANAYAM , PRATAHAR, DHAYAN ,DHRANA ,SAMADHI)

Asanas.

Dynamic postures

Pawanmuktasana series

Marjari asana

Vyaghrasana

Surya namaskar

Standing postures

Tadasana

Utkatasana

Padhastasana

Trikonasana

Parivrtta Trikonasana

Parshwakonasana

Parivrtta parshwakonasana

Veeerbhadrasana I

Veeerbhadrasana II

Veeerbhadrasana III

Ardh chandrasana

Parsvottanasana

Prasarita padottanasana

Inverted postures

Sirshasana

Sarvangasana

Halasana

Pincha Mayurasana

Adho mukha vrkshasana

Twisting postures

Ardh matsyendra asana

Parivritti janu sirshasana

Kati chakrasana

Back bend postures

Bhujangasana

Shalabhasana

Dhanurasana

Matsyasana

Ushtrasana

Kandhrasana

Chakrasana

Gomukhasana

Setu asana

Rajkapotasana

Forward bend postures

Paschimotanasana

Janusirasana

Ardh padam paschimotanasana

Padprasar paschimotanasana

Adho mukha svanasana

Balancing postures

Vrkshasana

Bak dhayan asana

Mayurasana

Natraj asana

Garudasana

Relaxation postures

Shashankasana

Makarasana

Savasana

Pranayama

Breathing practices

Yogic Breathing

Nadi Shodhan

Kapalbhati

Bhastrika

Ujjayi

Bhramari

Meditative postures

Sukhasana

Padamasana

Vajrasana

Meditational practices

Breath awareness

Tratak

Yog Nidra

Mantra chanting

Shart karm

- **Jal niti**
- **Nauli**
- **Kapalbhati**
- **Danda**
- **Dhoti**

Bandh & mudras

Jalandhar band

Mulband

Uddiyan bandh

Mahaband

Maha mudra

Vipreet karri mudra

Yoga mudra

Jive bandh

YTT 100 Hours yoga teacher course syllabus

YTT 100 Hour is actually a part of 200 Hour Yoga Teacher Training in HALDWANI. By the successful completion of 100 Hour Yoga YTT, one can become an RYT(REGISTER YOGA TEACHER) but only after completing the second half of 200 Hours YTT (i.e., other 100 hours yoga teacher training course) within the time period of 1 year.

Students will be honored by the yoga certificates at JYS after the 100 hours yoga course is deemed to be completed.

SYLLABUS OF THE COURSE

BASIC CONCEPT OF YOGA (Definition, meaning and origin)

- A. Patanjali yoga sutra
- B. Application of yoga
- C. Yoga & health
- D. Yoga and anatomy
- E. Asana/Pranayama/Shatkarma.

ASANA

SUKSAM ASAN

- ❖ Pawanmuktasana series
 - Marjari asana
 - Vyaghrasana
 - Surya namaskar
- ❖ **Standing postures**
 - Tadasana
 - Utkatasana
 - Padhastasana
 - Trikonasana
 - Ardh chandrasana
 - Parsvottanasana
 - Prasarita padottanasana
 - Inverted postures
 - Sarvangasana
 - Halasana
- ❖ **Forward bend postures**
 - Paschimotanasana
 - Ardh padam paschimotanasana
 - Padprasar paschimotanasana
 - Adho mukha svanasana
- ❖ **Balancing postures**
 - Vrkshasana
 - Bak Dhayan asana
 - Natraj asana
 - Garudasana
- ❖ **Relaxation postures**
 - Shashankasana

Makarasana
Savasana

PRANAYAM

- **Breathing practices**
Yogic Breathing
Nadi Shodhan

SHARTKARMA

- **Jal niti**
- **Nauli**
- **Kapalbhati**

50 HOURS YOGA TEACHER TRAINING COURSE SYLLABUS

You do not need previous yoga experience to take these courses. You will receive full training and support. Students you will also receive a training manual covering the course content and video clips of yoga postures. In these courses will learn how to structure yoga sessions for specific age groups.

- **Yoga Philosophy and Ethics**
- **Yoga Postures**
- **Yoga Games and Sequences**
- **Breathing Techniques**
- **Relaxation Techniques**
- **Classroom Behaviors**
- **Classroom Environment and Lesson Structure**
- **Yoga Teaching Practice**
- **Asana, pranayama,**

SUKSAM ASAN

- ❖ Pawanmuktasana series
Marjari asana
Vyaghrasana
Surya namaskar
- ❖ **Standing postures**
Tadasana
Utkatasana
Padhastasana
Trikonasana
Ardh chandrasana
Parsvottanasana
Prasarita padottanasana
Inverted postures
Sarvangasana
Halasana
- ❖ **Forward bend postures**
Paschimotanasana
Ardh padam paschimotanasana
Padprasar paschimotanasana
Adho mukha svanasana
- ❖ **Balancing postures**
Vrkshasana
Bak Dhayan asana
Natraj asana
Garudasana
- ❖ **Relaxation postures**
Shashankasana
Makarasana
Savasana

PRANAYAM

- **Breathing practices**
Yogic Breathing
Nadi Shodhan