

SANTHI YOGA TEACHERS TRAINING & RESEARCH FOUNDATION

SYLLABUS FOR 200 hrs T.T.C IN YOGA

SECTION I

YOGA – Theory

UNIT 1 : CONCEPT OF YOGA

1 INTRODUCTION TO YOGA

1.1 UNDERSTANDING YOGA

1.2 DEFINITION OF YOGA

1.3 THE FOUR STREAMS OF YOGA

1.3.1 Karma Yoga

1.3.2 Bhakti Yoga

1.3.3 Jnana Yoga

1.3.4 Raja Yoga

UNIT 2 : WHY YOGA

2.0 OBJECTIVES

2.1 APPLICATION OF YOGA

2.2 YOGA FOR EDUCATION

2.3 Personality Development - Physical Level

2.4 Personality Development - Mental level

2.5 Personality Development - Emotional Level

2.6 Personality Development - Intellectual level

2.7 Personality Development - Spiritual basis

2.8 Benefits as Mentioned in Patanjali Yogasutras, Hatha Yoga Pradeepika etc.

2.9 YOGA AND HEALTH

UNIT 3 : ASTANGA YOGA

3.0 Stages of Raja yoga

3.1 Yamas or self-restraints

3.2 Niyamas (Personal Code)

3.3 Asanas or yogic postures

3.4 Pranayama or vital energy control

3.5 Pratyahara or sense withdrawal

3.6 Dharana or concentration

3.7 Dhyana or meditation

3.8 Samadhi or illumined consciousness

UNIT 4 : THE YOGIC CONCEPT OF HUMAN BODY

4.1 Annâmaya Kosa

4.2 Pranamaya Kosa

4.3 Manomaya Kosa

4.4 Vijnanamaya Kosa

4.5 Anandamaya Kosa

4.6 Concept of Disease

4.7 Yoga Way of Life And Society

UNIT 5 : CONCEPT OF CHAKRAS

- 5.1 **Muladhara Chakra (The Root Chakra):**
- 5.2. **Swadhisthana Chakra (The Sacral Chakra)?.**
- 5.3. Manipura Chakra (**The Solar Plexus**)
- 5.4. Anahata Chakra (**The Heart Chakra**)
- 5.5. Vishuddha Chakra (**The Throat Chakra**)
- 5.6. Ajna Chakra (**The Brow Chakra**):
- 5.7 Bindu or Lalana or Mans Chakra
- 5.8 Sahasrara Chakra (The Crown Chakra)

UNIT 6 : MEDITATION

- 6.1 The Concepts of Meditation
- 6.2 Practical Techniques of Meditation
- 6.3 Simple Meditation Techniques for Beginners**

UNIT 7 : SURYANAMASKARA (Sun Salutation)

UNIT 8 : YOGASANA

8.1 INTRODUCTION TO YOGASANA

- 8.1.1 Animal postures
- 8.1.2 Yogasanas and prana
- 8.1.3 Yogasanas and Kundalini
- 8.1.4 Yogasanas and the body-mind connection
- 8.1.5 Yogasana and exercise
- 8.1.6 Yogasanas classified
- 8.1.7 Dynamic and static yogasanas**
- 8.2 General notes for the practitioner

8.3 Difference between YOGA and other Physical Exercises

8.4 YOGASANAS

8.4.1 Padotthanasana (Raised legs pose)

8.4.2 Naukasana (Boat pose)

8.4.3 Pavanamuktasana Stage I (Wind releasing exercise)

8.4.4 Pavanamuktasana Stage II

8.4.5 Sarvangasana (Shoulder stand)

8.4.6 Halasana

8.4.7 The bridge-Setubandhasana

8.4.8 Chakrasana (wheel pose)

8.4.9 Matsyasana (Fish Pose)

8.4.10 Janusirshasana

8.4.11 Paschimottanasana (Back stretching pose)

8.4.12 Poorvothanasana (Inclined Plane)

8.4.13 Makarasana (Crocodile Pose)

8.4.14 Bhujangasana (Cobra Pose)

8.4.15 Salabhasana (The locust)

8.4.16 Dhanurasana (Bow pose)

8.4.17 Shashankasana (pose of the moon or hare pose)

8.4.18 Tadasana (palm tree pose)

8.4.19 Ushtrasana (camel pose)

8.4.20 Vajrasana (Ankle Pose)

8.4.21 Padmasana (Lotus pose)

8.4.22 Vakrasana (Spinal Twisting pose)

8.4.23 Ardha Matsyaendrasana (Half Spinal Twist)

8.4.24 Kakasana (Crow Pose)

8.4.25 Peacock-Mayurasana (Peacock Pose)

8.4.26 Padahasthasana (Standing Forward Bend)

8.4.27 Triangle (Trikonasana)

8.4.28 Ardha Chakarsana: (Half spinal bending)

8.4.29 Parivriha Trikonasana (Vipareetha Thrikonasana)

8.4.30 Sirsasana (Head Stand)

8.4.31 Marjari-asana (Cat stretch pose)

8.4.32 Shavasana (Corpse Pose)

UNIT 9 : PRANAYAMA

9.1 Prayer

9.2 Aspects of pranayama

9.3 Pranic Body

9.4 Prana

9.5 Abdominal (Diaphragmatic) Breathing

9.6 Thoracic (chest) Breathing

9.7 Upper Lobar (Clavicular) Breathing

9.8 Yogic Breathing

9.9 Chandranuloma – Viloma

9.10 Surianuloma-Viloma

9.11 Surya bhedana Pranayama

9.12 Chandra Bhedana Pranayama

9.13 Kapalbhatai Pranayama (Frontal Brain cleansing breath)

9.14 Bhastrika Pranayama

9.15 Nadi suddhi or Nadi shodhana Pranayama

9.16 Bhramari Pranayama (humming bee breath)

9.17 Ujjayi pranayama

9.18 Sitali

9.19 Sitkari

UNIT 10 : SHAT KRIYAS (SHAT KARMAS)

10.1 ShatKriyas

1. Dhauti/Kunjali

2. Basti

3. Neti

4. Trataka

5. Nauli

6. Kapalbhatai

UNIT 11 : MUDRAS

11.0 FIVE GROUPS OF YOGA MUDRAS

11.1 Hasta (hand mudras)

- 11.1.1 Jnana and Chin Mudras
- 11.1.2 Yoni Mudra (attitude of the womb or source)
- 11.1.3 Bhairava Mudra
- 11.1.4 Hridaya Mudra (Heart gesture)

11.2 Mana Mudra (head mudras)

- 11.2.1 Shambhavi Mudra (**eyebrow centre gazing**)
- 11.2.2 Nasikagra Drishti
- 11.2.3 Khechari Mudra
- 11.2.4 Kaki Mudra (The Crow's beak)
- 11.2.5 Bhujangini Mudra (**cobra respiration**)
- 11.2.6 Bhoochari Mudra (**gazing into nothingness**)
- 11.2.7 *Shanmukhi Mudra* (**closing the seven gates**)

11.3 Kaya Mudra

- 11.3.1 Vipareeta Karani Mudra (**inverted psychic attitude**)
- 11.3.2 Pashinee Mudra (**folded psychic attitude**)
- 11.3.3 Yoga Mudra (**Attitude of psychic union**)

11.4 Bandha Mudra (Lock Mudras)

- 11.4.1 Maha Mudra
- 11.4.2 Maha Bheda Mudra
- 11.4.3 Maha Vedha Mudra

11.5 Adhara Mudra (Perineal Mudras)

- 11.5.2 Vajroli/Sahajoli Mudra

UNIT 12 : BANDHAS

- 12.1. Jaladhara Bandha (throat lock)
- 12.2. Moola Bandha (Perineum contraction)

12.3 Uddiyana Bandha (Abdominal contraction)

12.4 Muhabandha (The great load)

SECTION II

ANATOMY AND PHYSIOLOGY

Basic Understanding of the Various body systems. special emphasis is given to teach the impact of various asanas, pranayama, kriyas bandhs, mudras on the body systems

I. DIGESTIVE SYSTEM I

II. CIRCULATORY SYSTEM

III. ENDOCRINE SYSTEM

IV. EXCRETORY SYSTEM

V. MUSCULAR SYSTEM

VI. NERVOUS SYSTEM

VI. RESPIRATORY SYSTEM