

Syllabus

Theory –

Yoga – Knowledge about basis of yoga, definitions , concept, philosophies and role and benefits of yoga in everyones life. Understanding the aspect of Sprituality and yoga and how yoga can lead ones journey to wholeness and constant happiness.

Knowing about the streams of yoga and related practices- Janna yoga, Raja yoga Bhakti yoga, Karma yoga and Oneness of all the paths.

In this module there will be important Inspiratial scriptures and life messeges of spiritual leaders.

Practical -

Under this module students will learn advance asanas with various methods and techniques from Hatha Yoga , Ashtanga yoga, Vinyasa and iyenger yoga. Yoga Asanas (postures) will include Preperatory practices (lossening and warming up), Standing postures, Sitting postures, Prone postures, Supine postures.

Teaching Methods –

Teaching and learning go hand in hand. Every student has a unique personality and physical and mental state. Under various methods of teaching we provide a basic guideline to understand the need and choosing the technique to help the participant.

Under this section participants practice responsible and careful teaching with deeper awareness and relativity.

Non- contact hours –

This is the time when students need to do self practice and go deeper in understanding of yoga. Under these hours student is expected to put in honest efforts to exercise the learnings of the course and follow all given guidelines. Disciplined and structured practices and teaching of Meditation, asanas, kriyas and yogic lifestyle. Service (Seva) is essential part of this section and all guidelines and effects of it is explained in theory part under Karma Yoga.