



# SPORTS YOGA INTERNATIONAL

## 200 Hour Yoga Teacher Training Course syllabus

### Yoga Philosophy

This class will prepare students to read and understand **Patanjali's Yoga Sutras**.

Each Friday, students will lead a discussion reflecting on the week's readings.

Before class, students should write down one question on a notecard directly related to the day's reading and give this to the teacher at the start of class.

#### Introduction

1. Origin of Yoga
2. Different Paths of Yoga
3. Samkhya Darshan
4. Vedanta Darshan
5. Obstacles in Yoga

#### Ashtanga Yoga (8 Limbs)

1. Yama
2. Niyama
3. Asana
4. Pranayama
5. Pratyahara
6. Dharana
7. Dhyana
8. Samadhi

#### Hatha Yoga

1. Panch Kosha
2. Annamaya Kosha
3. Pranamaya Kosha
4. Manomaya Kosha
5. Jnanamaya Kosha
6. Anandamaya Kosha

### HUMAN ANATOMY-PHYSIOLOGY AND YOGA

#### Introduction

1. Skeletal System
2. Joints and Range of Motion
3. Muscular System

Postural imbalances

#### Physiology of Asana

1. Standing
2. Back Bend
3. Forward Bend
4. Twist
5. Inversion

Digestive System    Respiratory System    Circulatory System    Physiology of Pranayama    Nervous System

Endocrine System    Stress and Homeostasis    Physiology of Meditation

Lesson Planning, Practical and Written Assessment.



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## Mantra recitation

**Mantra** is a word or sound repeated to aid concentration in **meditation**. The reverberating sound harmonious the body and mind.

Ganesha Mantra

Guru Mantra

Shakti Mantra

Gayatri Mantra

Mangalacharan Mantra

Shanti Mantra

## Asana and Pranayama practice sessions.

### 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

Sirsasana

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



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## 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

## Pranamaya Practices

Yogic breathing

Nadi Shodhan

Kapalbhati

Ujjayi

Bhramari

## Dhyana Practices

Breath Awareness

Pranava Dhyana

## Yog Nidra Practices

Visualization

Breathing Meditation

## Mudras

Anjali Mudra

Chin Mudra

Jnana Mudra

Poorna Mudra



# **SPORTS YOGA INTERNATIONAL**

## **Principles and Guidelines**

- » Teaching starts from early in the morning.
- » Respectful behaviour is mandatory at all times on and off the premises.
  - » Respect the rules and regulations of Geet Yoga & Fitness Academy.
    - » Course fees are non-refundable.
  - » Before departure from the Academy, students must return all the books of library.
- » Non veg. food, smoking and drinking alcohol are not allowed in Geet Yoga & Fitness Academy premises.

## **Yoga Teacher Training General Rules & Regulations**

- » Silence should be maintained during training hours.
  - » Home work should be completed regularly.
    - » All the classes are mandatory.
  - » As a part of the evaluation procedure there will be an assessment for certification.
- » Geet Yoga & Fitness Academy reserves the right to disqualify any student at anytime during the course for misconduct.
  - » Eating and drinking (anything other than water) is **NOT ALLOWED** in the Yoga hall.
- » Use of electronic gadgets (i.e., mobile phones, laptops, tablets) during lectures is **STRICTLY PROHIBITED**.
- » Don't bring jewellery, books, extra clothing, bags and purse during asana practice. The Academy will not be responsible for any loss. Only yoga mat, notebook, pen and water bottle are allowed in Yoga hall.
  - » Management expects all students to be punctual for the session.

## **Documents Required**

1. PAN Card
2. Adhar Card
3. Passport (For Foreigners)
4. Two Passport Size Photos.

## **Mode of Payment**

1. Advance
2. Cash
3. Bank Transfer
4. Demand Draft.
5. Online Payment.