



SPORTS YOGA INTERNATIONAL

300 Hour Yoga Teacher Training Course syllabus

Yoga Philosophy

There exists at present a good deal of misconception with regard to the practices of yoga.

Yoga philosophy is needed to get linked with tradition by a direct reference to the treatises.

This class will allow students to understand and appreciate the classical literature of Yoga.

The philosophy of yoga is an integrated view of life. It includes an understanding nature of existence, man and his role in investigating true self. The 300 hr philosophy is comprised of the following yogic texts:

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

Orientation of Patanjali's yoga sutra:

In the Yoga sutras, Patanjali has provided a very scientific and practical exposition of the philosophy and practice yoga. One very important section of the book describes what is commonly called Ashtanga yoga or Eight Limbs of yoga which provides practical guidelines for experiencing the ultimate state of consciousness.. The discourse will be a recollection of Ashtanga Yoga from the 200-hour discourse and will detail the important sutras, including a discussion of the last two chapters

Orientation of Hathayoga Pradipika:

This is a classic text on Hatha Yoga written by yogi Swatmarama. The instructions given in the text is very useful in understanding the mechanics of the body and channelizing the energies to establish harmony. By bringing balance between sun and moon, one can prepare for a higher possibility. Hatha Yoga – Introduction, relationship of Hathayoga and Rajayoga, greatness of Hathayoga, Hathayogi lineage, importance of Hatha Yoga, Destructives and constructive of yoga, methods of Hathayoga Practice and Yogic diet



SPORTS YOGA INTERNATIONAL

Orientation of Gheranda Samhita:

Gheranda samhita and Hathayoga Pradipika are two of the older main Hatha Yoga text available in India. Dated back a few hundred of years, they are still studied today to understand the therapeutic aspect of Hatha Yoga.

Ghatayoga – » Introduction to Gheranda Samhita, Seven step of Ghatayoga, Benefits of Ghatayoga,

Purification techniques, Classification of asanas and their benefits, A comparative study of Hathayoga and Ghata yoga.

Orientation of Upanishad:

The Upanishads (defined as "to sit with one's self" or "to sit in the presence of the master") are the insights gained by the yogis. It discusses liberation through wisdom. This is the end portion of the Vedas, and the subject of yoga is presented in a conversational form. It is very easy to comprehend the discussion of yoga through the Upanishads.

The quality of discrimination between real and unreal unfolds during the study of the Upanishads. Studying the Upanishads helps the practitioner to implement yoga in their daily lives. A study of the Upanishads inspires the question of, Ko Ham? Who am I?

HUMAN ANATOMY-PHYSIOLOGY AND YOGA

This class provides a meticulous understanding of Anatomy and Physiology of the human organ systems key to one's yogic practice, with a brief discussion of the remaining organ systems. The correlation between the physiology and the psycho-philosophical nature of the human organ systems is also discussed.

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



SPORTS YOGA INTERNATIONAL

This class provides a meticulous understanding of Anatomy and Physiology of different systems.

(i) Muscular System : Muscle classification, histology, properties, distribution, mechanism of muscle contraction, neuromuscular transmission, ligaments and tendons.

(ii) Skeletal System : Bone types, structure and function, spinal column, joints, end field restrictions.

(iii) Lymphatic and Immune system : Function of the lymphatic system, major and accessory organs (lymph, lymph nodes, spleen, tonsils, thymus, capillaries), composition of blood corpuscles (red blood corpuscles, white blood corpuscles, platelets). Plasma, lymph, hemoglobin, coagulation of blood and anticoagulants, blood groups and their importance, lymphatic system, immunity types and mechanism of immunity. Relationship of the lymphatic system to pranamaya kosha.

(iv) Cardiovascular System : Function of the cardiovascular system, major and accessory organs (the heart, blood vessels – veins, arteries). Properties of cardiac muscle, control of cardiac cycle and circulation, cardiac output, blood pressure, heart rate. Relationship of cardiovascular system to annamaya kosha.

(v) Respiratory System - Function of the respiratory system, major organs (nasal cavity, trachea, lungs, bronchioles, bronchiole trees, alveolar sacs, diaphragm, chest, shoulder and back muscles). Mechanism of breathing, exchange of gases, pulmonary function tests, lung volume, control of respiration. Relationship of respiratory system to annamaya kosha.

(vi) Digestive System - Function of digestive system, major and accessory organs (mouth, salivary glands, tongue, esophagus, stomach, pancreas, liver, gall bladder, small and large intestines).

Mechanism of secretion of: saliva, gastric juice, pancreatic enzymes, bile, intestinal secretions.

Role of these secretions in digestion of food, absorption and assimilation of nutrients and excretion of feces.

Relationship of digestive system to annamaya kosha.



SPORTS YOGA INTERNATIONAL

(vii) Endocrine System - Function of endocrine system, major and accessory organs

(thyroid, parathyroid, hypothalamus, thalamus, adrenal glands, hippocampus, pituitary gland, reproductive glands). Hormones produced by these glands and their effect on hypo- and hyperactivity of the body. Role of insulin in glucose metabolism. Relationship of endocrine system to manomaya kosha.

(viii) Nervous System : Function of nervous system, major and accessory organs

(brain, spinal column, cranial nerves, spinal nerves). Gross anatomy of the brain: cerebrum, cerebellum, spinal cord. Physiology and important connections of cerebrum, pons, medulla, thalamus, hypothalamus, pineal gland, pituitary gland, cerebellum. Physiology of Somatic Nervous System and Autonomic Nervous System: Sympathetic and Parasympathetic Nervous System. Relationship of nervous system to manomaya kosha.

(ix) Physiology of main Asanas

(x) Common yoga injuries and its prevention

Teaching methodology:

To structure and sequence a class

Modification techniques

Teaching different meditation techniques

Organizing and preparing for workshop

Principles of demonstration, observation, alignment and correction

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



SPORTS YOGA INTERNATIONAL

Yoga Asanas

200-hour Asanas will be presented in an advanced form. Proper postural alignment in each asana is emphasized.

Dynamic postures

Pawanmuktasana series Marjari asana Vyaghrasana Surya namaskar

Standing postures

Tadasana Utkatasana Padhastasana Trikonasana
Parivrtta Trikonasana Parshwakonasana Parivrtta parshwakonasana
Veebhadrāsana I Veebhadrāsana II Veebhadrāsana 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

Forward bend postures

Paschimotanasana Janusirasana Ardh padam paschimotanasana
Padprasar paschimotanasana Adho mukha svanasana



SPORTS YOGA INTERNATIONAL

Balancing postures

Vrkshasana

Bak dhayan asana

Mayurasana

Natraj asana

Garudasana

Relaxation postures

Shashankasana

Makarasana

Savasana

Breathing practices

Yogic Breathing

Nadi shodhan

Kapalbhati

Bhastrika

Ujjayi

Bhramari

Meditative postures

Sukhasana

Padamasana

Vajrasana

Meditational practices

Breath awareness

Tratak

Yog nidra

Mantra chanting



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.