



# SPORTS YOGA INTERNATIONAL

## 500 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.

#### 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.

#### 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



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## 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, seven step yoga, benefits, purificatory techniques, classification practicing methods and 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



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

- (i) Musculo-Skeletal System :** Muscle - Classification - Histology - properties of each type - distribution - Mechanism of muscle contraction (Brief) - neuromuscular transmission (Brief), ligaments, tendons, Skeleton-Bones-types, Structure & function, Spinal column. Joints - Types, Structure, Function.
- (ii) Blood and Immune System :** Composition of blood corpuscles - R.B.C., W.B.C., Platelets. Plasma, Haemoglobin - Coagulation of blood and anticoagulants. Blood groups and its importance, lymphatic system, Immunity - types & mechanism.
- (iii) Cardiovascular system :** Anatomy of Heart and blood vessels - Innervation of heart - Properties of cardiac muscle - Control of cardiac cycle and circulation - Cardiac output - Blood pressure.
- (iv) Respiratory System :** Anatomy-Gross & Histological - Mechanism of Breathing, Exchange of gases Pulmonary function tests-lung volumes - Control of respiration.
- (v) Digestive system: Anatomy - Gross and Histological -** Mechanism of secretion of - Saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion - Role of these secretions in digestion of food, Absorption and assimilation and formation of faeces.
- (vi) Excretory System and temperature regulation : Anatomy-Gross & Histology -** Functions of glomerules and renal tubules Micturition and composition of urine - structure and functions of skin-Regulation of body temperature.
- (vii) Endocrine System : Anatomy - Gross & Histological, Thyroid, Parathyroid, Supra - renal, Pituitary, Islets of Langerhans -** Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormones of supra-renal and their action and effect of hypo & hyper activity on the body. Hormones of pituitary gland- its action and effect of hypo & hyper activity on the body.
- Role of insulin in glucose metabolism.



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**(viii) Central Nervous System :** Anatomy - Gross - Cerebrum, cerebellum, Spinal cord. Histology -

Nerve - structure and properties of neurons - Nerve - Action Potential - generation propagation

- factors influencing. Classification of neurons and nerve fibers Receptors and reflex arc. Functions

and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum - Autonomic

nervous system - Sympathetic and parasympathetic - anatomy & functions.

(ix) Physiology of main Asanas

(x) Physiology of breathing

(xi) Physiology of stretching

(xii) 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

### Human Anatomy-Physiology and Yoga

Introduction

Cellular system

Skeletal system

Joints and Range of motion

Muscular system i

Muscular system ii

Postural imbalances

Physiology of Asana

Asana – standing

Asana – back bend

Asana – forward bend

Asana – twist

Asana – inversion

Digestive system

Respiratory system

Circulatory system

Physiology of Pranayama

Nervous system i

Nervous system ii

Endocrine system

Stress and homeostasis

Physiology of Meditation

Essence.



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Lesson planning, Practical and written Assessment

## 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

## Asanas

### 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



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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

## Breathing practices

Yogic Breathing      Nadi shodhan      Kapalbhati      Bhastrika  
Ujjayi      Bhramari

## Meditative postures

Sukhasana      Padamasana      Vajrasana

## Meditational practices

Breath awareness      Tratak      Yog nidra      Mantra chanting  
Yantra drawing



# **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.