



Yoga Teachers Training Course Syllabus

Yoga-Philosophy

Yoga – Introduction

Origin of yoga

Different paths of yoga

Karma, Bhakti and Jnana

Consciousness and awareness

Evolution of awareness

Evolution of elements (according Sankhya darshan)

Panch kosha (five covering or sheaths over consciousness)

Annamaya kosha (physical sheath) - Gross body - Conscious state
Panch-tatva (Five-elements), Sapt-dhatu (Seven-tissues)

Pranamaya kosha (energy sheath) - Subtle body - Subconscious state
Panch-prana (five vital airs)
Karmendriya (five organ of action)
Nadi (subtle energy channels), Tri-shakti (tried energy)
Shat-Chakra (six centre of energy-transformation)
Kundalini and Granthis

Manomaya kosha (mental sheath) - Subtle body - Subconscious state
Manas (mind), Buddhi (lower intellect), Chitta (memory), Ahamkar (ego)
Jnanedriya (five senses)

Jnanamaya kosha (intuitive sheath) - Subtle body - Subconscious state
Buddhi (higher intellect)

Ananadmaya kosha (bliss sheath) - Causal body - Unconscious state

Turiya - Pure consciousness

Four-sutra (preface of Patanjali's Yog sutra)

Panch-klesha (five causes of pain and miseries)

Raja yoga and hatha yoga

Yama, Niyama (social and personal rules and regulations)

Asana (physical posture)

Pranayama (breathing techniques)

Pratyahara (withdrawal of the mind from the senses)

Dharna (concentration), Dhayan (meditation), Samadhi (self-realization)

Asana/Pranayama/Shatkarma/Bandha

Asana

Preparatory practices

Pawanmuktasana series
Makarasana series
Meditative asanas
Standing asanas
Surya namskar series

Backward bending postures

Sarpasana
Gomukhasana
[Bhujangasana](#)
[Dhanurasana](#)
Supt-vajrasana
Chakrasana
[Matsyasana](#)
Setubandhasana
Ustrasana
[Shalabhasana](#)
Kandharasana

Forward bending postures

Janusirasan
[Paschimotanasana](#)
Yogmudrasana
Padprasar-paschimotasana
Ardha-padam-paschimotanasana
Ek-pad-padotanasana
Adhomukha-svansana

Spinal twist postures

Merudand-vakrasana
[Ardh-matsyendrasana](#)
Parivritti-janu-sirshasana

Inverted postures

Sirshasana
Sarvangasana
Halasana
Adhomukha-vrikshasana

Balancing postures

Garudasana
Vatayanasana
Bak-dhyanasana
Natrajasana

Advance postures

Mayurasana
Ashtavakrakarasana
Vashishthasana
Hanumanasana
Vrishchikasana
Poorn-dhanurasana
Rajkapotasana

Pranayama

Anulom vilom
Nadi sodhan
Bhastrika
Ujjayi
Surya bhedi
Bhramari

Shatkarma

Neti
Kapal bhati
Tratak
Sankhprakshalan

Bandha

Mool bandha
Uddiyana bandha
Jalandhar bandha
Maha bandha

Human anatomy and physiology

The human body: Introduction

Cell

Tissues

Organs

System

Digestive system

Circulatory system

Respiratory system

Muscular system

Nervous system

Endocrine system

Skeletal system

Excretory system

Lymphatic system

Homeostasis

Stress: Introduction

Humoral theory

In ancient Indian medicine

In Greek medicine

In Modern medical science

The Brain and its sub cortical centers

Neurohumors

Neurohumoral response to stress

Stress and Neuro-endocrinal changes

Therapy principles for stress disorders

Stress management through yoga

Asana (physical postures)

Pranayama (breathing practices)

Dhyan (meditation)