

BinduSar™ Yoga YTT

Foundation Curriculum 200 hrs

Theory and Practical

**180 contact hours
+ 20 non contact hours**

101

Yoga philosophy and Hatha yoga studies

- 1) Indian philosophy (Astika and Nastika), Six schools of Indian philosophy (Nyaya, Vaisheshika, Samkhya, Yoga, Purva Mimamsa and Vedanta)
- 2) History of yoga, Evolution of yoga,
- 3) Main text from Patanjali Yoga sutras and Hatha yoga pradiipika.
- 4) Traditional schools of Yoga, Modern modification of yoga, Yoga relation with Hinduism and Buddhism
- 5) Hatha Yoga, Raja Yoga (Ashtanga Yoga),
- 6) Introduction of Bhakti yoga, Karma yoga, Gyana yoga.

102

Anatomy and Physiology:

- 1) Movement and Postures, three dimensional analysis, Gravitational analysis, Technical analysis, sight and touch, stretching, Sacroiliac nutation and counter nutation, Pelvis and anatomical perineum.
- 2) The Skeletal system and movement, Anatomy of spine, Symmetry and asymmetry, The Cardiovascular system, blood circulation, heart, pulmonary, systemic and coronary circulation, other organ system, Digestive system, excretory system, Muscular system, Nervous system, Vestibular system.
- 3) Respiratory system, Muscles of respiration, breathing and postures, Somatic and Autonomic systems, Thoracic and paradoxical breathing, Supine and sitting abdominal breathing.

103

Hatha Yoga practices

- 1) Asanas: Detail explanation and practice of Asanas from Hatha yoga. The Asanas are explained in detail to understand their core lying physical, psychological and spiritual aspect. A strong and technically aligned practice of 120 hours.

2) Asanas included in first level course:

- I. Tadasana
- II. Vrksasana
- III. Utkatasana
- IV. Utthita Trikonasana
- V. Parivrtta Trikonasana
- VI. Utthita Parsvkonasana
- VII. Virbhadrasana I
- VIII. Virbhadrasana II
- IX. Parsvottanasana
- X. Chaturanga dandasana
- XI. Dandasana
- XII. Vajrasana
- XIII. Sukhasana
- XIV. Padmasana
- XV. Siddhasana
- XVI. Padangusthasana
- XVII. Prasarita Padottanasana I
- XVIII. Prasarita Padottanasana II
- XIX. Prasarita Padottanasana III
- XX. Prasarita Padottanasana IV
- XXI. Adhomukha Svanasana
- XXII. Vashisthasana I
- XXIII. Sarvanga asana I, II, III
- XXIV. Hala asana
- XXV. Supta padangusthasana A
- XXVI. Supta Padangusthasana B
- XXVII. Bhujangasana Basic
- XXVIII. Dhanurasana basic
- XXIX. Uddharva mukha Dhanurasana/Chakra asana
- XXX. Bakasana
- XXXI. Hanumanasana
- XXXII. Sirsasana
- XXXIII. Paschimottanasana
- XXXIV. Purvouttanasana
- XXXV. Matsyasana
- XXXVI. Marichyasana I & III
- XXXVII. Ustrasana
- XXXVIII. Shavasana

2). Pranayamas: All the major 6 pranayama's and their detail role in human conscious development. Prana and upa prana, Tejas, Ojas.

3). Bandhas and Mudras: All the major Mudras.

Bandhas include: Application of Uddiyana, Moolabandha, and Jalandhara Bandha.

4). Shatkarmas: The cleaning techniques from Hatha Yoga and Gherand Samhita are done to bring graceful effects of yoga. The Shatkarmas included are Neti, Kunjal, Nauli, Kapalabhatti and Trataka.

104

Yoga therapy and diet

1. Common diseases and yoga effectiveness include first basic 8 common ailments.
2. Introduction to Ayurveda, Prakriti, tri doshas, Vata, pitta and kapha, Sapta dhatus and up dhatus
3. Yoga diet, Rituals of eating, Qualities of foods, Six tastes, six season and effect on Doshas. The common ailments and their cure are discussed.

105

Yoga Physiology and Psychology

1. Yoga physiology, Chakras, nadis.
2. Kundalini and its Hazards of wrong activation.
3. Koshas and senses.
4. States of mind, affliction,
5. Motivation, memory, cognition and emotion from the point of Yoga and Modern aspects. Sleep, depression, anxiety, Macro and micro cosmic, subtle energies, powers of mind, Spiritualism.

106

Relaxation and meditation

Yoga Nidra, Dharana sutra, Ajpa japa, Mounna.

Basic Introduction to alternative science

Swara yoga, Vighyan Bhairav tantra and Shakti tantra

107

Teaching methodology and Self-practice

- a) Art of adjustments.
- b) Special and latest developments in adjustments.
- c) Art of designing the group and individual classes
- d) Class psychology
- e) Grounding the class
- f) Flow and viniyasa methodology.

- g) Defining the class and its objective
- h) Impact of yoga on human psychology
- i) Technical analysis of alignment and adjustments
- j) Alignment for various needs
- k) Sequencing the class
- l) Understanding students and their character.
- m) Designing safe and progressive practice of yoga
- n) Ethical guidelines and values for teachers
- o) Journey of 'WOW'
- p) Conducting the classes for fellow students.

Strong physical practice to achieve the base standards on Yoga practices require to be a Yoga teacher with base of Ashtanga Viniyasa 1 & 2 series.

A power point presentation of Yoga on one key yoga topic, additional a 1500 words essay.

Assessment and examination:

- Every month a theoretical written or oral test will be conducted to assess the understanding of yoga. (Applicable only for weekend courses.)
- Final exam will contain written theoretical and Practical evaluation.
- Practical exam contains:
 1. Any 10 postures evaluation.
 2. Shatkarma especially; Neti and Nauli.
 3. Conducting a short class or assessing the case study of any practice.
 4. Assessment by your colleagues in course in line with 360° appraisal to improve your social interaction.

We wish you all the best in wonderful path of yoga teaching and sharing.