



International Yoga Teacher Training Course

This is a registered 200 Hours Yoga Teacher Training Course. The course is spread over 14 weeks(3 months plus), inclusive of contact with master teacher and the remaining hours account towards self-practice, reading, audio/video, group discussion, assignment and assessment from the master teacher.

Training methodology: Meets the standards guidelines of 200 Registered Yoga School, Yoga Alliance, US. Well researched and tested combinations of theory, practical and self-practice are used to bring out the best in every practitioner.

Aim: The course equips the participants with knowledge and firsthand experience of yoga, history of yoga, classical texts of yoga, and application of anatomy and physiology (both eastern and western), philosophy, yoga psychology, teaching methodology, practical knowledge and techniques to perform various yogic practices, modern trends in yoga and ethics of yoga.

Teacher contact course content:

1. Samples of basic class to multi-level Hatha yoga, Power yoga and Vinyasa classes will be given.

Detail techniques in progressing from basic to advanced postures, covering the benefits, contraindications, alignment, key muscles, adjustment, modification, safety and correct of practice.

- Number of asana group = 5
 1. Forward bend
 2. Backward bend
 3. Balancing
 4. Twist
 5. Inverted
- Mudra(gesture): hand, head and body
- Bandha(lock): 4 types
- Pranayama(breathing control): basic breathing, balancing, heating, cooling, tranquilizing
- Shavasana (relaxation)
- Yoga Nidra (psychic sleep or deep relaxation)

- Meditation

Types of meditation:

- Swan meditation
- Kaya stairiam (body stillness)
- Antar Mouna (Inner silence)
- Om chanting

2. Shatkarma(cleansing): jalaneti, tratak, nauli & kunjaj

3. Yoga theory:

- Definition and Yoga history
- Types of Yoga and schools
- Yoga philosophy:
 - ✓ Patanjali Yoga Sutra, Hatha Yoga Pradepika, Bhagavat Geetha.
- Yoga anatomy and physiology:
 - ✓ 3 gunas – the qualities that effect us and surrounding
 - ✓ Pancha koshas – 5 layers of bodies or sheaths in a human framework
 - ✓ Pancha pranas – 5 subtle energies that govern different areas in the body
 - ✓ Nadis – the 3 main subtle energy channels
 - ✓ 7 chakras – the important energy centres in the subtle body that represent our personality and spiritual level
- Yoga Psychology
- Swara Yoga – science of breath
- Physical anatomy and physiology:
 - ✓ joints, muscles, organs, body systems
- Analytical training on Practice techniques
- Analytical training on Teaching techniques
- Teaching methodology

4. Practical teaching: verbal instruction, communication, adjustment, sequencing, modification, using props & theming.

5. Sadhana: personal practice and journal.

6. Course material: training manuals, neti pot and APMB book.

Why choose us:

- i. We have been in the Yoga business since 2006 and started from a small studio to a well-known yoga centre in the market.

- ii. We are constantly improving the Yoga Teachers Training course through the feedbacks of the graduates and providing endless guidance from our years of experiences in teaching classes, conducting courses, running workshops, retreats and spiritual practices.
- iii. Our syllabus and materials are based from the philosophical principles of the Bihar School of Yoga, India and modern trends from the west.
- iv. Experiencing in assisting actual classes in the studio is provided during apprenticeship and may have opportunity to teach or do replacement class in our centre after completion of training.
- v. Opportunity to gain financial stability from teaching part-time to full time.