

Yoga Alliance USA certified 200-Hours Yoga Teacher Training Certification program: Complete Curriculum

Asana:

Pawan Muktasana (Joints movements Exercises- Pre Yoga Poses)

- Pawanmuktasana series 1
- Pawanmuktasana serie 2
- Pawanmuktasana series 3

Warm Up Yoga Salutation (Preparation to Hatha)

- sun salutation (Meditative and Vinyasa)
- Moon Salutation (Meditative and Vinyasa)

Hatha Yoga Asana (Yoga Postures)

- Standing pose
- Sitting pose
- Kneeling pose
- Forward bending asana
- Backword bening asana
- Twisting asana
- Fire series asana
- Tadasana (palm tree pose)
- Triyak tadasana (swaying palm tree pose)
- Trikonasana (triangle pose)
- Parivirtatrikon asana – revolving triangle pose
- Uttkatasana –chair pose
- Virbhdrasana 1 -warrior 1
- Virbhdrasana 2 -warrior 2
- Virbhdrasana 3 -warrior 3
- Ardha Chandrasana- Half moon pose
- Vriksasana – tree pose
- Parvatasana – mountain pose
- Adho mukha svanasana – downward facing dog
- Kati chakrasana – waist rotating pose
- Malasana – squatted yoga pose
- Garudasana – eagle pose
- Baddha Konasana- bound angle pose
- Rajkapoot asana – pegion pose
- Bhujanghasana – cobra pose
- Urdhva mukha svanasana –upward facing dog
- Matsyasana- fish pose
- Setu Bhandasana- bridge pose
- Utrasana- camel pose
- Dhanurasana- bow pose
- Salabhasana- locust pose
- Supta Virasana- reclining hero pose
- Virasana –hero pose

- Vajrasana –thunderbolt
- Gomukhasana– cow face pose
- Balasana– child’s pose
- Dandasana– staff pose
- Ardha Matsyendrasana– half fish twist

Pranayama:

- What is Prana and Pranayama?
- How Prana flows in the body?
- Types of major and sub prana
- Pranayama and life span
- Prana healing
- Know how to breath correctly
- Diaphragmatic breathing and qualities of breath
- Anatomy of pranayama
- Kapal Bhati Pranayama Level I
- Bhastrika Pranayama Level I
- Bhramari Pranayama Level I
- Sitli and Sitkari Pranayama without retention
- Yogic breathing Level I with sitting and supine position
- Nadi sodhanam Pranayama 1 techniques

Meditation:

- What is meditation and what it is not
- Major meditation Tradition
- How to sit in meditation
- How to breathe in meditation
- How to relax in meditation
- How to focus In meditation
- So-ham meditation
- Nadabrahma meditation
- Mantra Meditation

Yoga Nidra relaxation

- Mastering Sleep through Yoga nidra
- Mastering Death through Yoga nidra
- Complete relaxation practice
- Point to point Yoga Nidra

Contemplation-

- Buddha walk
- Contemplation on real Self- Shivoham

Bandha (Energy Lock)

- What is Energy block?
- Reasons of blocking the energy and chakras

- Three majors energy blocks
- Mula bandhas (Root lock) Level I
- Uddiyana bandha (Abdominal lock) Level I
- Jalandhar Bandha (Throat Lock) Level I
- Maha Bandha (Great Lock) Level I

Mudras (Yogic Gesture)

- What is Mudra and its necessity in yoga
- Mudras- The energy channelizer
- Jnana Mudra
- Chin mudra
- Bhairava mudra
- Vishnu/pranayama mudra

Yoga Philosophy:

- Yoga Tradition and History of yoga
- The Classical Texts of Yoga Tradition
- Yoga Sutra of Patanjali – Raja Yoga
- Bhagavat Geeta – Lord Krishna
- What is ashtanga yoga
- Mind and its functions
- Chakras and Kundalini in Yoga
- Hinduism – a way of living not a religion

Alignment and adjustment of yoga poses

- Understanding the balance and imbalance of the body
- Alignment an art to be free from injuries in yoga
- Helping the energy flow correctly in the nadis
- Adjusting pose is a part of yoga therapy
- Applying in all exercises

Mantra Chanting

- Mantra What and Why
- Origin of Mantras and The Vedas
- 4 kinds of Speech
- Gayatri Mantra- om bhūr bhuvah svaḥ
- Shiva Mantra- om namah shivaya
- Guru Mantra- Gurur brahma.....
- Healing Mantras- om triyambakam.....

Yoga Anatomy

- Understanding skeletal system for joints movement
- Function of Muscular system in yoga
- Respiratory system and Pranayama
- Spiritual Anatomy
- Posture anatomy

Yoga therapy

- Foundation of Yoga Therapy
- Importance of Yoga therapy
- Treatment of different kinds of diseases through yoga therapy
- Alternative medicine is the boon for health
- Origin, history and development of Yoga Chikitsa
- Yogic perspective of human existence
- Health, disease and Four Fold Strategy of Yoga Therapy
- Yoga Therapy and Amiable Disorders
- Diagnostic Tools in Yoga Therapy
- Yogic Diet
- Shatkarma and their Therapeutic Benefits
- Asana and their therapeutic application

Teaching methodology

- Role of the teacher in the class
- Sequencing the asana, pranayama and meditation

Tantra Practices

- Understanding what Tantra truly is?
- Tantra breathing to awake kundalini

Ayurveda

- Basic principles of Ayurveda
- Ayurvedic perspective of Human Existence
- Prakrati and its Analysis

Massage

- Ayurvedic Massage

Assessments

- Written Test
- Oral Test
- Attendance
- Performance
- Behavior