

Module 1

Chapters

1. Philosophy:

- Branches of yoga
- Ashtanga Yoga (8 limbs)
- Yama / Niyama
- Swan/Sadhana
- Prana

2. Anatomy and Physiology:

- Anatomy of movements and Joints
- Balancing
- Backbends
- Forward bends
- Twist
- Muscle and resistance
- Spine
- Respiration

3. Practical: ABMB

- Suryanamaskara
- Vajrasana and twist
- Balancing series
- Backbend series
- Forward bend series
- Shatkarma 1 and 2
- Pranayama series

4. Teaching methodology:

- Safety in asana practice
- Corrections
- Demonstrations
- Instructing competency-1

5. Assignments:

- Personal journal
- A and P applications to asana
- Apprenticeship record
- Traditional yoga schools

6. Certification details:

- Exam/assessment
- On going learning

Module 2

Chapters

1. Philosophy:

- Yoga Suthras
- Hatha yoga Pradeepika
- Bagavat Geeta/Gunas
- Pancha Prana
- Chakras

2. Anatomy and Physiology:

- Inversion Series
- Lotus Series
- Pranayama Series
- Yoga Nidra and Meditation
- First Aid

3. Practical: ABMB

- Inversion Series
- Lotus Series
- Power Series
- Vinyasa Series
- Shatkarma 3 and 4
- advanced Asanas
- Yoga Nidra and Meditation

4. Teaching methodology:

- Ethics of a Yoga teacher
- Sequencing
- Teaching Pranayama and Mudras
- Teaching Bandhas and Savasana
- Lesson Planning
- Business /marketing

5. Assignments:

- Application of Yoga
- Research Essay
- Seva and Apprenticeship

6. Certification details:

- Exam/assessment
- On going learning