



**200h
VINYASA/HATHA**

**TEACHER
TRAINING COURSE
Varkala, Kerala**

aṣṭāṅga

Transforming lives through yoga

COURSE OVERVIEW

THEORY

Yoga Teacher Training Syllabus

Module 1: History, Philosophy and Psychology of Yoga

1. History of Yoga

- Mythological Origins
- Modern History
- Chronological Developments

2. Different Types of Yoga

- Karma Yoga
- Raja Yoga
- Bhakti Yoga
- Jnana Yoga

3. Mantras

- Chanting Techniques
- Meanings and Interpretations

4. Yoga Sutras

- Definition of Yoga
- Vrittis (Fluctuations of the Mind)
- Yamas & Niyamas (Ethical Guidelines)
- Asana (Postures)
- Pranayama (Breath Control)
- Pratyahara (Withdrawal of Senses)
- Dharana (Concentration)
- Dhyana (Meditation)
- Samadhi (Absorption)
- Kleshas (Afflictions)
- Obstacles in Sadhana (Practice)

5. Purusharthas

- Dharma (Duty)
- Artha (Money)
- Kama (Desire)
- Moksha (Liberation)

COURSE OVERVIEW

THEORY

6. Basic Instincts

- Ahara (Food)
- Nidra (Sleep)
- Bhaya (Fear)
- Maithuna (Reproduction)
- Refining the Unconscious Mind

7. Pancha Koshas (Five Sheaths of Personality)

- Annamaya Kosha (Physical Sheath)
- Pranamaya Kosha (Vital Sheath)
- Manomaya Kosha (Mental Sheath)
- Vijnanamaya Kosha (Intellectual Sheath)
- Anandamaya Kosha (Bliss Sheath)

8. Panchabhutas (Five Elements)

- Earth (Prithvi)
- Water (Apas)
- Fire (Agni)
- Air (Vayu)
- Space (Akasha)

9. Pancha Pranas

- Prana
- Apana
- Samana
- Udana
- Vyana

10. Anta Karana (Mind and Its Divisions)

- Manas (Mind)
- Buddhi (Intellect)
- Chitta (Memory)
- Ahamkara (Ego)

11. Nadis

- Ida
- Pingala
- Sushumna

COURSE OVERVIEW

THEORY

12. Chakras

- Muladhara
- Swadhisthana
- Manipura
- Anahata
- Vishuddhi
- Ajna
- Sahasrara
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13. Gunas (Qualities of Nature)

- Tamas(Inertia)
- Rajas(Activity)
- Sattva(Harmony)
- Physiology and Gunas

14. States of Consciousness

- Jagriti (Waking)
- Swapna (Dreaming)
- Sushupti (Deep Sleep)

15. Karma and Theory of Karma

- Sanchita Karma (Accumulated Actions)
- Prarabdha Karma (Actions in Progress)
- Kriyamana Karma (Current Actions)

16. Teaching Methodology

- Adult Learning Principles
- Correction and Adjustment Techniques
- Demonstration Skills
- Importance of 'Finding Your Own Voice'

COURSE OVERVIEW

PRACTICALS

Module 2: Yoga Practices

1. Surya Namaskar (Sun Salutations)

- Satyananda
- Sivananda S
- Traditional Variations Surya Namaskar A & B
- Chandra Namaskar (Moon Salutation)

2. Thematic Practices

- Backbends
- Forward Bends
- Spinal Twists
- Balancing Poses
- Inversions
- Transitions
- Moving with Breath
- Layering Techniques

3. Pranayama (Breathing Techniques)

- Kapalbhāti
- Bhastrika
- Sheetali
- Sheetkari
- Kaki
- Nadi Shodhana
- Bhramari

4. Bandhas (Energy Locks)

- Moola Bandha
- Uddiyana Bandha
- Jalandhara Bandha
- Maha Bandha

COURSE OVERVIEW

PRACTICALS

5. Pratyahara (Sense Withdrawal)

- Antarmouna (Stage 1)

6. Dharana & Dhyana (Concentration and Meditation)

- Chidakasha Dharana
- Breath Awareness

7. Kriyas (Cleansing Techniques)

- Kapalbhati
- Neti
- Kunjal
- Trataka

8. Mudras (Gestures)

- Chin Mudra
- Jnana Mudra
- Hridaya Mudra

COURSE OVERVIEW

THEORY

Module 3: Nervous System

Overview:

This module provides a comprehensive understanding of the nervous system, focusing on its structure, function, and role in yoga practice. Students will explore the central nervous system, autonomic nervous system, and concepts such as neuroception, proprioception, neuroplasticity, and neurogenesis.

1. Introduction to the Nervous System

- Definition and Importance
- General Functions
- Classification: CNS, PNS, ANS

2. Central Nervous System (CNS)

- Brain: Structure and Functions
 - Cerebrum
 - Cerebellum
 - Brainstem (Midbrain, Pons, Medulla Oblongata)
 - Diencephalon (Thalamus, Hypothalamus)
 - Prefrontal Cortex and Its Significance in Yoga
- Spinal Cord: Structure and Function

3. Autonomic Nervous System (ANS)

- Sympathetic Nervous System: Structure, Function, and Impact
- Parasympathetic Nervous System: Structure, Function, and Impact

4. Homeostasis and the Nervous System

- Definition of Homeostasis
- Role of the Nervous System in Homeostasis

5. Neuroception and Proprioception

- Perception: Definition and Refinement
- Neuroception: Definition and Significance
- Proprioception: Definition and Importance

6. Neuroplasticity and Neurogenesis

- Neuroplasticity: Definition, Mechanisms, and Examples
- Neurogenesis: Definition, Process, and Promoting Factors

COURSE OVERVIEW

THEORY

7. Practical Applications in Yoga

- Breathwork and the Nervous System
- Asana Practice and Nervous System Regulation
- Meditation and Mindfulness

8. Shatkarmas and Autonomic Nervous System

- Dhauti
- Basti
- Neti
- Nauli
- Trataka
- Kapalbhata

9. Summary and Integration

- Review of Key Concepts

COURSE OVERVIEW

ANATOMY & PHYSIOLOGY

Module 4: Musculoskeletal System

Overview:

This module provides a comprehensive understanding of the musculoskeletal system, focusing on bones, joints, the spine, connective tissues, and the muscular system. Students will learn the anatomy, physiology, and significance of these components in yoga practice, along with practical applications and teaching methodologies.

1. Bones

- Types of Bones
- Identification of Bones
- Functions and Significance

2. Joints

- Types of Joints
- Range of Motion (ROM)
- Factors Affecting ROM
- Importance in Yoga
- Vulnerable Joints

3. Spine

- Parts of the Vertebral Column
 - Cervical Spine
 - Thoracic Spine
 - Lumbar Spine
 - Sacral Spine
 - Coccygeal Spine
 - Understanding Back Pain
 - Causes and Types
 - Preventative Measures
 - Disc Herniation and Sciatica: Management
 - Asanas for Spinal Health
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COURSE OVERVIEW

ANATOMY & PHYSIOLOGY

4. Connective Tissues

- Tendons
- Ligaments
- Fascia
- Cartilage

5. Muscular System

- Understanding Muscles: Anatomy and Physiology
- Types of Muscle Activation
- Role of Muscles in Movement
- Muscle Reflexes

6. Muscle Groups

- Muscles of the Thigh, Spine, and Abdomen
- Strengthening and Stretching Exercises

7. Practical Sessions

- Identification and Palpation of Bones and Muscles
- Joint Mobility Exercises and Assessments
- Spinal Health and Back Pain Management
- Practical Applications in Yoga Practice

8. Teaching Methodology

- Effective Ways to Teach Anatomy
- Incorporating Knowledge in Class Planning
- Adapting Asanas for Musculoskeletal Issues

9. Review and Assessment

- Recap of Key Concepts
- Practical and Theoretical Assessments

COURSE OVERVIEW

A N A T O M Y & P H Y S I O L O G Y

Module 5: Respiratory System

Overview:

This module provides a comprehensive understanding of the respiratory system, its anatomy, and its critical role in yoga practice. Students will explore the mechanics of breathing, pranayama techniques, breath awareness, and the integration of breath with asana practice.

1. Introduction to the Respiratory System

- Overview of Structure and Function
- Importance in Yoga Practice

2. Anatomy of the Respiratory System

- Structure and Function of Respiratory Organs
 - Nose and Nasal Cavity, Pharynx and Larynx, Trachea and Bronchi, Lungs and Alveoli
- Diaphragm and Intercostal Muscles
- Role of the Diaphragm in Breathing

3. Mechanics of Breathing

- Process of Inhalation and Exhalation
- Lung Volumes and Capacities
- Oxygen and Carbon Dioxide Exchange

4. Pranayama (Yogic Breathing Techniques)

- Introduction and Benefits
- Basic Pranayama Techniques

5. Breath Awareness and Control

- Techniques to Develop Breath Awareness
- Breath Control Exercises

6. Respiratory System and Asana Practice

- Relationship Between Breath and Movement
- Using Breath to Enhance Stability

7. Practical Sessions

- Pranayama Practice Sessions
- Breath Awareness and Control Exercises
- Integrating Breath with Asanas

8. Teaching Methodology

- Effective Ways to Teach Respiratory Anatomy
 - Incorporating Knowledge in Class Planning
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COURSE OVERVIEW

A N A T O M Y & P H Y S I O L O G Y

Module 6: Planes of Movement

Overview:

This module provides a detailed understanding of the planes of movement, focusing on their relevance in yoga practice. Students will learn about the basic terminology, the three planes of movement, how to sequence yoga poses based on these planes, and how to identify and assess the range of movements (ROM).

1. Introduction to Anatomy of Movements

- Basic Terminology and Concepts
- Importance in Yoga Practice

2. Planes of Movement

- Sagittal Plane
- Frontal (Coronal) Plane
- Transverse Plane

3. Understanding Sequencing Based on Planes of Movement

- Importance of Sequencing
- Creating a Balanced Sequence

4. Identification of Range of Movements (ROM)

- Factors Affecting ROM
 - Anatomical and Physiological Factors
 - Other Influencing Factors
 - Assessing ROM in Yoga Practice
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COURSE OVERVIEW

NEURO-LINGUISTIC PROGRAMMING

Module 7: Neuro-Linguistic Programming (NLP) and Yoga

Overview:

Yoga psychology and Neuro-Linguistic Programming (NLP) both emphasize the profound connection between the mind and body, offering complementary approaches to personal transformation. Yoga psychology explores the deeper aspects of the mind, utilizing practices like meditation and mindfulness to foster mental clarity and emotional balance. NLP, on the other hand, delves into the patterns of thought and language that influence our behavior, teaching techniques to reframe limiting beliefs and enhance communication. Together, they provide a holistic framework for self-awareness and growth, integrating the ancient wisdom of yoga with modern psychological insights to create lasting positive change.

1. Introduction to NLP

- Brief History of NLP
- Self-Awareness and Development Techniques
- Brain Functions: Left and Right Brain

2. Mind Processes

- Conscious and Subconscious/Unconscious Mind
- Generalization, Deletion, and Distortion
- Representation System

3. NLP Techniques

- Accessing Brain through Eye Movements
 - Association and Dissociation
 - Perceptual Positions
 - State and State Management
 - Submodalities
 - Reframing Techniques
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SCHEDULE & FEE

Course Dates

15th October-8th November
15th November-9th December
15th January-8th February
15th February-11th March
15th March-8th April

Course Schedule

6:30-7:30 AM: Aasana practice & Pranayama
8:30-9:30 AM: Breakfast
9:30-11 AM: Theory
11:00-11:30 AM: Tea Break
1:30-13:00: Theory
15:30-16:30: Theory
16:30-18:00: Practice
18:00-19:00: Journaling & Assignments
19:00: Dinner
22:00: Lights off

On Saturdays, classes will be until 13:00. Sundays are holidays.

Course Fee

- Shared - Non-air conditioned (subject to availability of roommate): 1,600 USD
- Private - Non Sharing - Non-air conditioned: 1,800 USD
- Shared - Air Conditioned (subject to availability of roommate): 1,700 USD
- Private - Non Sharing - Air Conditioned: 1,950 USD

QUERIES



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www.aayanayoga.com

LIVES TRANSFORMED

a'ayana

Transforming lives through yoga

PREVIOUS BATCHES



Tuition, Practical, Certification Course Material and Free membership to Aayana online classes for 3 months after the course.

Prerequisite

A non-refundable deposit of 250 USD is required to register.

The balance fee is to be paid on the first day of the course.

BANK ACCOUNT DETAILS

Aayana Yoga Academy

ICICI Bank, Jayanagar 9th Block

Current Account: 029905500139

IFSC Code: ICIC0000299

TESTIMONIALS



Sony Bhurani | 200 Hr TTC | Online | January 2021 Batch

I just wanted to share my Amazing journey of growth which I achieved from Teacher's Training Course conducted by Aayana Yoga Academy.... initially I had my own doubts about my own body's limitations but I was explained and supported by both of my yoga coaches....Regeesh Sir and Mrinali...they were very supportive and gave me confident that I can gradually do better with my body's limitations in regards to asanas...in this course I have learnt so much, so much about YOGA...that Yoga is just not about Asanas...it's much more than that...it is to know yourself even more and accepting me in totality and next step is to go beyond this body and mind....I am and I will ever be grateful to Aayana Yoga Academy, Regeesh Sir and Mrinali....I urge to that person who is reading this to sign up to this wonderful journey of growth....once again from the bottom of my heart... thank you, thank you, thank you....

Vrushali Sane | California, USA | 200 Hr TTC | Online | January 2021 Batch

Until 2020, I always considered myself a casual yoga practitioner who attended classes at various studios for a workout rather than a mindful practice and understanding of why we do what we do.

Between 2018 – Early 2020, certain events in my life landed me into a depressed state of mind. I could feel myself spiraling into a dark hole and trying to claw my way out of it. A close friend of mine introduced me to Aayana Yoga Academy during this time. Aayana became the rope which I successfully used to get myself out of this pit of doom! My journey began

With the help of Mrinali as my main guru and the other teachers of Aayana, this past year of dedicated practice has turned mindless movement into mindful understanding. Disappointment and self-criticism to small joys and sometimes a pat on the back. Learning to trust myself, my body, and my mind.

Practice has grown into Passion. Passion led me to complete my 250 hours of Yoga Teacher Training and as a Teacher sharing my love for yoga with others. I am yet to meet Regeesh and Mrinali in person, but they are more than just my mentors - they are my friends and part of my support system. Thank you, Aayana Yoga Academy, for what you do and continue to do for the community all around the world.

