

# 300-Hour Yoga Teacher Certification Course – Module 1

## 45 contact hours and 5 non-contact hours

### 1. Anatomy and Physiology – 10 Hours

- a. Study of skeletal movements for selected yoga asanas involving joints movement.
- b. Study of muscular participation/movements for selected yoga asanas with extensive use of muscles.
- c. Transfer of muscular movement during asana flow; principles and protecting the body; principle of tapas.
- d. Nervous system connection with and influence on functions of other physiological system of our body and how its states affect asanas, meditation and pranayama.
- e. Subtle body: Kundalini philosophy and movement.
- f. The Mind: Anatomy of the mind, states of consciousness, manifestations of the mind; techniques and yoga practice for healthy mind.
- g. Subtle Body Anatomy: Meridians, Doshas, Gunas, 5 Elements.

Reading of related material will be required to be completed before each session

### 2. Techniques, Training and Practice – 15 Hours

#### a. Teaching 8-Limbs of Yoga (Pratyahara, Dharana, Dhyana, Samadhi) – 5 Hours

- description, essence of, prerequisites, practicing it, uniqueness, connection with other practices, connection to other limbs, connection to asana practice; instructions on how to teach it during the yoga class; guided practice with the class

Reading of related material will be required to be completed before each session.

#### b. Yoga as therapy – 10 Hours

- principles of yoga therapy; principles and differences of teaching yoga therapy in group sessions and one-on-one sessions; asanas for lower back imbalances, shoulder discomforts, neck discomforts, scoliosis, knee discomforts, migraines, anxieties, trauma

Reading of related material will be required to be completed before each session.

### 3. Elective – Yin Yoga Teacher Training – 20 Hours

- a. Ancient Science of Yoga
- b. Yin and Yang Yoga
- c. Meridian Theory
- d. Sitting
- e. Yin Yoga Postures
- f. Chakras
- g. Awakening Shakti
- h. Breath, Mind and Meditation
- i. Designing Yin Yoga Class
- j. Practicum – Teaching Yin Yoga Class