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# Yoga Teacher Training Syllabus

## – Arogya Yoga School–

### 1. Yoga Philosophy

This class will prepare students to read and understand **Patanjali's Yoga Sutras**.

#### **Introduction**

Origin of Yoga

Different Paths of Yoga

Samkhaya Darshan

Vedanta Darshan

Obstacles in Yoga

#### **Ashtanga Yoga (8 Limbs)**

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana

- Dhyana

- Samadhi

### **Hatha Yoga**

Panch Kosha

- Annamaya Kosha

- Pranamaya Kosha

- Manomaya Kosha

- Jnanamaya Kosha

- Anandamaya Kosha

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## 2. HUMAN ANATOMY-PHYSIOLOGY AND YOGA

Introduction

Skeletal System

Joints and Range of Motion

Muscular System

Postural imbalances

### **Physiology of Asana**

- Standing

- Back Bend

- Forward Bend

- Twist

- Inversion

Digestive System

Respiratory System

Circulatory System

Physiology of Pranayama

Nervous System

Endocrine System

Stress and Homeostasis

Physiology of Meditation

Lesson Planning, Practical and Written Assessment

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### 3. MANTRA RECITATION CURRICULUM

**Mantra** is a word or sound repeated to aid concentration in **meditation**. The reverberating sound harmonious the body and mind.

Ganesha Mantra

Guru Mantra

Shakti Mantra

Gayatri Mantra

Mangalacharan Mantra

Shanti Mantra

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### 4. ASANA AND PRANAYAMA PRACTICE SESSIONS.

**Dynamic Postures**

Pawanmuktasana series

Marjala asana

Vyaghrasana

Surya namaskar

### **Standing Postures**

Tadasana

Utkatasana

Padhastasana

Trikonasana

Parivrtta Trikonasana

Parshwakonasana

Parivrtta parshwakonasana

Veebhadrāsana I

Veebhadrāsana II

Veebhadrāsana III

Ardh chandrasana

Parsvottanasana

Prasarita padottanasana

### **Inverted Postures**

Sirsasana

Sarvangasana

Halasana

Pincha mayurasana

Adho mukha vrkshasana

## **Twisting Postures**

Ardh matsyendra asana

Parivritti janu sirshasana

Kati Chakrasana

## **Back Bend Postures**

Bhujangasana

Shalabhasana

Dhanurasana

Matsyasana

Ushtrasana

Kandhrasana

Chakrasana

Gomukhasana

Setu Asana

Rajkapotasana

## **Forward Bend Postures**

Paschimotanasana

Janusirasana

Ardh padam Paschimotanasana

Padprasar Paschimotanasana

Adho Mukha Svanasana

## **Balancing Postures**

Vrkshasana

Bak Dhayan Asana

Mayurasana

Natraj Asana

Garudasana

Relaxation Postures

Shashankasana

Makarasana

Savasana

### **Pranayama Practices**

Yogic Breathing

Nadi Shodhan

Kapalbhati

Ujjayi

Bhramari

### **Dhyana Practices**

Breath Awareness

Pranava Dhyana

### **Yog Nidra Practices**

Visualization

Breathing Meditation

Chakra Meditation

### **Mudras**

Anjali Mudra

Chin Mudra

Jnana Mudra

Poorna Mudra

**Bandhas**

Uddiyana Bandha

Jalandhara Bandha

Moola Bandha

**Kriyas**

Jala Neti

Kapalbhati

Tratak