

Syllabus of 500 hrs TTC



Indus Excellence Yoga Institute

500hrs TTC is more detailed approach of 200hrs TTC. 500hrs TTC focuses on more technical skills and practical sessions

A. Theory

AI. Yogic Philosophy

- Indian Philosophy
- Samkhya Darshana
- Yoga Darshana (Patanjali Yoga Sutras)
- Etymological Meanings & Definitions of 'Yoga'
- Meanings with Explanation
- Definitions with Explanation
- Bhagavad Gita

- Salient features of Indian Culture
- Only Names & brief understanding

All. Basic Texts of Yoga

- Patanjali Yoga Sutras
- Hatha Pradipika (HP) & Gheranda Samhita (GS)
- Deeper understanding of Hatha Pradipika
- Deeper understanding of Gheranda Samhita
- Deeper understanding of Bhagavad Gita
- Deeper understanding of Upanishads
- Vedas
- Deeper understanding of Puranas
- Detailed understanding of Karma Yoga, Bhakti Yoga, Jnana Yoga

Alll. Anatomy and physiology brief overview

- Digestive system
- Respiratory system
- Circulatory system
- Nervous system
- Endocrine system
- Organs
- Bodily systems

- Nadis
- Chakras
- Guidelines in studying asana anatomy
- Muscular system
- Skeletal system
- Muscle functions according to joint movements
- Yogic Anatomy & Physiology as per Yoga

AIV. Human Psychology as per Yoga

- Personality theories
- Concept of Mind
- Life Style Considerations
- Introduction to Ayurveda

AV. Concepts of Yogic Diet

B. Practical

BI. SukshmaVyayama / Preparatory Practices / Sandhi Chalana kriya – more variation

BII. Shuddhi Kriyas – more variations

BIII. Suryanamaskar – more variations

BIV. Pranayama

- Suryabhedana
- Chandrabhedana
- Ujjayi
- Shitkari
- Shitali
- Bhramari
- Bhastrika
- Sagarbha & Agarbha Nadishodhana Pranayama
- Sectional Breathing
- Yogic Breathing
- Nadishodhana

BV. Mudras in detail

BVI. Mantras

BVII. Meditation

BVIII. Asanas

- Meditative Asanas
- Standing Asanas
- Kneeling Asanas
- Sitting Asanas
- Prone Asanas
- Supine Asanas
- Inverted Asanas

BIX. Bandhas

BX. Teaching Practice

- Practicing communication and teaching in reality
- Developing understanding and practicing of basic skills of public speaking
- Improving demonstration ability to apply teaching methods
- Adapting unique teaching styles of learning
- Learning the documentation of acknowledgement of the aspirant's progress and ability to manage aspirant's needs.
- Developing principles and skills for taking individual and group classes