

Syllabus of 200 hrs TTC



Indus Excellence Yoga Institute

A. Theory

AI. Yogic Philosophy

- Indian Philosophy
- Samkhya Darshana
- Yoga Darshana (Patanjali Yoga Sutras)
- Etymological Meanings & Definitions of 'Yoga'
- Salient features of Indian Culture

AI. Basic Texts of Yoga

- Patanjali Yoga Sutras
- Hatha Pradipika (HP) & Gheranda Samhita (GS)
- Hatha Pradipika
- Gheranda Samhita
- Bhagavad Gita

- Upanishads
- Vedas
- Puranas

AIII. Anatomy & Physiology: Medical Science & Yoga

- Anatomy & Physiology as per Medical Science
- Yogic Anatomy & Physiology as per Yoga

AIV. Human Psychology as per Yoga

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

AV. Teaching methodology of Yoga

B. Practical

BI. SukshmaVyayama / Preparatory Practices / Sandhi Chalana kriya

BII. Shuddhi Kriyas

BIII. Suryanamaskar

BIV. Pranayama

- Suryabhedana
- Chandrabhedana
- Ujjayi
- Shitkari
- Shitali
- Bhramari

BV. Mudras

BVI. Mudras

BVII. Meditation

BVIII. Asanas

- Meditative Asanas
- Standing Asanas
- Kneeling Asanas
- Sitting Asanas
- Prone Asanas

- Supine Asanas
- Inverted Asanas

BIX. 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