

VEDIC HEALERS INSTITUTE

(Soulful study of Ayurveda & Yoga)

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SYLLABUS FOR YOG TEACHERS TRAINING COURSES

THREE courses (one can upgrade to next level at any time)

1. Basic yoga course (100 hrs)
2. Teachers training course (200 hrs)
3. Yoga therapy course (300 hrs)

BASIC YOG COURSE –

Types of Asna and Sukshm Vyayam (stretching exercises)

Perfect yogic postures so this is like preparatory course for preparation to next step.

Details of each Asna, what type of problems they solve and which condition not to perform.

Yogi breathing or pranayama

Some topics of meditation and nadi shudhi along with Yog nidra.

Basic class of anatomy and physiology

TEACHERS TRAINING COURSE (200 hrs and advance 300 hrs)

Advance course comprehensive knowledge of yoga and philosophy.

THEORY and PRACTICE (asna, pranayama, kriyas, bandhas, anatomy and physiology, Yog philosophy, nutrition in yog, teaching practices. Meditations and bhakti yog, relaxations, hatha

yoga and various yoga (Meridian Yog, Antenatal Yog, Power Yog, Aiyanger Yog etc)

YOG Asnas & various common diseases.

These are the twelve segments for the class.

1. Asna – Anatomy and physiology of Asnas, sun salutation, basic yoga poses, asnas, postural alignment, deep relaxation, release of blocked energy,
2. Prana and Pranayama. Different types of nadi shdhnas and pranayamas and their benefits. Kapalbhathi, anulom vilom, ujjayi, bhrastrika, shitali, bharamri.
3. Meditation and consciousness (guide to meditation, what is meditation, why meditation is imp, physical and mental role in emditaion, mantras.
4. Nutrition in yoga -Cleansing diets and processes, food and naturopathy diet and satvik life, vegeasiom, how diets affects mind, balance by nutirion, ayurvedic and naturopathy principles. Healing effects of fasting.
5. Bandhas, Kriyas and mudras (Jalandhar bandha,mool bandha, uddiyaan)
6. Yoga philosophy from Patanjali
7. Hatha yog pradipika
8. Bhagwad Gita and Mantras and karma reincarnation (law of action reaction, retribution anddestiny, self efforts.
9. Chakras
10. Kundalini yoga
11. Teaching practices, training session for all age groups.
12. Different paths of Yoga Jnana Yoga, Raj Yoga, Karma yoga, Bhakti yoga. (hatha yoga, kunadlini yoga.