

# The Yoga Practitioner Training Programme

## Three Year Course Syllabus

### - Outline of Topic Contents



## 1. Yoga Practice

- 1.1 - Individual and Group sessions for personal work and practice.
- 1.2 - Group workshops to develop self planning, planning for others and observational skills through building and working with:-
  - 1.2.1 - Basic Yoga practices.
  - 1.2.2 - Group Yoga practices for Class situations
  - 1.2.3 - Personalised Yoga practices for Tuition or Therapy.

## 2. Yoga Sūtra

- 2.1 - Word by Word Study of the Yoga Sūtra Samādhi and Sādhana Padā.

## 3. Roots of Yoga and Yoga Related Texts

- 3.1 - Definition of Yoga according to root texts.
- 3.2 - Mārga or Approaches through Yoga.
- 3.3 - Extensive overview of Yoga related texts.
  - 3.3.1 - The Upaniṣat.
  - 3.3.2 - The Bhagavad Gītā.
  - 3.3.3 - The Haṭha Yoga Pradīpikā.

## 4. Āsana

- 4.1 - Definition according to primary Yoga texts.
- 4.2 - Principles of Practice.
- 4.3 - Classification of Āsana.
- 4.4 - Sequence building within Āsana.
- 4.5 - Transition and compensation within Āsana.
- 4.6 - Breathing within Āsana.
- 4.7 - Movement and stay within Āsana.

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## Three Year Course Syllabus

### - Outline of Topic Contents continued



- 4.8 - Variation and modification of Āsana.
- 4.9 - Detailed study of Primary, Introduction to Intermediate and Overview of Advanced Āsana
  - 4.9.1 - Standing Āsana.
  - 4.9.2 - Kneeling Āsana.
  - 4.9.3 - Lying Āsana.
  - 4.9.4 - Inverted Āsana.
  - 4.9.5 - Backbend Āsana.
  - 4.9.6 - Seated Āsana.
- 4.10 - Āsana with Mudrā and Bandha.
- 4.11 - Āsana and Sound.
- 4.12 - Observation in Āsana.
  - 4.12.1 - Apprenticeship into the art of observing the practice.
  - 4.12.2 - Theory of observation around the practice of Yoga.

### 5. Prāṇāyāma

- 5.1 - Definition according to primary Yoga texts.
- 5.2 - Relationship between Āsana and Prāṇāyāma.
- 5.3 - Study of important Prāṇāyāma techniques.
- 5.4 - Components of Prāṇāyāma.
- 5.5 - Sequence building within Prāṇāyāma.
- 5.6 - Theory of Prāṇa, Nādi and Cakra.

### 6. Dhyāna

- 6.1 - Introduction into the various aspects of Dhyāna within practice.
- 6.2 - Basic Dhyāna techniques applied through Āsana and Prāṇāyāma.
- 6.3 - Refinement of practice through Dhyāna.

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- Outline of Topic Contents continued



### 7. Cikitsa

- 7.1 - The therapeutic possibilities of Yoga in working with problems or disease.
  - 7.1.1 - Introduction into the various diagnostic therapeutic models.
  - 7.1.2 - Application of Yoga into therapeutic situations.
- 7.2 - Introduction to Āyurveda and its therapeutic links with Yoga.

### 8. Yoga Teaching

- 8.1 - The Work of T Krishnamacharya and TKV Desikachar
- 8.2 - Eastern teaching methodology and the relationship with the student.
- 8.3 - Advantages and disadvantages of group and individual tuition.
- 8.4 - Application of the methodology into group situations.
- 8.5 - Application of the methodology into individual situations.
- 8.6 - Organisational aspects of teaching.
- 8.7 - Ethical aspects of teaching.
- 8.8 - Introduction to Counselling Skills.
- 8.9 - Western Teaching Methodology.

### 9. Saṃskṛta

- 9.1 - Introduction to the Romanised Saṃskṛta alphabet.
- 9.2 - Understanding the important names in Āsana and Prāṇāyāma.
- 9.3 - Application of voice work and techniques for sound in practice.
- 9.4 - Reciting the Yoga Sūtra and Related Yoga Teachings.

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## Three Year Course Syllabus

- Summary of Topic Contents continued



### 10. The Human System

- 10.1 - Study of Anatomy, Physiology, Pathology and Pharmacology of the:-
  - 10.1.0 - Introduction and Cellular system.
  - 10.1.1 - Integumentary system.
  - 10.1.2 - Skeletal system.
  - 10.1.3 - Muscular system.
  - 10.1.4 - Cardiovascular system.
  - 10.1.5 - Lymphatic system.
  - 10.1.6 - Digestive system.
  - 10.1.7 - Respiratory system.
  - 10.1.8 - Nervous system.
  - 10.1.9 - Endocrine system.
  - 10.1.10 - Urinary system.
  - 10.1.11 - Reproductive system.
  - 10.1.12 - Special senses.
- 10.2 - Study of Kinesiology.
  - 10.2.1 - Tissues forming the moving body.
  - 10.2.2 - Principles and Mechanics of movement.
  - 10.2.3 - Basic mechanics applied to Āsana practice.

### 11. Home Study

The home study will include work each weekend chosen from:

- 11.1 - Yoga practice theory and experiential study.
- 11.2 - Yoga Sūtra and related textual study.
- 11.3 - Yoga related texts and textual study.
- 11.4 - Āyurveda and related textual study.
- 11.5 - Western Teaching methodology.
- 11.6 - Counselling skills.
- 11.7 - Anatomy, physiology, pathology and pharmacology.
- 11.8 - Kinesiology.