



## **200 HOURS HATHA YOGA TEACHER TRAINING SYLLABUS**

### **1. Principles of Hatha Yoga**

- a. History of Hatha Yoga
- b. Elements of Hatha Yoga
- c. Opening & Closing Mantras
- d. Sun Salutation - Surya Namaskara
- e. Moon Salutation - Chandra Namaskara
- f. Advanced Sun Salutation - Advanced Surya Namaskara
- f. Class Plans
- g. Introducing the Hatha Sequence to beginners
- h. History of Hatha Yoga (VIDEO)

### **2. Study of Asanas**

- a. How to Come In & Out of the Posture
- b. Modifications
- c. Variations
- d. Common Mistakes
- e. Teaching Practicum
  - i. Surya Namaskara
  - ii. Standing postures
  - iii. Sitting Postures
  - iv. Meditation Postures
  - v. Backbending Postures
  - vi. Twisting Postures
  - vii. Inversions
  - viii. Closing Sequence
  - Body Language, Voice & Floor Management
- f. Asanas to be studied in detail include:
  - Padangustasana
  - Padahastasana
  - Trikonasana
  - Utthita Trikonasana
  - Parivrtta Trikonasana

- Parsvottanasana
- Virabhadrasana I
- Virabhadrasana II
- Vrksasana
- Ardha Baddha Padmottanasana
- Utthita Hasta Padangustasana
- Kakasana
- Bakasana
- Mayurasana
- Mandukasana
- Dandasana
- Janu Sirsasana
- Paschimottanasana
- Purvottanasana
- Baddha Konasana
- Gomukhasana
- Padmasana
- Siddhasana
- Makarasana
- Bhujangasana
- Setu Bandhasana
- Chakrasana
- Ustrasana
- Dhanurasana
- Shalabhasana
- Veerasana
- Vajrasana
- Ardha Matsyendrasana
- Balasana
- Sirsasana
- Eka pada Sarvangasana
- Sarvangasana
- Halasana
- Karnapidasana
- Ubhaya Padangusthasana
- Matsyasana
- Savasana

### **3. Asana Methodology**

- a. Core Principles of Asana Practice
- b. Sequencing & Drawing Postures
- c. The Science of Asanas and their benefits
  - i. Standing Postures
  - ii. Balancing
  - iii. Forward Bending Postures
  - iv. Meditation Postures
  - v. Back Bending Postures
  - vi. Twisting Postures
  - vii. Inverted Postures
- viii. Relaxation Postures

### **4. Relaxation Techniques**

- a. Quick Relaxation Technique
- b. Yoga Nidra
- c. Healing the Body-Mind
- d. Chakra Breathing

### **5. Study of Pranayama (breathing exercises) & Bandhas**

- a. The Mechanics of Breathing
- b. Four Aspects of Pranayama
- c. Introducing the practitioner to his natural breath
- d. Abdominal Breathing
- e. Thoracic Breathing
- f. Clavicular Breathing
- g. Full Yogic Breath
- h. Nadi Shodhana
- i. Bramhari
- j. Bastrika
- k. Kapalabhati
- l. Sheetali & Sheetkari
- m. Ujjayi
- n. Moola, Uddhyana, Jalandhara & Maha Bandha.

### **6. Mudras (Yoga in your hands)**

- a. What are Mudras and how to use them
- b. Mudra exercises

- i. Chin Mudra
- ii. Jnana Mudra
- iii. Shambavi Mudra
- iv. Nasikagra Mudra
- v. Prana Mudra
- vi. Shanmukhi Mudra
- vii. Kechari & Kaki Mudra

## **7. Kriyas & Shatkarmas**

- a. Jala Neti
- b. Laghoo Shankaprakshalana
- c. Agnisara Kriya
- d. Kapalabhati
- e. Trataka

## **8. The Yogic Diet**

- a. Food
- b. Relationship between food and our emotions

## **9. Esoteric study of yoga**

- a. Concept of Nadis
- b. Concept of Koshas
- c. Concept of five Pranas
- d. The chakras

## **10. Yoga Philosophy**

- a. Foundations of Yoga
- b. Concept of Abhyasa and Vairagyam
- c. Ashtanga Yoga (The 8 limbs of Yoga)

## **11. Study of Hatha Yoga**

- a. Sutras related to Asana
- b. Sutras Related to the Origins of Hatha Yoga
- c. Sutras Related to Food & Lifestyle
- d. Sutras related to Pranayama

## **12. Yoga Anatomy**

- a. Cardiovascular System
- b. Respiratory System

- c. Digestive System
- d. Skeletal System
- e. Muscular System

## f. Endocrine System

### **Additional books you can purchase for the program:**

- 1 BIHAR SCHOOL OF YOGA - Hatha Yoga Pradipika
- 2 BIHAR SCHOOL OF YOGA - Asana Pranayama Mudra Bandha
- 3 SIVANANDA - Yoga your Home Practice Companion
- 4 CARL ABBOTT - Dynamics of Hatha Yoga
- 5 YOGA SEQUENCING - Mark Stephens
- 6 ANATOMY OF YOGA - Leslie Kaminoff

Books 1 & 2 are recommended throughout the training, all other books are an excellent source to deepen your studies.