



## 200 HOUR YOGA THERAPY TEACHER TRAINING SYLLABUS

### 1. Study of Health and Disease according to Ayurveda:

- a. What is Ayurveda? (History, Background, Science vs Ayurveda).
- b. Understanding the concept of health and disease according to Ayurveda.
- c. The five element theory and its effects on the body/mind system.
- d. The three doshas, body constitutions or humors known as Vata, Pitta and Kapha, their effects on the body/mind system and how to maintain their balance.
- e. The effect of the doshas in the body according to season, day time and age.
- f. Diseases related to Vata Dosha (80 diseases)
- g. Diseases related to Pitta Dosha (40 diseases)
- h. Diseases related to Kapha Dosha (20 diseases)
- i. Knowing your dosha (Self-assessment)
- j. Diet and Daily Regimen for each dosha.

### 2. Study of Asanas

As asanas from different backgrounds are complementary to each other, the program is designed to create an over all approach of yogic management for the most common diseases which affect mankind today.

*Study of asanas begins with the Pawanamuktasana Series or wind releasing series, which helps release blockages on different parts of the body. It also helps connect the practitioner with the current state of mind through gentle controlled breathing and movement, known as vinyasa krama:*

#### a. Pawanamuktasana Series

- i. Anti-rheumatic Group
- ii. Digestive/Abdominal Group
- iii. Energy Blocks Releasing Group
- iv. Application of these series for common diseases

*Once the practitioner is able to understand the essence of yoga asanas, we move into the fundamental practices of postures, by creating an in-depth understanding of Iyengar Yoga Asanas with the use of Props such as belts, blocks, chairs, bolsters whenever necessary.*

#### b. Restorative Yoga Series

- i. 70 Essential Asanas for sequencing according to a disease:
  - How to come in and out of the posture
  - Common Mistakes
  - Adjustments/Assisting into the posture
  - Benefits of the practice

- Modifications according to Disease
  - Contraindications.
- ii. Sequences for particular diseases based on Restorative Yoga:
- Cardiovascular System
  - Immune System
  - Nervous System
  - Digestive System
  - Respiratory System
  - Urogenital systems.

**c. Cleansing Sequences or Purification Methods:** used according to the patient's state of health one or several methods can be used in a selective basis to help achieve a state of health.

- i. Laghoo Shankaprakshalana (Intestinal Wash)
- ii. Jala Neti (Cleansing of the Nostril Passages)
- iii. Trataka (Cleansing of the Eyes)
- iv. Kapalabhati (Cleansing of the Mind)

### 3. Asana Methodology

- a. Asana Practice, Vinyasa Krama and its Core Principles
- b. Learning to Sequence according to a particular disease.
- c.. Learning How to Draw Postures.
- c. The Science of Asanas and their Therapeutic effects
  - 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
- d. Outline of health assessment for patients/students.
- e. Teaching Practicum
- f. Video: Yoga Therapy between the east & the west.

### 4. Relaxation Techniques

Mankind's modern and fast-paced lifestyle as well as connection to external stimuli (such as digital devices) has created an inability to relax and let go. This in turn may express itself as fear, anxiety, inability to make decisions, depression, loneliness, etc.

Through several relaxation techniques we invite the future yoga therapist to help re-connect his/her students with the "here and now". Some of these techniques are as follows:

- a. Quick Relaxation Technique - A guided 10 to 15 minutes practice which helps release emotional and mental tensions. The student learns how to guide this and is free to apply it on his/her teaching practicum.

- b. Yoga Nidra - Origins and applications of yoga nidra. The student is asked to create its own yoga nidra script as well as learning to create a relaxing voice to guide this practice.
- c. Body-Mind Healing Practice by Osho - this practice is given on digital form as well as practiced with the guidance of the teacher.
- d. Chakra Breathing and Chakra Sounds Techniques - Two different mp3s are given to practice with your future clients.
- e. Tibetan Bowl Healing and Relaxation Techniques - In this practice, we learn to connect with the deep sound of the Tibetan bowls. We also learn to meditate on "nada", the inner sound. Learning to use singing bowls as part of your teaching skills is an important part of a classroom setting as it helps tap on the ability of self-healing innate on each human being.

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

When studying Yoga as therapy, it is essential to understand the connection of the body/mind system with the pranic, or vital body. The student is introduced to the essence of prana (life energy) and its applications towards helping reduce the impact of a disease.

- a. How do we breath?
- b. The four essential aspects of Pranayama
- c. How to introduce the practitioner to his/her natural breath
- d. Abdominal Breathing
- e. Thoracic Breathing
- f. Clavicular Breathing
- g. Full Yogic Breath
- h. Nadi Shodhana
- i. Brammhari
- j. Bhastrika
- k. Kapalabhati
- l. Sheetal & Sheetkari
- m. Ujjayi
- n. Moola, Uddhyana, Jalandhara & Maha Bandha.

Students will be asked to put these aspects of pranayama into practice by learning how to guide several breathing practices.

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

*The student is given daily assignments on mudras, as mudras or healing gestures are subtle in their essence, a digital text on mudras is given to each student for their further development.*

- a. What are Mudras
- b. Preparing the body/mind system for the use of mudras.
- c. Connection of Mudras and Ayurveda
- d. Connection of Mudras and the Chakras
- e. Guiding mudras on an individual or group basis.
- f. Using mudras to help heal physical problems such as lower back pain, arthritis, digestive disorders, high blood pressure, respiratory disorders, etc.

- g. Using mudras to help heal emotional problems such as anxiety, depression, sense of self-worth, lack of focus, etc.
- h. Essential Mudras of Yoga for Meditation Practices
  - i. Chin Mudra
  - ii. Jnana Mudra
  - iii. Shambavi Mudra
  - iv. Nasikagra Mudra
  - v. Prana Mudra
  - vi. Shanmukhi Mudra
  - vii. Kechari & Kaki Mudra
- i. Creation of a Mudra's Log or Diary

## **7. The Yogic Diet**

- a. Food
- b. Relationship between food and our emotions.
- c. The Yogic Diet Vs. the Ayurvedic Diet

## **8. Esoteric study of yoga - Yogic Anatomy**

- a. Concept of Nadis (Energy Channels)
- b. Concept of Koshas (Energy Bodies)
- c. Concept of five Pranas (Pranic Essence)
- d. The Seven Chakras, its function and location.

## **9. Yoga Philosophy (Patanjali's Yoga Sutras)**

- a. Foundations of Yoga
- b. Concept of Abhyasa and Vairagyam
- c. Ashtanga Yoga (The 8 limbs of Yoga)
  - Yamas
  - Niyamas
  - Asana
  - Pranayama
  - Pratyahara
  - Dharana
  - Dhyana
  - Samadhi

## **10. Yoga Anatomy**

We teach psychic physiology of yoga. The program does not contain any elements of functional anatomy or structural yoga therapy. The course includes the ayurvedic approach to health and disease and sees the body as a unity. Daily reading assignments on the book yogic management of common diseases are an important part of the program.

The student is introduced to the following anatomic systems and their relationship to ayurvedic diseases:

- a. Cardiovascular System
- b. Respiratory System
- c. Digestive System
- d. Skeletal System

- e. Muscular System
- f. Endocrine System

### **11. Case Study**

Throughout the training, the student should work on a case study. Particularly someone who they know such as family member, friend or co-worker who has a particular disease or group of diseases. The student will be asked to research on this disease, to apply what has been learned during the course in order to deliver an essential **Therapeutic Program**:

- Proposed Yoga Therapy Sequence (In weeks of progress for a minimum of 1-2 months)
- Proposed Pranayama Practices (In weeks of progress)
- Proposed Mudras (time of practice as well as duration)
- Proposed Bandhas (If applicable to the disease in study)
- Proposed Meditation and Relaxation Practices
- Proposed Yoga Nidra (Specially Visualization for the particular disease depending on the doshic imbalance)
- Proposed Lifestyle changes.

### **12. Final Teaching Practicum**

As final teaching practicum, the student should be able to deliver a led class of 2 hours of his/her authority, based on the chosen case study. The led class will encompass all the elements seen during the training such as:

- Allopathic as well as Ayurvedic nature of the case study.
- Approach through yoga and ayurvedic practices.
- Sequencing for a particular disease or group of diseases.
- Flow of the practice and its limitations.
- Appropriate use of Vinyasa Krama.
- Contraindications for the given practices.
- Ability to maintain the led class within the designated time .
- Floor Management.
- Body Language, Clarity of Voice.
- Ability to be there for the student.

## 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.