



## Course Contents

LET'S DO YOG



# YOG MASTERY

TOPICS THAT WILL BE COVERED

1

## Introduction

About course,  
YOG, It's benefits  
& outcomes

2

## Getting started

ASANAS - what & why,  
how to start basic  
asanas & types of  
asanas

3

## Ashtanga YOG

Explanation of  
8 limbs of YOG



*Indian Skills Academy*

"YOGA IS A LIGHT, WHICH ONCE LIT WILL NEVER DIM. THE  
BETTER YOUR PRACTICE, THE BRIGHTER YOUR FLAME." —  
B.K.S. IYENGAR

4

Let's do YOG

Sun & Moon  
Salutations



5

Outer journey

- Students life
- Personality enhancement
- Worklife balance
- Disease and immunity
- Strength and stamina
- Female health

6

Inner journey

- Focus and concentration
- Happiness and bliss
- Stress and depression
- Peace and relaxation
- Happy ending of the day
- Perfect start of day

7

Magic of  
meditation

Divine OM chanting  
Relaxing breathing  
meditation  
Heavenly YOG nidra

8

Move, dance  
& YOG

Dancing and YOG

9

Ultimate  
Fitness

Food for Yogi  
Tips for Yogi  
Liberation for Yogi

YOG IS THE ONLY WAY TO STAY FIT, AND IT'S IMPORTANT TO  
DO IT ON A DAILY BASIS TO KEEP YOUR MIND STRESS-FREE!

