

Advanced Yoga Teacher Training (YTT - 300)

2021-22

(November 21 – June 2022)

“How deeply you touch another life, is how rich your life is.” - Sadhguru

Introduction – Vivekananda Yoga and the Founder.

1. Vivekananda Yoga is established with the objective to deepen, Inspire, stoke, lead and guide participants to take tangible steps towards their inner growth through the system of authentic and traditional Yoga. Yoga in its pristine and authentic form opens a rare opportunity to experience the depth and dimensions of our existence and the potential for growth.
2. “Be and Make” is the principle preached by Swami Vivekananda the first Yogi to come to Chicago and address the parliament of religions and introduced Yoga and Vedanta to America and the west in 1893. Vivekananda Yoga is named after him. Yoga we believe is aligning the human system with the cosmic. We experience and make it our existential reality before we train our participants.
3. The founder director and lead trainer of Vivekananda Yoga, Yogacharya Subba Rao Nemani, having born and brought up in a traditional yogic family received residential training at reputed institutions like Yoga University SVyasa, Benuguluru, India; Yoga Vedanta forest Academy, Divine life society, Sivananda Ashram, Rishikesh, India; Dayananda Ashram, Rishikesh; Bihar school of Yoga, Munger; Vivekananda Kendra, Kanyakumari, India etc. Having assimilated the best of the philosophies and practices from the different institutions of repute, he developed and molded an integrated approach to Yoga to suit the modern style of living. He has been teaching yoga and Vedanta for the last 25 years. As ex- faculty of Svyasa Yoga University and as the lead trainer of Vivekananda Yoga, he inspired and trained thousands of Yoga teachers and students in India and USA. After relocating himself in 2013, he in association with Sewa International, sewausa.org and Svysa conducted about 40 Diabetes Prevention and Management programs in many of the cities in the USA. With hundreds of yoga teachers and thousands of students trained under it, Vivekananda Yoga is a vibrant organization working for the health, happiness and harmony of people.
4. We are guided by the principle “work with the gross to realize the subtle”. The present advanced training program of 300 hours, is designed to impart knowledge and skills to work with the body to transcend the body, work with breath to transcend the pranic or the energy body and work with the mind to get mastery over the mind enabling an experience of higher levels of existence. An existence of Health, Happiness and Harmony. Harmony within and with the world. In other words, we incorporate awareness, mindfulness, Asana and Pranayama as effective tools in the

journey into contemplative states of being. We consider hatha yoga, pranayama as one of the door ways for softly treading into the realms of peace and tranquility, in the path of self-enquiry - A journey from instincts to intuition. A journey from individuality to Universality.

Present course of YTT – 300 - Objectives

1. The present 300 hours program is designed to deepen and broaden the knowledge and skills of teachers who completed Yoga Instructors course (YIC) or Yoga teacher training (YTT) 200 hours.
2. More important than that is the ushering in attitude and lifestyle of integrating the skills and knowledge of yoga and Vedanta, being acquired into a way of living. A satvik and yogic way of living.
3. This program enables teachers to take tangible steps towards their inner growth. It opens a rare opportunity to experience the depth and dimensions of our existence and the potential for growth.

Deliverables

After completing YTT – 300 advanced training, the participants will be able to –

- Practice and teach advanced yoga practice and philosophy in its traditional and authentic form and adopt Yoga as a way of life as postulated in the authentic and traditional texts
- Reorient their lifestyles and live mindfully in awareness. Experience health, happiness and harmony. Develop immunity and learn and experience life style conducive for natural healing.
- Inspire, nurture, encourage and help themselves and others to realize their potential and attain higher possibilities, we as human beings are endowed with.
- Enjoy their lives fully with equanimity, contentment, enthusiasm, courage and peace, tranquility and freedom.

Yoga Teacher Training in our students' words:

“I lack words to express the profound gratitude I feel. I thank my stars that I got an opportunity to get involved in this course. This is going to be the beginning of a better life.” - Dr. Amruta Vadnerkar MD

“The course has been wonderfully comprehensive and more than I had hoped to get from it and has increased my desire to learn and practice all aspects of yoga . I feel blessed to have had the opportunity” - Dr.Rashmi Vaidya, MBBS, MS, MD, FACS

“The biggest difference I see between you and the other teachers is how much you care about your students! You have a big heart pouring out love. You took personal interest in all the students and pushed them when you saw the potential in them.” - Dr Smita Kitturi, Neurologist

More feedback can we found at: <https://www.facebook.com/VivekanandaYogaSD/reviews/>

Certification

- This course is open to those who have already completed YTT-200. A certificate of completion of 300-hour teacher training will be awarded to all the participants who successfully complete this course. We are in the process of up grading Vivekananda yoga as RYS 500 School. After completion of the course the successful participants will be able to register themselves with yoga alliance as RYT 500.
- For those who have not already completed Yoga Alliance YTT-200 (but have completed Teacher Training with Vivekananda yoga or any yoga school not registered with Yoga Alliance) before joining the course, a certificate of YTT-300 will be issued by Vivekananda Yoga.

Faculty

Lead trainer – Yoga Acharya Subba Rao Nemani

Other faculty will be announced shortly.

Duration- 9 months. From Nov 1st 2021 to June end 2022.

We shall cover about 8 to 10 hours per week.

Course Fee

\$ 1,500 (Can be paid in instalments @ 500 on registration and balance in quarterly instalment) Payable to Subba Rao Nemani DBA Vivekananda Yoga.

Zelle – 7603005365.

Methodology

- We plan to adopt an active learning mode where participants can actively bring in their experience, knowledge and skills into the group. Use the forum to gain the knowledge and skills to change our lifestyles and attitudes. An opportunity to elevate ourselves to higher levels of existence and divinize life.
- Online – In the first phase, we will start online theory and practice sessions.
- In Person – We shall start in person classes when it is safe and public health regulations permit. Timings and Dates will be finalized in consultation with participants. It is a great idea to go on a retreat and immerse ourselves in yoga. We will explore when the group is formed.

Course Syllabus –

General - Here is a brief on the syllabus of the course. The syllabus is ambitious no doubt but achievable.

Elective - Besides studying in general all the subjects, each participant is to select one or two of the subjects for in depth study and be a resource person to the group.

Techniques, Training and Practice:

The course is designed to deepen and broaden the practice of Yoga Sadhana and elevate the participants to higher levels of existence. It enables growth at all the pancha koshas: physical, mental, Pranic, mental, intellectual and Spiritual.

- **Annamaya kosha Practices** – The aim is to change the life style to promote positive health, natural healing and immunity, enabling the participants to experience strength, flexibility, lightness and swiftness in the limbs. The body instead of becoming an obstacle, thus becomes an enabling factor to transcend to higher levels of existence. Towards that end we shall adopt the following advanced practices besides the basic practices we already covered. We shall also try to understand, experience and integrate the principles laid in Patanjalya Yoga and Hatha yoga texts with practices we are doing.
 1. Asanas – All asanas in the book – **Asana, Pranayama, mudras and Bandhas by Satyananda Saraswati.** Other - Recommended books - **Light on Yoga by BKS Iyengar, Yoga and Kriya Bihar school publication.**
 2. **Sookshma vyayama** – Along with practices designed by Satyananda, we shall practice the sukshma vyayama designed by Dhirendra Brahmachari. **Recommended book – Yoga Sukshma Vyayama by Dhirendra Brahmachari**
 3. We must try to practice all the Shat Kriyas. – prescribed in the book – Asana, pranayama, mudras and bandhas.
 4. Food matters – Recommended mitahara and yukthahara (limited and appropriate food) as per Bhagavad gita, yogic texts and Ayurveda and practices of cooking and consuming food. **Recommended book – The South Asian Health solutions. By Dr Ronesh Sinha; 108 Pearls To Awaken Your Healing Potential by Dr Mimi Guarneri.**
- **Pranamaya Kosha** – Energy body. Due weightage is given to Parana maya kosha practices in this course. We shall move steadily and systematically to advanced levels of practice with appropriate use of mudras and Bandhas.
Recommended books – Asana, pranayama, Mudras and Bandhas. By Satyananda; Prana and paranayama by Niranjananda Saraswati; Prana vidya from teachings of satyananda saraswati – Bihar school of Yoga publication. Yoga and Kriya by Satyananda Saraswati
 1. **Breathing Exercises**
 2. **Kriyas –**
 1. Mukha Dhouti
 2. Mukha Bhashrika
 3. Kapala Bhati – Both nostrils, left and right, alternate, with antar Kumbhaka and Bandhas.
 3. **Pranayama – In this course we move our Sadhana to subtler levels of existence by focusing our attention on getting mastery over our energy body. Books recommended.**

1. Introduction to Prana and Pranayama,
 1. Concept of all pervading Prana as a life principle. Manifest and dormant or unmanifest. Breath as manifestation of Prana. Evolution process and Prana as driving force behind. Manifestation of divinity through mastering the Prana.
 2. Scriptural references to Prana - Upanishads, Bhagavad Gita, Patajali yoga sutras and Hatha Yoga texts – Hatha Yoga pradeepika, Gheranda Samhita and Shiva Samhita.
 3. Universal presence of Prana. Prana as Shakti and consciousness as Shiva. Shakti as Trika – the triad
 1. Jnana shakti – Pranic power as knowledge
 2. Ichcha Shakti – Power of desire
 3. Kriya Shakti – Power of Work.
 4. Objectives of Pranayama- Pranayama in Patanjali yoga Sutras, Hatha Yoga pradipika, Gheranda Samhita and Shiva Samhita.
 5. Difference between Kriyas, Yogic full breathing and pranayama.
2. **Pranayama Techniques and practices – Advanced practices of Pranayama with Kumbhakas and mudras and Bandhas. We shall practice all the Ashta Kumbhakas illustrated in Hatha yoga texts and gain glimpses of Kevala Kubhaka.**
3. Mudras
 - Books recommended. – Mudra Tantra Dr Rupnath ji; Mudras and Bandhas – Bihar; Mudras for modern life. By Swami Sharadananda, Watkins; Mudras of India Cainn Caroll; Mudras – Yoga in your hands by Gertud Hirachi besides Hatha yoga Pradeepika and Gheranda Samhita.
 - Introduction to Mudras:
Mudras are Psychic, emotional, devotional and aesthetic gestures or attitudes. They are Intended to link individual pranic force with universal cosmic force. As per Hatha Yoga Pradipika “Mudraya Sthirata”-Through Mudras steadiness is experienced. Mudra means a seal, a shortcut or a circuit bypass. In Sanskrit the root word Mud means Delight or please and Dru means Draw forth thus Mudra's bring delight in every level of existence. Mudra's are combinations of Subtle physical movements which alter mood, attitude and perception, deepen our awareness and concentration. Mudras are a combination of Asanas, pranayama, bandhas and visualizations. Or simple hand positions or facial features. Mudras are an important part of Hatha yoga.
 - Mudras and Parna
 - Mudras integrate Annamaya, Manomaya and Prana maya koshas.
 - Enables awareness of flow of Prana and ultimately balance the Prana
 - Enables channelizing consciousness to higher chakras
 - Mind becomes introverted and enables pratyahara and Dharana.

- Arrests dissipation of pranic energy and redirects with in Mudras and science.
- Provides a means to access and influence the unconscious reflexes and instinctive habit patterns that originate in the primitive areas of the brain.
 - Establish a subtle non intellectual connection with these areas of the autonomic nervous system
 - **Five groups of Mudras.**
 - Hasta Mudras. Introduction - Hand mudras can be functionally classified into **four basic groups. We shall focus on Yogic Hasta mudras only**
 - those held by deities or used in the iconographic depictions of gods, demigods, demons, or heroes of epic stories;
 - those used in rites, rituals, and Tantric worship, such as japa (“repetition of prayers”), avahana (“invocations”), kamya-karma (“rites of abundance”), naivedya (“offering food”), and snana (“bathing”);
 - those used in yogic practices for concentration, energy cultivation, healing, or evoking desired states of consciousness; and
 - Those used in performance arts, such as dance and theater, for story telling and emotional expression.
 - **Two Sub-groups** - The four groups of hand mudras can be further divided into two sub-groups:
 - asamyukta hastas (“single-hand gestures”) and
 - samyukta hastas (“joint-hand gestures”).
- **Yogic Hasta Mudras**
 - Tattva yoga mudras - Hand gestures used for balancing the five elements in the body are called Tattva yoga mudras. Hands have a power of their own. The patterned pose of the hand, the curling, folding, stretching or locking of figures with the thumb or palm constitutes a hand gesture, which is technically called mudra. Hence hand Mudras usually denotes a peculiar posture in which the palm with the fingers is shown. It occupies a conspicuous position among the branched of the science of yoga because it calms the nervous system.
 - Meditative Hasta Mudras - They generate a loop of energy which moves from the brain and back. Conscious awareness leads to introversion and Pratyahara and dharana. Chin mudra, Jnana mudra, Chinmaya mudra, Adi mudra, Brahma mudra, Yoni mudra, Bhairava mudra, Hridaya mudra, Nasikagra mudra. Abhaya Mudra and Anjali mudra
- **Mana Mudras (Head Mudras)** These are Meditative techniques. Part of Hatha yoga and kundalini yoga. Shambhavi mudra, Nasikagra mudra,

- Shanmukhi Mudra, Nabho mudra (Kechari Mudra), Kaki mudra, Bhujangini mudra, Akashi mudra, Bhoochari mudra and Unmani Mudra
- Kaya Mudras – These are Combinations of physical postures with breath. and concentration. Vipareeta Karani mudra, Pashinee mudra, Prana mudra, Yoga mudra, Manduki mudra, Tadagi mudra.
 - Bandha Mudras – These are Combinations of Mudras and Bandhas. They charge the system with prana and prepare for the awakening of kundalini. Maha mudra, Maha bheda mudra and Maha veda mudra.
 - Adhara Mudras – These mudras redirect prana from lower centers to the brain. Sublimates sexual energy and redirects to higher centers. Ashwini Mudra, Vajroli and Sahajoli mudras.
- **Manomaya Kosha Practices** – Basic understanding of psychology according to Bhagavadgeeta, Upanishads and Patanjali Yoga. We understand the nature of Indriyas, manas, Ahankara, buddhi and Chitta. We learn skills to regulate the thought process, sublimate the emotions and clarify our beliefs and values. We learn the skills to develop emotional EQ (Emotional Intelligence) according to modern psychology and study Bhagavad gita as a treatise on emotional culturing. We learn skills to become aware of the problem of stress and misery as a consequence of an uncontrolled mind. We learn the art of stress management, the art of living and equanimity. **Recommended books** – 1. **Sure ways to self realization**, Swami Satyananda Saraswati. 2. **Self unfoldment** – Swami Chinmayananda. 3. **Yoga and Psychotherapy – the evolution of consciousness by Swami Rama, Rudolph Ballentine, MD, Swami Ajaya (Allan Weinstock, PhD)**. 4. **Let Go by Prof A. Satyanarayana Sastry**.
 - A yogic way of meditation – Pratyahara, Dharana and Dhyana. We will explore into different techniques and experience them. In the second phase we will settle down for few and use it for Sadhana. A few techniques.
 - Awareness and techniques of Pratyahara and Dharana
 - Antarmouna – inner silence, Vipasana – the Buddhist meditation, Mindful breathing.
 - Japa and Ajapa japa – Spontaneous japa
 - Chidakasa Dharana
 - Yoga Nidra
 - Prana Vidya
 - Chakra location and Dhyana.
 - Aum kara upasana
 - Cyclic meditation
 - Mind sound resonance technique.
 - Emotional intelligence
 - Recognizing emotions. Identifying and interpreting emotions in faces, posture, voice and physiology.
 - Understand – Knowing the causes and consequences of emotions and how emotions influence attention, thinking, decision making and behavior.
 - Labeling – We have to name the emotion to tame it. Having a sophisticated vocabulary to describe the full range of emotions. Ex – Differences between jealousy and envy. Jealousy involves relationships, losing something dear to

- you. Love object. Envy is of a thing you desire. Jealousy is hard to control, Overwhelmed and Anxious. Difference.
- express emotions – Knowing how and when to express emotions appropriately with different people in multiple contexts. Disinhibition – Use to get skilled. Train to express.
 - Regulating emotions - Knowing and using effective strategies to prevent, initiate, reduce, maintain, enhance emotions.
 - Bhakti as tool to get mastery over the mind. Music has been enjoyed by human beings since the World was created. We feel relaxed after listening the Music. By singing individually we can come out of the hesitations, so that we can mingle with friends without any hesitation. Self-confidence will increase. As we know, in our brain two parts are there. Left part and The Right Part. The left part of the Brain is connected with intellect. The Right part of the brain is connected with emotions. Nowadays more importance is given to left part of the brain only. When we will sing our right part of the brain will get activated. When both parts of the brains are activated, there will be a total personality development. So, we can say that by singing one can become courageous, self- confident, kind hearted and can attain a good personality. We practice - Mantra chanting – Ex. Pratah smarana, Nirvana shataka, Bhaja govindam, Bhajans, Narada Bhakti sutras, Selected slokas on Bhakti in Bhagavad gita.
 - Dharma (Righteousness as a tool of Sadhana)
 - **Nada Yoga** - Introduction to Nada Yoga – Transcendence through Sound. Yoga and Kriya Pages 514 and 537
 - **Vijnanmaya Kosha practices** - Basic concept of Jnana yoga. Sravanam, mananam and Nidhi Dhyanasana the 3 stages of jnana Exploration into our existential reality as against the proclamations of Vedanta in mahavakyas like “Aham Brahmasmi” – I am the brahman the super consciousness. We shall reflect and meditate upon Nature of Brahman or God the almighty or super conscious force and nature of Jiva, Purpose of this life, Happiness analysis (Ananda mimamsa), Stitha prajnatva – Equanimity, explore into Dharma as a sadhana and enquire into the question Who am I? and try to find answers through -
 - Panchakosha viveka – our existence and the 5 sheaths
 - Avastha traya viveka – the three states of existence
 - Drug drysya Viveka – Understanding of Seer and seen.
 - **Recommended books** – 1. **Mandukyopanishad**, 2. **Mandukya karika of Gouda pada**. 3. **Jnana yoga by Swami Vivekananda**. 4. **Selected slokas on Jnana yoga in Bhagavad gita**. 5. **Lectures of Swami Swami Sarva Priyananda**.

Ananda Maya Kosha Practices - Chantings and Bhajans, Karama Yoga and Yogic games or Krida Yoga - One will strengthen their Anandamaya Kosa. Improve awareness, communication skill, creativity, dexterity, coordination, team spirit, stamina, flexibility, initiative, speed, alertness, IQ and memory. Pedagogy - Play tuned to Anandamaya Kosa. Stay in silence at the end of the session.

● **Integration**

○ **Yoga and Health –**

- **Promotion of positive health** - Basic understanding of Health and disease according to modern science, Ayurveda, yoga and traditional modern medicine, limitations of modern approach. Kinds of diseases according to yoga - Adhiha (life style and stress related) and Anadhiha (Born out of external factors). Recommended books – promotion of positive health – Dr Nagaratna and Dr Nagendra; Anatomy and physiology for nurses – Evelyn C Pearce.
- **Lifestyle and natural healing.** – Western medicine is great for acute care or to control pandemics. But the pill to the ill approach is no solution for chronic diseases. The issue is well explained by Dr Mimi Garneri “Each diagnosis resulted in a prescription for medicine to treat the problem, with physicians not asking the question ‘why does this patient have high blood pressure and what can we do to reverse it?’ In defense of physicians, this was not a fault of your doctor, but more the fault of the system, which required that a physician sees a minimum number of patients per day for them to operate” “the problem was that medical schools trained doctors in the acute care model, but little to no emphasis was placed on training for prevention” Western medicine is for acute care, but we need a model that really embraces the best of acute care and then how do we prevent disease and get to underlying cause so we can start to reverse the process.” We must take charge of ourselves. Be responsible for our physical and mental health. Adopt a cohesive balance of mind, body, and spirit. Recognized the wisdom and great intelligence flowing through us. **“Our cells constantly eavesdrop on our thoughts and being changed by them. Depression plays havoc on our immune system, love boosts it. No line can be drawn between biology and psychology. A remembered stress can release the same flood of destructive hormones as stress itself.”** One of the most amazing aspects of our body is its ability to heal itself. There are about 100 trillion cells, in the human body, and every second that we’re alive, these cells work tirelessly to achieve equilibrium, keeping us at—or bringing us back to—a natural balance. When we abuse our bodies or become ill, cells can be damaged or destroyed, sometimes in large quantities. However, these cells have the ability to heal or replace themselves, all to keep the body functioning at optimal levels.
The solution lies in taking charge of us. We are operating this body and mind without reading the user’s manual. We have to become aware of our body and mind. Be aware of the potential of the body to heal itself. Give it a chance. Belief creates biology. As you believe in so you become. **“Yad bhavam tad bhavati”** The power of intention is so great that we become what we want to be.
Prevention, management and natural healing of common ailments – First and foremost is to have an active attitude towards our body and mind. Nobody understands our problems and ailments more than us. Become aware of ourselves and accept it. Many of our ailments are related to lifestyle and our thinking process. We can heal many of them by changing our attitudes and lifestyle. There is a way to health, happiness

and harmony. There are simple techniques of yoga which enables us to develop the will power to change our habits and lifestyle. We study the nature of the body and mind and become aware of them. Become aware of what is ailing us. Unless it is an emergency we must learn to give ourselves a chance to heal.

Under this category we will study the nature of common psychosomatic and lifestyle ailments like – Diabetes, hypertension and heart problems, Asthma and other respiratory disorders, digestive disorders, Anxiety, Depression, Arthritis and back pain etc. We will study and practice of self-healing process.

- **Anatomy and physiology** – We will study Human physical anatomy and physiology (bodily systems, organs, etc.) and also psychic physiology of Yoga (energy anatomy - chakras, nadis etc.). We will study what is a healthy normal state and what is abnormal and diseased. And use the knowledge to develop attitudes, habits and skills to keep ourselves healthy and happy. The knowledge of Anatomy and Physiology so acquired, we will use it to promote natural healing and promotion of positive health, through techniques of visualization, yoga nidra and prana vidya.
- Recommended books –
 - Natural healing, Great courses; 108 pearls to awaken your healing potential. Dr Mimi Guarneri,
 - Yogic management of common ailments – Dr Swami Karmananda Bihar school of Yoga.
 - Yogic management of Asthma and Diabetes – Dr Swami Shakardevananda.
 - Yoga for Back pain, Yoga for Digestive disorders, Yoga for respiratory disorders, yoga for Arthritis etc by Dr Nagaratna and Dr Nagendra, Swami Vivekananda yoga prakashana.
 - Yoga as Medicine by Timothy Mc Call
 - The principles and practice of Yoga in Health care – Handspring publishing.
 - Food as medicine – Dr Dharma Singh Khalsa
 - Meditation as medicine – Dr Dharma Singh Khalsa
 - Ayurvedic home remedies – Dr Vasant Lad.
 - The wellness sense – by Om Swami Harper Collins Publishers
 - Wholistic wellness in New age – Editor Swatika Jain The light works publishing.

- Introduction to Yogic physiology and chakra awakening.
Integrating the physical, energy and mental bodies and elevating one's existence from animal instincts to higher levels of human intuition, opening up possibilities of divinizing life. The practices include awareness of the psychic physiology according to yoga and channelizing the energies and harmonizing life.

**Recommended books - Kundalini tantra – Swami Satyananda Saraswati,
Theories of chakras –**

Yoga Philosophy, Lifestyle and Ethics for Yoga Teachers:

We shall study authentic scriptures on Yoga and Vedanta. Some scriptures we dive deep and study in detail. We try to bring the teachings of the Rishis into practice and mold our living style into a Yogic one. Some other scriptures, we just acquaint ourselves and grasp the essence of them.

All the scriptures are in Sanskrit only. Many a time the essence and flavor of the scripture is lost in translation. We will study basics of Sanskrit.

Indepth study :-

- Bhagavad Gita – We study the essence of all chapters. In depth study of at least 250 slokas on Karma, Bhakti, Raja and Jnana Yogas.
- Patanjalya Yoga Darshani – We shall study in depth Samadhi pada and Sadhana pada and selected sutras from Vibhuti and kaivalya padas.
- Mandukyopanishad and Mandukya karika
- Narada Bhakti sutras
- Bhaja govindam

General study :-

- Yoga Vasishtam – Yoga vasishtam is a treasure trove of all the concepts of Yoga and Vedanta interestingly elucidated through stories.
- Essence of Upanishads.

Sanskritam

1. **Sanskrit – Text book – Varnamala and Vakyavyavaharah by Vempati Kutumba Sastry, Rashtriya Sanskruta Samsantan, New Delhi.**
 - a. Knowledge of Devanāgaré script – alphabet, i.e. vowels, consonant vowel combination, two consonant combinations, special conjunct consonants and their pronunciation associated with their articulation.
 - b. Main Course
 - i. Pronouns and Nouns -Eka vachana Dwi vachana and Bahu vachna; Three lingas – pumlinga, streelinga and Napumsakalinga.
 - ii. Introduction to Verbs – Pradhama purusha – Third person, madhyama purusha and uttama purusha.
 - iii. Dwitiya Vibhakti – A-karanta pumlinga, AA – Karanta Streeinga, E- karanata streelinga and A-karanta Napumsaka linga.
 - iv. Prardhana- Ajna – Sambodhana – Vibhakti (Exclamatory){Lot}

- v. Introduction to past tense verbs – Bhoota Kala (Lad) ktavat prayogah.
- vi. Introduction to Future tense verb – Bhavishyat Kala
- vii. Ktavat, tumun and lyap prayogah.
- viii. Truteeya, Chaturdhi, Panchami, Shashti and Saptami Vibhaktis.
- ix. Review – Punaravartanam and Slokas.
- x. Letter writing – Patra Lekhanam

Practicum

- Practice teaching as the lead instructor
- Receiving and providing feedback
- Observing others teaching
- Assisting students while someone else is teaching

Conclusion

This course is effort elastic. We shall form a Satsanga and train ourselves to make yoga a way of life and be capable of training others.

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