

## **200 hr Yoga Teacher Training certification Program**

### **Asana**

Principles and importance of alignment

- Basic asanas: Tadasana, Adho Mukha Svanasana;
- Neutral standing asanas and standing asanas with external rotation: Virabhadrasana II, Utthita Parsvakonasana, Utthita Trikonasana, Vrksasana, Virabhadrasana III, Ardha Chandrasana, Utthita hasta Padangusthasana, Garudasana.
- Forward bending asanas: Uttanasana, Parsvottanasana, Prasarita Padottanasana, Upavista Konasana, Dandasana, Navasana, Pashimottanasana, Adho Mukha Virasana, Pavanmuktasana
- Seated asanas with external rotation: Janu Sirshasana, Baddha Konasana, Gomukhasana, Brahmasana, Siddhasana, Padmasana.
- Asanas with backward extension: Alanasana, Virabhadrasana I, Utkatasana, Bhujangasana, Salambasana, Setu Banda Sarvangasana, Urdhva Mukha Svanasana, Purvottanasana, Dhanurasana.
- Asanas executed in Vinyasa: Marjariasana, Ardha Chatarnga Dandasana, Chataranga Dandasana, different versions of Surya Namaskar;
- Inverted asanas: Viparita Karani mudra, Sirshasana , Sarvangasana, Halasana;
- Laying-down and twisting asanas: Parivritta Parsvakonasana, Jathara Parivartanasana, Parivritta trikonasana, Parivritta Ardha Chandrasana, Ardha Mtsyendrasana, Savasana. Every asana will be examined through these aspects:

Alignment points; Most common errors; Possible variations that simplify or intensify the asana; Physical benefits; Contraindications; Effects on the mind and spirit; Effects on the Chakras; Effects on the Doshas.

During the first two years, a single sequence will be taught.

Explanations will be given on the internal logic of the positions and possible variations will be expounded upon that can modify or substitute the asana while leaving its structure intact.

### **Pranayama**

- The concept of Prana: the five principal types of Prana (Prana, Apana, Vyana, Samana, Udana); what Pranayama means; the bandha; the breath cycle.
- Techniques: Apajapa; Ujjayi; Nadi Shodana; Surya e Chandra Bhedana; Sheetal; Setkari; Kapalabhati; Bhastrika; Viloma; Analoma; Agni Sari. Pranayama breathing techniques will be taught in a similar fashion as the asanas: various approaches and teaching methods; Physical benefits; Contraindications; Effects of the mind and the spirit; Effects on the Chakras; and effects on the Doshas.

### **Dharana (Meditation techniques)**

We will look at the the practice of meditation, its meaning, and the effects of meditation techniques as seen from scientific and physiologic perspectives;

Students will practice and learn to teach meditation techniques utilizing breath, mantra, yantra, concentration on the Chakras and the principal Nadis (Ida, Pingala, Shushmna, Arohan, Awarohan).

The majority of the meditation techniques that will be taught in the course of 3 years of study will have their origin in Tantra, Kriya and Raja Yoga.

### **Mudra**

- Introduction to mudras and their various meanings;
- Mudra e Prana;
- The 5 mudra groups (hasta, mana, kaya, bandha, adhara);
- Experience and use of mudra belonging to the five different groups accompanied by theoretical explanations of their meaning, benefits and eventual contraindications.

### **Mantra, Yantra e Mandala**

- Mantra as the power of sound and shape, their meaning and how they effect the subtle energy; Mantras: How they work; How they are to be used;
- How they influence karma.
- Seed mantras.
- Kirtan practice.
- Introduction to Nada Yoga, the Yoga of sound.

### **Subtle physiology**

- The three bodies (sharira).
- The five sheathes (kosha).
- The seven progressive chakras.
- Kundalini: progress by way of kundalini/shakti, techniques and methods for reawakening kundalini, obstacles in its ascent.
- The subtle channels (nadi) and the prana blocks (granhi).

### **Philosophy**

- What is Yoga? Yogic lifestyle;
- Analysis of different Yoga systems and information on their origins.
- Introduction do Samkhya: purusha/prakriti, evolution/involution, and the path of liberation.
- Ashtanga: the eight stages of Yoga.
- Readings and commentary on abstracts of Pantanjali's "Yoga Sutra".
- Karma Yoga: the path of action.
- Bhakti Yoga: the path of devotion.
- Jnana Yoga: the path of knowledge.

- Introduction to Tantra, Tantra and sexuality, the divinities and their nature.

### **Further Techniques**

- Vinyasa.
- Introduction to the principles behind the various asana sequences.
- Introduction to yoga therapy.
- Introduction to yoga for expecting mothers.
- The art of teaching: student and teaching approaches, ethics, Yoga as "job", organization suggestions.

### **Ayurveda**

- What is Ayurveda.
- The five elements (earth, wind, fire, water, ether).
- The concept of Dosha (Vata, Pitta e Kapha).
- The concept of Prakriti and the diagnosis of the Dosha and their imbalances.
- Ideal daily routine according to Ayurveda: correct diet and yoga practice in relation to Dosha imbalances and personal constitution (Prakriti).
- Introduction to the concepts of Prana, Ojas and Agni.

### **Anatomy**

In the course of the 4 weeks of 200 hr Yoga Teacher Training, the multiple aspects of Anatomy and Physiology are treated throughout a detailed program, starting from the simple cell's form and function to the most complex and vital processes of the human body. The program emphasize the study of the muscular bundles, the behavior in relation to the static and dynamic phases, and the various typologies of reaction to stimuli.

The referring textbooks will be completed by handbooks that will help the student to deepen their knowledge of the joints and their functions, with the specific purpose of expanding the capacity of the future teacher in the prevention of possible injuries.

During the four weeks of the Teacher Training of our Yoga School, will be also treated the physiological and biomechanical processes activated by the practice of the Asanas, Pranayama and Dharana.

### **Details for the classes**

In bold: topics discussed in the class; in italic: subjects to be studied in the books.

#### **Anatomy 1**

Subjects treated:

- *Cartesians plans – cell – agonism and antagonism of muscles*
- *Definition of anatomy / cells and tissues / skeleton / muscular system*
- *Gravitational and antigravity muscles bundles*

#### **Anatomy 2**

Subjects treated:

- *Nervous system /sensory organs*

- *The shoulder – the elbow – the hip*

### **Anatomy 3**

Subjects treated:

- *Endocrine system – digestive system – respiratory system*
- *The knee – the ankle – the foot – 6 asanas (biomechanics)*

### **Anatomy 4**

Subjects treated:

- *circulatory system – excretory system – reproductive system*
- *12 asanas (biomechanics)*

### **Yoga Therapy**

- The concept of Health in western and eastern traditions.
- Philosophy and psychology of yogatherapy.
- Yogatherapy in its spiritual aspects.
- One example of therapeutic program with asana, pranayama, mudra, meditation and yoga nidra.