

Yoga Course Teaching Plan:

Yoga-Philosophical Aspects:

- Human Life: Meaning & Aim of Life.
- Yoga – Introduction / it's origin & development.
- Introduction of Patanjali's Yoga-Sutras.
- Limbs of Ashtanga Yoga – Yama, Niyama (social and personal rules and regulations) Asana (physical posture), Pranayama (breathing techniques)
- Concept of three bodies and it's role in yoga practice
- Introduction in Karma, Raja Yoga. Meaning, Types, role in yoga
- Kosha and it's role in Meditation & Pranayama
- Earth element affirmation in sutras

Yoga-Practical Aspects:

Asana:

- Natural Relaxation Asana.
- Natural standing Asana with External Rotations.
- Forward bending Asana.
- Backward Extensions.
- Spinal Twisting Asana.
- Inverted Asana.
- Balancing Asana.
- Surya-Namaskara.
- Meditation Asana.
- Thunder-Bolt (vajrasana) Group Asana.
- Lotus (Padmasana) Group Asana
- Asana concept and master sequence

Pranayama & Mudras:

- Introduction to Pranayama.
- Basic Pranayama Techniques & Benefits (Abdominal breathing, Preparational breathing, Kapalabhati, Nadi Shodana with/without retention).
- The pranic body.
- Parana and lifestyle.
- Breathe, health and pranayama.
- Breathing and life span.
- Kriyas (Body Cleansing Methods): (Neti, Kapalabhati, Trataka, Shanka Prakshalana)
- What is mudra and bandha

- Dyana, Ajali, Prithvi, Varuna, Shakti, Gyana, Chin, Shambhavi, Khechari Mudra
- Moola, Uddyana Bandha

Meditation:

- Basic Meditation Practice (OM Meditation, Trataka, Yoga Nidra, Sound Meditation, Breath Meditation).

Mantra:

- Primary Mantras (Shiva Mantra, 5 elements mantra, So Ham, AUM).

Anatomy and physiology or Asana Alignment*:

- Introduction to muscular and skeletal system and their function during physical exercise
- Biomechanical theory of Asana
- The maximal range of movements
- Safety technique in Asana performance
- Common mistakes in Asana practice
- Correct performance of asana, assistance & adjustment.

*depends on week schedule