

Certified Yoga teacher

MODULE 1

Introduction part 1

What yoga is
Benefits of Yoga Practice
Different Styles of Yoga

Yoga philosophy part 1

Yoga Sutra
The 8 branches of yoga
Yamas
Niyamas
Asanas
Pranayama

Yoga Asanas & technique part 1

What a correct position means
The beginnings of a correct position
The importance of the sun salutation in yoga
The Sun Salutation A, positions and technique
Variations and technique for the sun salutation A's all 8 poses
Common standing asanas
Virabhadrasana I
Virabhadrasana II
Trikonasana

Pranayama / Breathing part 1

Pranayama
Nose-to-nose
Breathing rhythm in the sun salutation

The mental part, part 1

The inward journey
Who you are
Radiate calmness
Confidence in yourself
Respect

MODULE 2

Yoga philosophy part 2

8 branches of yoga continuation
Asana
Pratyahara
Dharana
Introduction to Chakran and Sanskrit
Energy bodies
Chakras:
Muladhara Chakra
Svadhistasana Chakra
Manipura Chakra

Sanskrit

Common prefixes, understanding the names
Written form in asanas

Yoga asanas & technique part 2

Proper position and adjustment of the body in a yoga position

Introduction yoga anatomy

Types of movement:
Flexion
Extension
Lateral flexion
Rotation
Inversion

Yoga Asanas & Sun Salutation B

Virabhadrasana I
Yoga Asanas sitting
Pashimottanasana
Janu sirsasana
Marichyasana
Navasana
Baddha konasana
Supta konasana

MODULE 2 continuation

Yoga Asanas lying down
Supta padangustasana
Parivartanasana
Supta baddha konasana

Pedagogical skills for yoga teachers part 1

Types of students
Auditory
Kinesthetic
Visual

Showing and coaching
Verbal coaching
Breathing
Name
Body part and direction
Touch (adjustments)
Imbalances in students

Pranayama/breathing part 2

The 4 pillars of yoga breathing
Force
Blockages
Energy
Prana
Ujjai Breathing
Meaning
Introduction

The mental part, part 2

The inward journey
Introduction to acceptance and self-compassion
Emotions
Diary
Reflecting on yourself
Accepting yourself
Who am I?
Acceptance and self-compassion in Yamas and Niyamas

Savasana part 6

What Savasana is
Leading Savasana
Coming out of Savasana

Certified Yoga teacher

MODULE 3

Yoga Philosophy Part 3

The 8 branches of yoga continued

Asana
Pratyahara
Dharana

The Chakras continued

Energy bodies

Chakras:

Anahata
Vishuddha
Anja
Sahasrara

Yoga Bandhas/energy blocks

Chakras and Bandhas
Mulabandha bandha
Uddiyana bandha
Jalandhara bandha

Yoga asanas & technique part 3

Alternative yoga poses and variations
Yoga Anatomy
Skeleton
Important bones
Muscle anatomy
Synergists
Antagonists

Pedagogy for Yoga Teachers Part 2

Sequencing and how to think about intelligent sequencing
Placements, adjustments and help
The art of reading the body
How do we use supportive tools?

Pranayama/breathing part 3

Nadi Shodhana
Kapalabhati

MODULE 4

Yoga Philosophy Part 3

Reincarnation of the yoga gods:

Shiva, Parvati, Vishnu, Rama, Krishnu, Laksmi, Saraswati, Ganesha, Hanuman, Kali (Shakti)

Affirmation Yoga

Yoga Asanas & technique Part 3

Yoga anatomy
Ligaments
Tendons
Fasciae
Subtle energy
Muscle Injuries
Inflammations
Strains

Pedagogy for yoga teachers part 3

The role of the yoga teacher
Ethics for yoga teachers
Duty of confidentiality
Relationship with students
Motivate your students
Extrinsic
intrinsic
Praise
Practical experience for yoga teachers
Yoga as a lifestyle

Pranayama/breathing Part 4

How breathing and meditation are connected
Dristi and Ujjai

MODULE 4 continuation

The mental part, part 3

What happens when we meditate?

Forms of meditation
Metta
Zen

Yoga Nidra

Body scan

Breathing meditation

Vipassana meditation

Chakra meditation

Mantra meditation

Affirmation meditation

Walking meditation

Brainwaves

Beta

Alpha

Theta

Delta

Gamma

Meditation music

Influencing different states in the students through music

Music recommendations