

300 Hours Yoga TTC Curriculum

What is in Asana & Practice

First Week

First three days of the week

Level 2

Warm up

- Sitting arm stretch
- Sitting spinal twist
- Sitting side stretch
- Janu sirshansana (Head to knee pose)
- Counter janu sirshasana
- Bhū namanasana (Spinal twist prostration pose)
- Pada prasar Parsvasana (Leg spread Sidew Stretch Pose)
- Pada prasar Paschimotanasana (Leg spread Back Stretch Pose)
- Pada prasar Paschimotanasana (Leg spread Back Stretch Pose)
- Purna Titali Asana (Full Butterfly)
- Marjari Asana (Cat Stretch Pose)
- Vyaghrasana (Tiger Pose) Stage 1,2 & 3.
- Balasana (Child Pose)
- Mountain pose Stretch (Calf & hamstring stretch) Stage 1 & 2



- Dynamic Chair Pose
- Tadasana stretch (Palm tree pose)
- Swaying palm tree pose (Tiryaka tadasana)
- Waist rotating pose (Kati Chakrasana)
- Swinging while standing pose (Utthita lolasana)

Sun salutation

Standing Poses

- Lord siva's pose (Natrajasana),
- Garudasana (eagle pose)

Sitting Poses

- sukhasana
- Thunderbolt pose (Vajrasana)
- Camel pose (Ustrasana)
- Naman pranamasana (Prostratin pose)
- Thunderbolt pose (Vajrasana) few sec
- Supine Thunderbold pose (Supta Vajrasana)
- Balasana (Child pose)

Prone Poses

- Advasana (Reversed corpse pose)
- Easy cobra pose (Saral bhujangasana)
- Cobra pose (Bhujangasana)
- Triyak Bhujangan (Twisted Cobra Pose)
- Balasana (Child pose)

- Dhanurasana (Bow pose)
- Balasana (Child pose)

Supine Poses

- Sarvangasana (Shoulder Stand Pose)
- alasana (plough Pose)
- Matsyasana fish pose Chakrasana (Wheel Pose)
- Shava udarakarshanasana (Universal spinal twist)
- Jhulana Lũrhakanasana (Rocking and Rolling)
- Savasana (Corpse Pose)

Last Three Days of the week

ü Ashtanga Vinyasa Yoga

ü Sun Salutation A

ü Samasthiti

- 1.Urdhva Vrikshasana
/ Urdvha Hastasana Upward Tree or Upward Salute
2. Uttanasana - Standing forward fold
3. Ardha Uttanasana or Uttanasana B- Half Standing Forward Fold
- 4.Chaturanga Dandasana - Four-Limbed Staff Pose
- 5.Urdhva Mukha Svanasana- Upward facing dog
- 6.Adho Mukha Svanasana- Downward facing dog.

7. Ardha Uttanasana or Uttanasana B- Half Standing Forward Fold
- 8- Uttanasana- Standing forward fold
9. Urdhva hastasana or Urdhva Vrikshasana- upward tree or upward salute
10. Back to Starting Position:
Samasthiti

Sun Salutation B

Samasthiti

1. Utkatasana – Chair pose
2. Uttanasana – Standing forward fold
3. Ardha Uttanasana – Half standing forward fold
4. Chaturanga Dandasana – Four-limbed staff pose / low press up
5. Urdhva Mukha Svanasana – Upward facing dog pose
6. Adho Mukha Svanasana – Downward facing dog
7. Virabhadrasana I – Warrior 1
8. Chaturang Dandasana - Four limbed staff pose
9. Urdhva Mukha Svanasana / Upward facing dog
10. Adho Mukha Svanasana – Downward facing dog



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11. Virabhadrasana 1 Warrior 1 on the other side
12. Chaturanga Dandasana
13. Urdhva Mukha Svanasana / Upward facing dog
14. Adho Mukha Svanasana – Downward facing dog
15. Ardha Uttanasana – Half standing forward fold
16. Uttanasana – Standing forward fold
17. Utkatasana – Chair pose

Samashtiti-

1. Starting pose or Even pose
2. Ashtanga Yoga postures meaning

1)STANDING POSES

- Samasthiti

(Standing still)

Sun salutation -Surya Namaskara (A & B)

1- Padangushtasana

(Thumb to foot pose)

2- Pada hastasana

(Hand to foot pose)

3- Utthita Trikonasana

(Extended triangle pose)

2nd Week

First Three Days

Level 2

Warm up

- Sitting arm stretch
- Sitting spinal twist
- Sitting side stretch
- Janu sirshansana (Head to knee pose)
- Counter janu sirshasana
- Bhu namanasana (Spinal twist prostration pose)
- Pada prasar Parsvasana (Leg spread Sidew Stretch Pose)
- Pada prasar Paschimotanasana (Leg spread Back Stretch Pose)
- Pada prasar Paschimotanasana (Leg spread Back Stretch Pose)
- Poorna Titali Asana (Full Butterfly)
- Marjari Asana (Cat Stretch Pose)
- Vyaghrasana (Tiger Pose) Stage 1,2 & 3.
- Balasana (Child Pose)
- Mountain pose Stretch (Calf & hamstring stretch) Stage 1 & 2
- Dynamic Chair Pose

- Tadasana stretch (Palm tree pose)
- Swaying palm tree pose (Tiryaka tadasana)
- Waist rotating pose (Kati Chakrasana)
- Swinging while standing pose (Utthita lolasana)

Sun salutation

Standing Poses

- Lord siva's pose (Natrajasana),
- Garudasana (eagle pose)

Sitting poses

- Thunderbolt pose (Vajrasana)
- Camel pose (Ustrasana)
- Naman pranamasana (Prostratin pose)
- Thunderbolt pose (Vajrasana) few sec
- Supine Thunderbold pose (Supta Vajrasana)
- Balasana (Child pose)

Prone Poses

- Advasana (Reversed corpse pose)
- Easy cobra pose (Saral bhujangasana)
- Cobra pose (Bhujangasana)
- Triyak Bhujangan (Twisted Cobra Pose)
- Balasana (Child pose)
- Dhanurasana (Bow pose)
- Balasana (Child pose)

Supine Poses

- Sarvangasana (Shoulder Stand Pose)
- Halasana (plough Pose)
- Matsyasana fish pose
- Chakrasana (Wheel Pose)
- Shava udarakarshanasana (Universal spinal twist)
- Jhulana Lũrhakanasana (Rocking and Rolling)
- Savasana (Corpse Pose)

Last Three days

ü Ashtanga Vinyasa Yoga Half primary Series

ü Sun Salutation A

ü **Samasthiti**

1. Urdhva Vrikshasana
/ Urdvha Hastasana **Upward Tree or Upward Salute**
2. Uttanasana - Standing forward fold
3. Ardha Uttanasana or Uttanasana B- Half Standing Forward Fold
4. Chaturanga Dandasana - Four-Limbed Staff Pose
5. Urdhva Mukha Svanasana- Upward facing dog
6. Adho Mukha Svanasana- Downward facing dog.

7. Ardha Uttanasana or Uttanasana B- Half Standing Forward Fold
- 8- Uttanasana- Standing forward fold
9. Urdhva hastasana or Urdhva Vrikshasana- upward tree or upward salute
10. Back to Starting Position:

Samasthiti

Sun Salutation B

Samasthiti

1. Utkatasana – Chair pose
2. Uttanasana – Standing forward fold
3. Ardha Uttanasana – Half standing forward fold
4. Chaturanga Dandasana – Four-limbed staff pose / low press up
5. Urdhva Mukha Svanasana – Upward facing dog pose
6. Adho Mukha Svanasana – Downward facing dog
7. Virabhadrasana I – Warrior 1
8. Chaturang Dandasana - Four limbed staff pose
9. Urdhva Mukha Svanasana / Upward facing dog
10. Adho Mukha Svanasana – Downward facing dog
11. Virabhadrasana 1 Warrior 1 on the other side

12. **Chaturanga Dandasana**
13. Urdhva Mukha Svanasana / Upward facing dog
14. Adho Mukha Svanasana – Downward facing dog
15. Ardha Uttanasana – Half standing forward fold
16. Uttanasana – Standing forward fold
17. Utkatasana – Chair pose
18. Samashtiti- Starting pose or Even pose

1) Ashtanga postures meaning

1)STANDING POSES

- Samasthiti

(Standing still)

- Surya Namaskara (A & B)

(Sun salutation)

1- Padangushtasana

(Thumb to foot pose)

2- Pada hastasana

(Hand to foot pose)

3- Utthita Trikonasana

(Extended triangle pose)

4-Parivritta Trikonasana

(Revolved extended triangle pose)

5- Utthita Parshvakonasana

(Extended side way angle pose)

6- Parivritta Parshvakonasana

(Revolved extended side way angle pose)

7- Prasarita Padottanasana (A, B, C & D)

(Spread feet stretching pose)

8- Parshvottanasana

(Sideways stretching pose)

9- Utthita Hasta Padangushtasana 4 variation

(Extended hand to big toe pose)

10- Ardha Baddha Padmottanasana

(Half bound lotus stretching pose)

11- Utkatanasana

(Chair pose or Uneven pose)

12 & 13 Virabhadrasana (A & B)

(Warrior pose)

2) SITTING POSES

Dandasana (Chaturanga Dandasana)

Four-Limbed Staff Pose (staff means spine, body support)

Paschimattanasana (3 types)

West-Back (extended-intense) stretching pose

Purvatanasana

Est-Front (extended-intense) stretching pose

Ardha Baddha Padma Paschimattanasana

Half bound lotus forward pose

Trianga Mukhaekapada Paschima

One foot transversely facing back forward stretch

Janu Shirshasana (A, B & C)

Head to knee pose

Marichyasana (A, B, C & D)

Marichya (Ray of light (of sun or moon)) pose

Navasana

Boat pose

Urdhva Dhanurasana

Elevated bow pose

Paschimattanasana

West-Back (extended-intense) stretching pose

3) FINISHING POSES

Salamba Sarvangasana

All limbs pose

Halasana

Plow pose



Karnapidasana
Ear pressure pose
Urdhva Padmasana
Elevated lotus pose
Pindasana
Embryo pose
Matsyasana
Fish pose
Uttana Padasana
Extended foot pose
Shirshasana
Head standing pose
Baddha Padmasana
Bound lotus pose
Yoga Mudra
Yoga gesture
Padmasana
Lotus pose
Uth Pluthi (Tolasana)
Sprung up
Shavasana
Corpse pose

Third Week

First three days

Hatha Yoga

Last three days

Ashtanga Yoga

Fourth Week

The whole week Class is taught by students to each other.

What is in Shatkarma

Shatkarma's are the six cleansing actions explained in Hatha Yoga. These are specific to different body parts and organs, that helps in getting rid of the toxics of the body. Following are the Shatkarma's:-

Dhauti

Basti

Neti

Nauli

Trataka

Kapalabhati

What is in Pranayama

The word Pranayama is comprised from two words Prana and Ayama. Prana means vital force and Ayama means expansion of the vital force.

The moment we are born and till the moment we die, the breath is only aspect that is always present but we rarely observe our breath and becomes unaware of our breath most of the time.

In this practice we are going to focus on our breath with the some of the breathing technique that are explained in yoga and that helps in getting rid of unnecessary accumulation.

Nadishodhan pranayama

Suryabhedhi pranayama

Chandrabhedhi pranayama

Shitali Pranayama.

Sheetkari pranayama

Bhramri Pranayama.

Bhastrika Pranayama.

What is in Meditation

Meditation is the uninterrupted flow of concentration. It consists of 3 main components

1-dhyata(doer, the practioner)

2-dhyeya(object)

3-dhyana(the process, that is meditation itself)

In the initial stage of meditation all three components are present but as you progress through your practice, you will become one with the object and eventually the object gets dissolved and only the process is left.

This is easier said than done, as we all know that we as human beings have a lot of unnecessary accumulations from the materialistic desires that continuously give us thoughts gain and loss, so first we must learn how to sit still just being in the moment, we must forget about the past and should not worry about the future. On this note we will start today's meditation and just learn to sit still for a few minutes.

- Visualization meditation.
- Breath awareness meditation.
 - Mantra meditation.
 - Yoga Nidra

Anatomy & Physiology

- Respiratory System

- **Cardiovascular system** Or Circulatory System
- Nervous System
- Digestive System
- **urinary system**

- **Excretory system**

- **Endocrine system**

- **Different yogic practices and their effects on the human body.**

Types of body movement

- **abduction**
- **adduction**
- **circumduction**
- **depression**
- **dorsiflexion**
- **elevation**
- **eversion**
- **extension**
- **flexion**
- **hyperextension**
- **hyperflexion**



- inferior rotation
- inversion
- lateral excursion
- lateral flexion
- lateral (external) rotation
- medial excursion
- medial (internal) rotation
- opposition
- plantar flexion
- pronated position
- pronation
- protraction
- reposition
- retraction
- rotation
- superior rotation
- supinated
- supination

What is in Yoga Humanities and Philosophy

Gherand Samhita

It is a Sanskrit text of yoga in hindulism. It is one of the three classic texts of hatha yoga,

It literally means “ Gherands collection” written in 17th century It is divided into seven chapters and considered manual for yoga.

Hatha Yoga Pradipika

This book was composed by swami Swatmarama in the 15th century Swami ji incorporated older Sanskrit concepts into his synthesis. He also staled that it is a preparatory practice to achieve the higher state of meditation i.e Raja Yoga.

Yoga Darshan (Patanjali yoga sutra)

Yoga Darshan Literally Means “philosophy of yoga” it was compiled by great sage patanjali. It gives a detailed explanation of a yogic lifestyle. This text is among the six orthodox schools of philosophy of Indian Culture and traditional.

Shrimadbhagwadgita

The name of the book literally means "The song of The God". Dated to the first millennium BCE. It contains 700 shlokas (sanskrit verses) divided into 18 chapters. Shrimadbhagwad gita is considered a Yoga Grantha(yogic scripture).

What you will learn Professional essentials

- Teaching Methodology
- How to conduct a traditional Hatha Yoga class.
- Visual Presentation
- Sequencing
- Time management with syllabus
- Pace
- Environment
- Cueing (verbal, visual, physical)
- Class management
- Marketing techniques
- Methods of assessments