



DIPLOMA IN YOGA TEACHER TRAINING

Course Name: Diploma in Yoga Teacher Training

Duration: 1 Year

Eligibility: 10+2 or equivalent

DETAILED SYLLABUS

Semester I	Semester II
Philosophy & Physiology of Yoga	Applied Yoga
Human Body, Diet and Cleansing	Practical A. Yogic Practice and Training B. Yoga Teaching Skill (Micro/Macro-Teaching Practical/Training Paper)

SEMESTER I

PAPER 1: PHILOSOPHY & PHYSIOLOGY OF YOGA

CONTENT:

Unit 1: Yoga and Yogic Texts, Yoga - Basic introduction, Meaning & Definition, Indian Philosophy of Yoga (Introduction of Philosophy of Yoga), Concept of Yogic Physiology (Yogic Texts), Various Paths of Yoga- Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtang Yoga & Hath Yoga

Unit 2: Ashtang Yoga, Yam, Niyam, Asan, Pranayam, Pratyahar, Dharna, Dhyan, Samadhi

Unit 3: Yogic Culture & Value Education- Yogic Culture, - Four Purusharthas- Dharma, Artha, Kama, Moksha, Four Ashrams- Brahmacharya, Grihastha, Vanprastha and Sanyasa, Four Principles- Vivek, Vairagys, Shat Sampatti, Mumukshutva, Moral Values - degeneration of Values, Relevance of Ancient Indian Values in Context of Modern Life

PAPER 2: HUMAN BODY, DIET AND CLEANSING

CONTENT:

Unit 1: Human Anatomy and Physiology, Introduction to Human Anatomy and Physiology, Cells & Tissues, Organs and their Positioning in Body, Introduction to Systems of Human Body

Unit 2: Yogic Diet- Food, its Need & Importance, Yogic Concept of Diet - Satvik, Rajsik, Tamsik and Mitahar (Amrit food), Acidic and Alkaline food (20:80 ratio), Yogic Diet according to age, disease, season and time Food as Medicine - Importance of food in treatment of various ailments.

Unit 3: Shatkarma (Cleansing of Body)- Dhauti, Basti, Neti, Nauli, Tratak, Kapalbhathi

SEMESTER II

PAPER 1: APPLIED YOGA

CONTENT:

Unit 1: Subtle Exercises (Suksham Vyayam), Preparations & Precautions for Yogic practices, Pawanmukt Asan Series (1-3), Eye Practices, Relaxative Asanas, Meditative Asanas

Unit 2: Yoga Asanas- Suryanamaskar, Asans in Sitting Posture, Asans in Standing Posture, Inverted Asanas, Backward Bending Asanas, Forward Bending Asanas, Twisting Asanas, Balancing Asanas

Unit 3: Pranayams & Meditation- Pranayams (According to Hath yoga Pradipika), Mudra-bandha (According to Hath yoga Pradipika), Dhyana (Meditative Practices), Yoga Nidra

Unit 4: Swaasthya sanvardhan ke liye yoga (Yoga for All)- Yoga for Children, Yoga for Adolescence, Yoga for Youth, Yoga for Ladies, Yoga for Elders

PAPER 2: PRACTICAL

A. YOGIC PRACTICE AND TRAINING

CONTENT:

1. Shatkarma
2. Subtle Exercises (Suksham vyayam)
3. Yoga Asanas
4. Suryanamaskara
5. Pranayamas
6. Bandha
7. Mudra
8. Dhyana
9. Yoga Nidra
10. Mantra Chanting
11. Swaasthya sanvardhan ke liye yoga (Yoga for All)
 - a. Yoga for Children
 - b. Yoga for Adolescence
 - c. Yoga for Youth
 - d. Yoga for Ladies
 - e. Yoga for Elders
12. Visit to Yoga Centre

B. YOGA TEACHING SKILL AND PRACTICE (MICRO/MACRO-TEACHING)

CONTENT:

1. Principles of demonstration
2. Observing, assisting and correcting
3. Instruction, teaching styles, qualities of a teacher
4. Voice projection, floor presence
5. The student's process of learning Planning and structuring a class
6. Alignment and hands-on-adjustments
7. Dealing with injuries and safety precautions
8. Yoga Teaching Practicum