

## 200 HR TEACHER TRAINING COURSE

30 Hr	Yoga Philosophy
40 Hr	Asana & 8Limb of Yoga
30 Hr	Anatomy and physiology
30 Hr	Teaching Methodology
30 Hr	Business Of Yoga
20 Hr	Assignment and Paper
5 Hr	Certificate Distribution and Workshop

### Yoga Philosophy

3Hr	Introduction Of Yoga
3Hr	Yoga Sutra
6 Hr	Hath Yoga,Gherend Samhita
3Hr	Indian Philosophy in Modern Contemporary era
3Hr	Sri Mad Bhagwad Gita Gyan
3Hr	Type Of yoga (Astanga ,Gyan ,Mantra,Laya)
3Hr	Yoga in Vedas , Upnishad etc.
3Hr	International Yoga Philosophy
3Hr	Introduction to parbs of yoga (8 parbs)

### Asana and 8 Limbs

3Hr	Intro of Asana Pranayama ,Mudra and Bandha
3Hr	100 Asana and their Impacts
3Hr	100 Asana and their definition and science
6Hr	Pranayama Intro with Mudra,Bandh & 8 Limbs
3Hr	Shatkarma
3Hr	Practical
3Hr	Final Discussion On 200 Asana ,10 pranayama
3Hr	Discussion on 200 Asana ,Pranayama and Bandh

### Anatomy & Physiology

3Hr	Intro to Science in Yoga
3Hr	2 System of cell and tissue
3Hr	2 System Muscles bone
3Hr	2 System Digestive Excretion
3Hr	2 System Circulatory Respiratory
3Hr	2 System Endocrine ,Reproductive
3Hr	2 System Nervous System Blood Function
3Hr	2 System Report Reading Disease (200+)
3Hr	2 System Asana and Disease(200+)
3Hr	2 System Simple Discussion On Diet & Nutrition

**Posture Alignment and Sequencing**

6 Hr	Forward Bending and Backward Bending
6 Hr	Balancing and Side Alignment
6 Hr	Purpose and their Impact
6 Hr	Variation in posture
6 Hr	New Technique through Yoga props (Bricks,Belt,Iyenger Style...etc)

**Teaching Methodology**

3 Hr	Psychology of clients
3 Hr	Multi Grade methods and Principles
1 Hr	Introduction and Strategy
1 Hr	Client Handling & Need Identification
1 Hr	Assessment
3 Hr	Behavioral Analysis
3 Hr	Personality Development
1 Hr	Life Management
3 Hr	Personal Relation
3 Hr	Advantages of Client
3 Hr	Lesson Plan (8 Step Method Lonavala)
3 Hr	Student Approach

**Business Management**

2 Hr	Intro to Management (Principle of Mgt)
2 Hr	Marketing Techniques
2 Hr	Sale Management
2 Hr	Retreat Management
2 Hr	Center Management
2 Hr	Labor Law and Various Management
2 Hr	Conference Management
2 Hr	Business Research Methodology
2 Hr	CRM Practice
2 Hr	Business Communication
2 Hr	DBMS
2 Hr	Association Management
2 Hr	Championship Management
2 Hr	Web Technology

**Assignment and Paper**

**10 Hr Assignment Discussion 2.5 Hr Each Paper**

## Rule For Assignment

- Well equipped typed and Printed
- Supervision and Supervisor Details
- 30 Pages minimum
- Postures /Photo/Review of Clients or Teachers
- Certificate Distribution



Thank You