

# Curriculum 28 day/ 200 hour Yoga & Meditation &

# Teacher- Training Leh/ Ladakh 2015

24- Days (Sunday off)	Topic/ theme	Hatha				Jnana - Yoga	Anatomy	Mantras / Japa	Sanskrit/ Hindi	Methodology	
		Asana	Pranayama & Kriya	Mudra/ Bandha	Dharana/ Dhyana/ Meditation						
1 day	<b>Arrivalday/ Open Ceremony</b>				<b>Arrivalday/ Open Ceremony</b>						
3 days	<b>Yama &amp; Niyama</b>	sitting pose: sukhasana, siddhasana, padmasana, dandasana, vajrasana; pawanmuktasana (anti rheumatic, anti gastric)	pre-pranayama exercise: Yogabreathing (full yoga, abdome-breathing), neti, brahma mudra	Namskara mudra, Jnana/ mudra	Dhamma, Dukha, Sila, Samadhi, Panja, breathing- meditation	Yama: Ahimsa, Satya, Asteya, Brahmacharya, Aparigraha; Niyama: Sauca, Santosha, Tapas, Svadyaya, Isvarapranidhana, Vedas, Upanishads, Vedanta, Samkya	Stütz & Bewegung I. skeleton system	OM- AUM, Gayatri Mantra, Om mani padme hum	sanskrit alphabeth, jappa, chanting	Observing, listen, voice, language, sitting in, role of the teacher, demonstration asanas	
4 days	<b>Prana &amp; Apana</b>	Surya namaskara ( Sun salutation); Standing pose: tatasana, trikoasana, vrikasana, virabhadrasana; invert asana (shishasana, savangasana, halasana, matsyasana)	Mahakumbhakas: Brahmari, sitali, sitkari, Kapalabathi, surya bheda, bhastrika, murcha, plavini; nadishodana, kaphalabathi	Mahamudra, aswini mudra, chin mudra, chinmaya mudra, nastika mudra;	mindfulness, walking meditation, anapanasati	Bhagavatgita, Hatha- Yoga, Bhakti- Yoga, Karma - Yoga, Jnana- Yoga, Kundalini- Yoga, Chakra, nadis, Ida, Pingala, Shushuma, Prana, Koshas	II. muscles and tissues	SHANTI MANTRA – OM SAHANA VAVATU, So- Ham	Likhita jappa; numbers and hindu/ Hindi/ sanskrit grammer	Preparing a Yoga class (classroom organisation, time management, sequencing fundamentals) teaching - instruct pawanmuktasana	
3 days	<b>Cleaning &amp; Concentration</b>	forward bending/ hip opener: Pashimottanasana, Janu shirshasana, pada hastasana	Shatkarmas: neti, dhauti, dhauri, nauli, agnisara, bhastrika	Mulabandha, uddiynabandha, jalandhara- bandha	tratak, sensations, vipassana meditation	Karma, Kriya Yoga, Shatkarmas, Yoga- Sutra Patanjali- Ashtannga- Yoga (path of liberation)	Breathing systeme	Prana & Mantras, Surya Mantra	meaning of Mahamantra	benfits and contraindication, learn to instruct surya namaskara and other postures, levels of taching	
3 days	<b>Vipassana</b>	<b>Meditation Retreat in Mahabodhi</b>				<b>Meditation Retreat in Mahabodhi</b>					
5 days	<b>Sthiram &amp; Shukam</b>	dynamic asana, flow yoga; backward asanas: bhujangasana, shalabhasana, dhanuasana; balance asana: vrikasana, garudasana	pranayama sequences during asana, ujjayi pranayam; chid shakti	mahabandha; keechary mudra, yoga mudra	vipassana, meta bhavna	Samkhya: Prakriti, purusha, gunas (sattwa, raja, tamas, mahat, buddhi, Ahamkara, Mahabhuta	blood circulation, heart	Mahamrit- yunjaya Mantra	Hindi in practical conversation (questions)	adjsutments, forms of contact, instruct a beginner class, selfevaluation, guide Meditation	
4 days	<b>Saithilya &amp; Samadhi</b>	twist asanas: ardha matsyendrasana, parivritta janu shirasana restorative asanas: shavasana	Raja Yoga	adi mudra, brahma mudra, yoni mudra	vipasana, chakra meditation	Yoga in Daily life; ayurveda, doshas (kapha, pitta, vata), review	Digestive systeme	shiva mantra, bija mantras	mantra chanting/ Hindi	partner work, mixed level classes, themeing classes, health concern, therapeutic yoga: backpain/ sciatica/ arthitihs, headache, chronic fatihue, constipation,	
1 day	<b>Final Day/ final Ceremony</b>				<b>Final Day/ final Ceremony</b>						