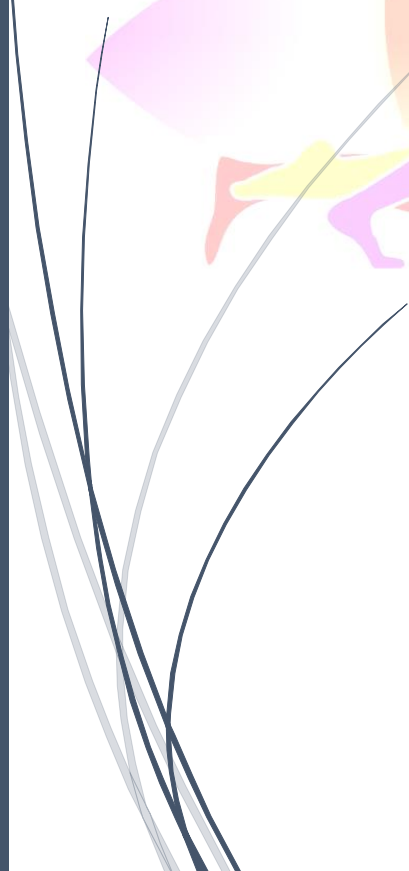
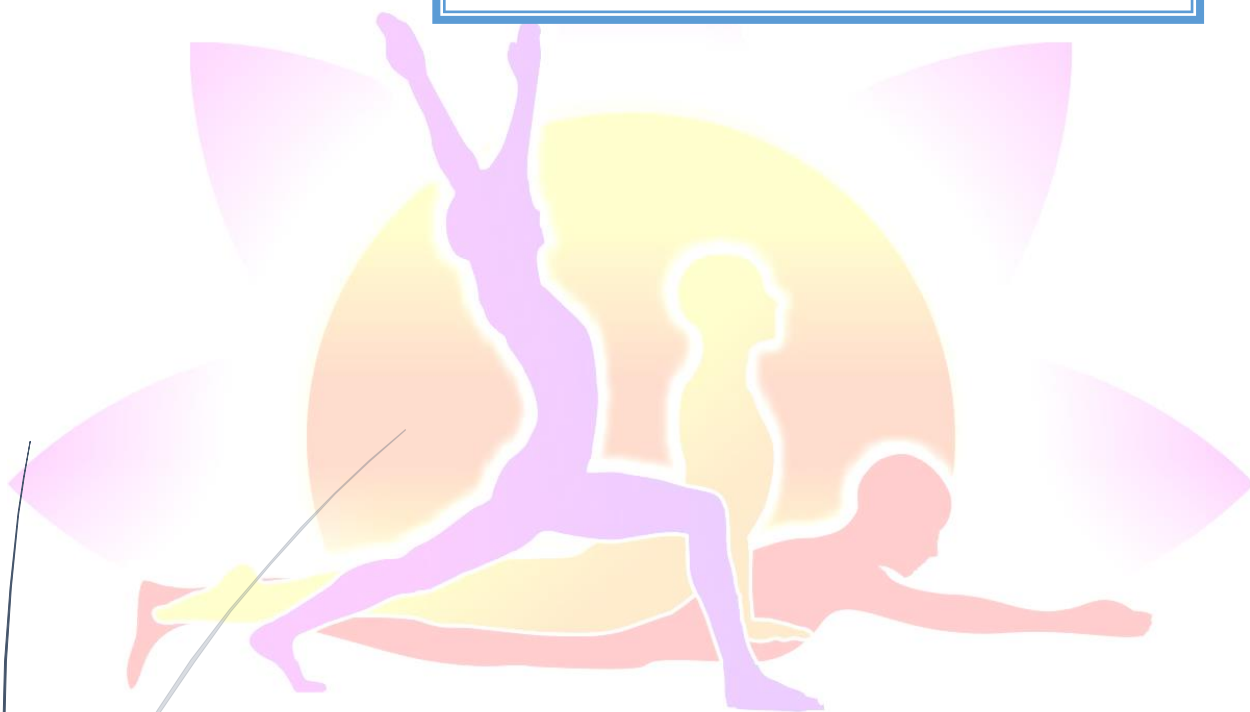


Celebrate Yoga and Wellness
Foundation (CYWF)

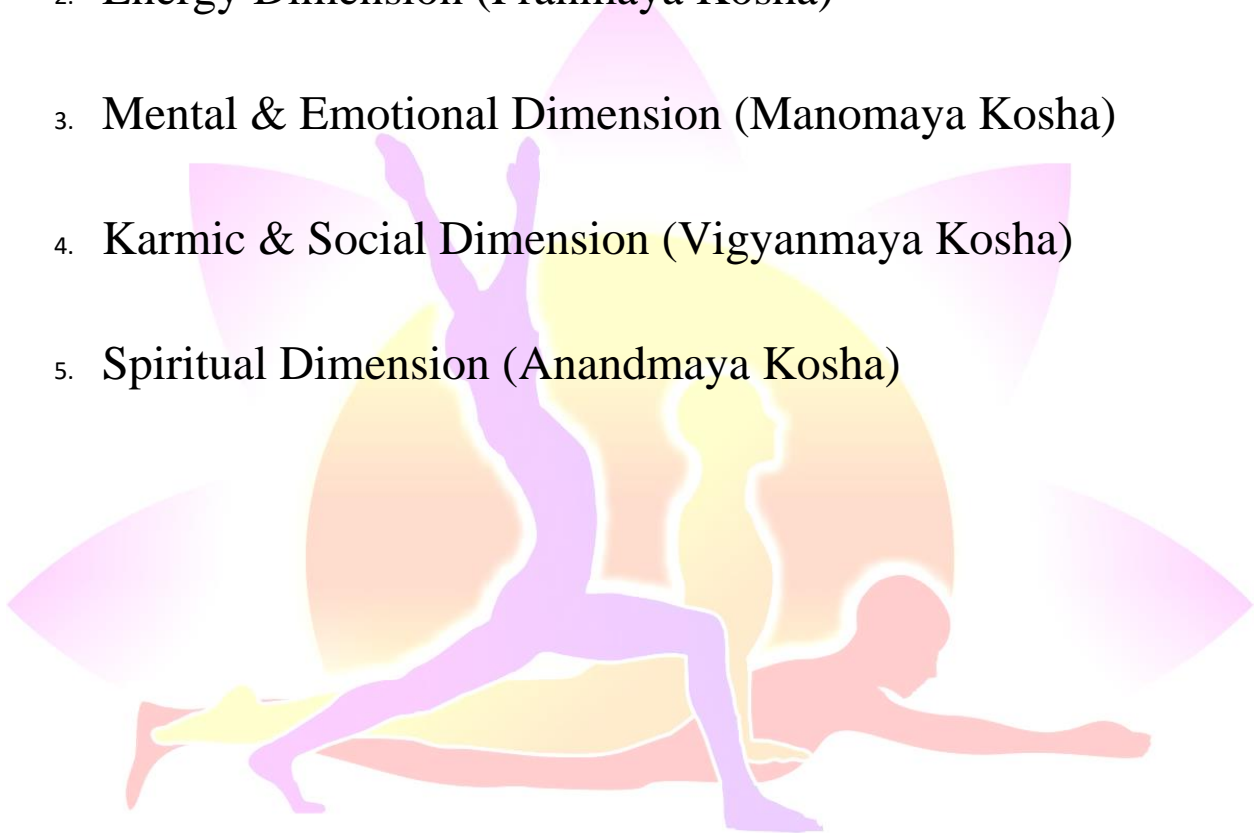
Yoga Teachers' Training Syllabus

By Dr. Rakeshgiri Goswami



Total Papers

1. Physical Dimension (Annamaya Kosha) (Sheath)
2. Energy Dimension (Pranmaya Kosha)
3. Mental & Emotional Dimension (Manomaya Kosha)
4. Karmic & Social Dimension (Vigyanmaya Kosha)
5. Spiritual Dimension (Anandmaya Kosha)



Paper 1

Physical Dimension (Annamaya Kosha)(Sheath)

✚ Anatomy & Physiology Dimensions

✚ Systems –all (9)

- Skeleton System
- Muscular System
- Digestive System
- Respiratory System
- Circulatory System
- Excretory System
- Nervous System
- Reproductive System
- Endocrine & Exocrine System

✚ Anatomy and Physiology of Spine

✚ Body Movement & Planes

✚ Joints and How to Protect them in Asanas

✚ Vital Organs in Body

✚ Diet

✚ Body Type

✚ Panchamahabhuta and its Significance

✚ Rules and Regulation of Yogasana

✚ Breathing Mechanism

✚ Nutrient & Metabolism

✚ Yogasanas

○ Types of Asana

➤ Sitting Asanas:

- Dandasana
- Vajrasana
- Shashankasana
- Ardh Ustrasana
- Purna Ustrasna
- Malasana with variations
- Chakkichalanasana with variations
- Ugrasana
- Bhadrasana
- Bhoonamanasana
- Vkrasana
- Meru Wakrasana
- Gatyamak Meru
- Mariachi Asana
- Ardhmatsyendrasana
- Nabhidarshasana

- Paschimottasana
- Janu Sirshasana
- Parivritti Janu Sirshasana
- Kauachalanasana
- Utkatasana
- Mandukasana
- Sihasana
- Virasana
- Yogmudrasana
- Ek Padprasaranasana
- Rajju Karshanasana
- Nauka Chalanasan
- Yogmudrasana
- Baddha Padmasana
- Lolanasana
- Kukkurasana
- Tolangulasana
- Eka Padpttanasana
- Meru Dandasana
- Pad Angushthasana
- Koormasana
- Dhanurakarshanasana



- Moolabandhasana
- Gorakshasana
- Eka Pada Sirasana
- Ardha Padmasana
- Purna Padmasana
- Sukhasana
- Sidhhasana
- Swastikasana

➤ Standing Asanas:

- Tadasan (feet on the floor, on toes)
- Tiryak Tadasana
- Padhastasana
- Trikonasana (different variations)
- Parivrit Trikonasana
- Utkatasana
- Vrukshasana (Tree Pose)
- Uphastasana
- Garudasana
- Saral Natarajasana
- Natarajasana
- Tandavasana
- Ek Padasana (Aeroplan Pose)

- Bakasana
- Utthita Hasta Padangusthasana 1,2
- Ardh Baddha Padmottanasana
- Vatyanasana
- Virasana with different variations (Hero Pose)
- Vayunikasana (with variations)
- Uttith Pavanmuktasana
- Natrajasana with variations
- Warrior 1,2,3,4
- Utthita Janu Sirshasana
- Sirsha Angustha Yogasana
- Moordhasana
- Kamar-Marodasana (Spinal twisting with cross leg)

➤ Lying Asanas (Prone):

- Ardh Shalabhasana
- Purna Shalabhasana
- Saral Bhujangasana
- Bhujangasana 1,2,3
- Chaturangdandasana (Plank)
- Khagasana
- Ardh Viprit - Naukasana (with variations)
- Purna Viprit-Naukasana

- Ashtang – Pranipadasana
- Sarpasana
- Dhanurasana
- Ardha Dhanurasana
- Santolanasana
- Mayurasana
- Chaturangdandasana
- Advasana
- Jyestikasana
- Makarasana

➤ Lying Asanas (Supine):

- Ardh Pavanmuktasana
- Purna Pavanmuktasana
- Pavanzulnasana
- Ardh Uttanpadasana
- Purna Uttanpadasana
- Supt- Vjrasana
- Ardh Naukasana
- Purna Naukasana (3 Phases)
- Naukachalnasana
- Padotthanasana
- Padchakrasana

- Pada Sanchalāsana
- Setubandhasana (Bridge Pose)
- Supt- Tadasana
- Marktasana or Suptudarkarsasana
- Ekpad- Vritasana
- Dwipad- Vritasana
- Ekpad-Drichakriasana
- Dwipad-Drichakriasana
- Try Cycling
- Setu Asanathasana
- Hasta Pada Angush
- Halasana
- Dhruta Halasana
- Chakrasana
- Savasana
- Sarvangasana
- Matsyasana
- Vipritkarni Mudra

➤ Lying on side:

- Vishnu Asana and its variations
- Matsyakridasana
- Kapotasana

➤ Asanas on four limbs:

- Cat Pose
- Dog Pose
- Vyadhrasana
- Dolphin Pose

➤ Other Yogic Kriyas:

- Yogic Warm-Up Techniques
- Joint Mobilization
- Tongue Movement
- Eye Movement
- Yogic Walk & its Dimension
- Circulation & its Variation
- Walking on Heels & Toes
- Engine Motion Breathing
- Ankle Plantarflexion & Dorsiflexion

○ Methodology

○ Benefits

○ Contraindications

○ Asana for Beginners

○ Asana for Intermediate

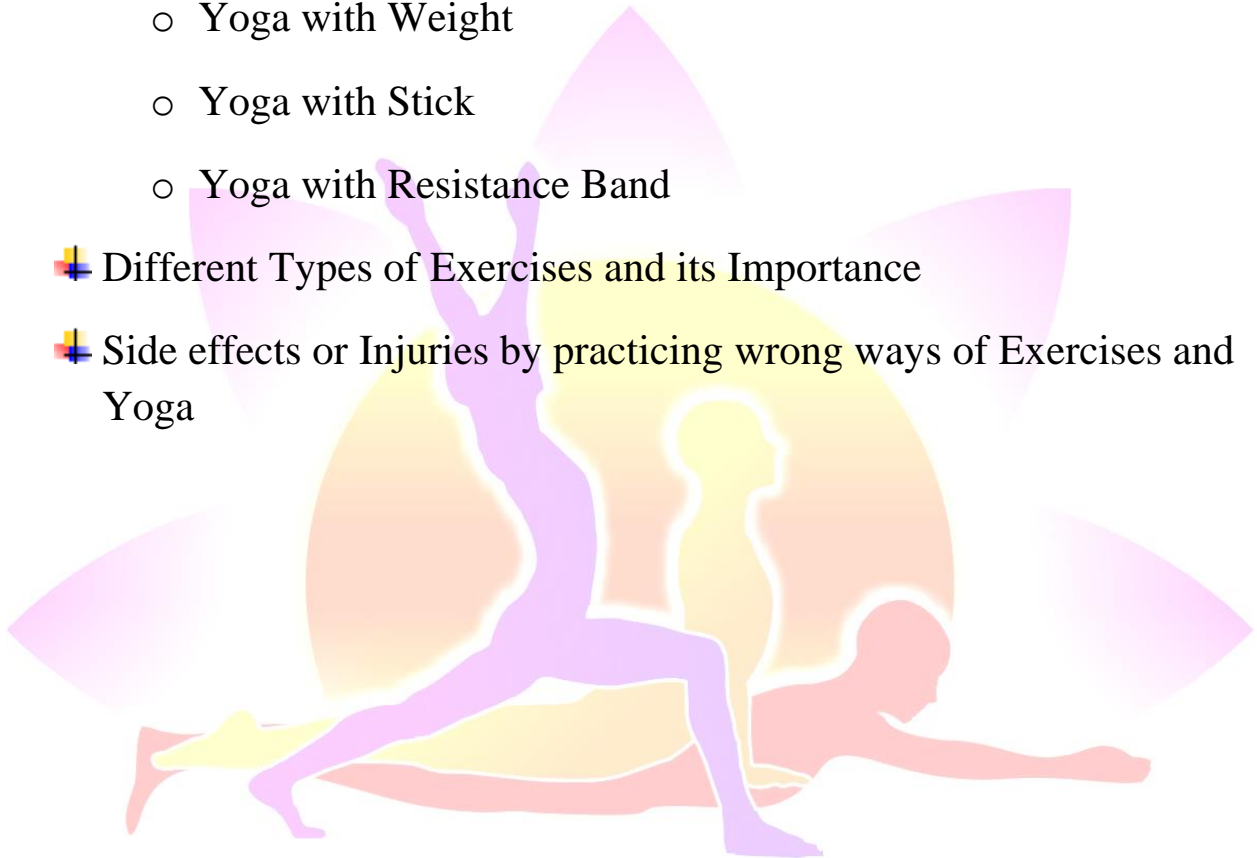
○ Asana for Advance Practitioner

✚ Multistyle Yoga Practice

- Hath Yoga
- Ashtanga Yoga
- Power Yoga
- Pilates Yoga
- Yoga with Weight
- Yoga with Stick
- Yoga with Resistance Band

✚ Different Types of Exercises and its Importance

✚ Side effects or Injuries by practicing wrong ways of Exercises and Yoga



Paper 2

Energy Dimention (Pranmaya Kosha)

- ✚ Energy the Vital Force
- ✚ Sources of Energy
- ✚ Bioplasmic Body
- ✚ Aura
- ✚ Aura's Types
- ✚ Panchprana
- ✚ Up- Prana
- ✚ Energy Channels
- ✚ Energy Centers and its Significance
- ✚ Pranayama
 - Types of Pranayama
 - Clavicular Breathing
 - Thoracic Breathing
 - Diaphragmatic Breathing
 - Yogic Breathing
 - Nadishodhana Pranayama
 - Sheetal Pranayama
 - Sheatkari Pranayama

- Bhramari Pranayama
- Bhastrika Pranayama
- Kapalbhati Pranayama
- Ujjayi Pranayama
- Surya Bheda Pranayama
- Chandra Bheda Pranayama
- Moorchha Pranayama

- Methodology
- Benefits
- Contraindications
- Kundalini Yoga

✚ Mudras

- Gyana & Chin Mudra
- Shambhavi Mudra
- Nasikagra Drishti
- Bhoochari Mudra
- Akashi Mudra
- Tadagi Mudra
- Bhujangini Mudra
- Kaki Mudra

- Ashwini Mudra
- Khechari Mudra
- Yoga Mudra
- Prana Mudra
- Vipareeta Karani Mudra
- Maha Mudra
- Naumukhi Mudra
- Pashinee Mudra
- Tadan Kriya

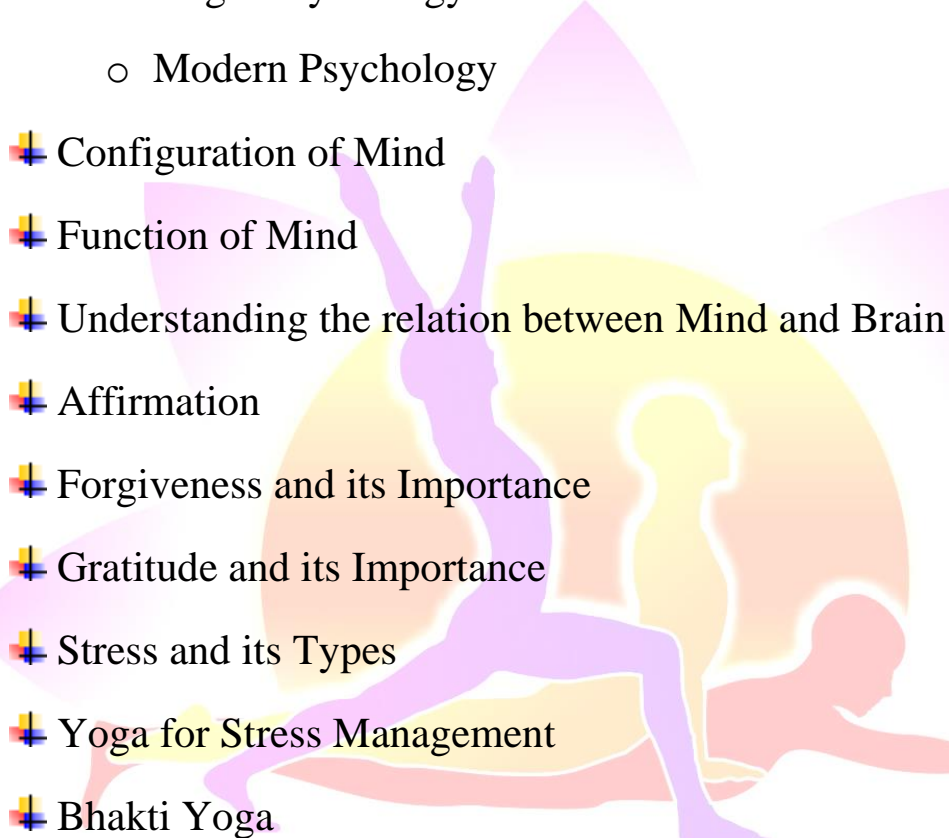
Bandhas

- Jalandhara Bandha
- Standing Jalandhara Bandha
- Moola Bandha
- Uddiyana Bandha
- Standing Uddiyana Bandha
- Maha Bandha



Paper 3

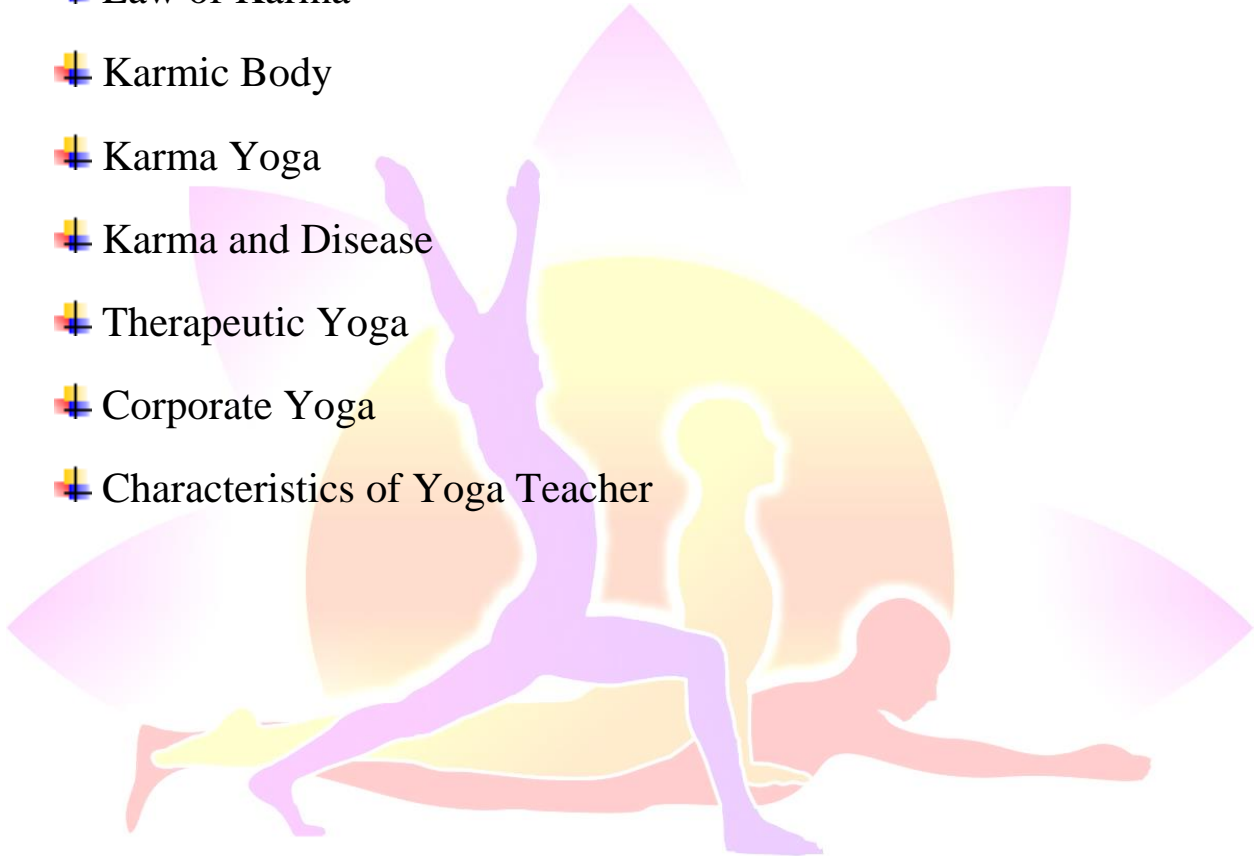
Mental and Emotional Dimension (Manomaya Kosha)

- ✚ Mind and its Types
 - ✚ Human Psychology Process
 - Yogic Psychology
 - Modern Psychology
 - ✚ Configuration of Mind
 - ✚ Function of Mind
 - ✚ Understanding the relation between Mind and Brain
 - ✚ Affirmation
 - ✚ Forgiveness and its Importance
 - ✚ Gratitude and its Importance
 - ✚ Stress and its Types
 - ✚ Yoga for Stress Management
 - ✚ Bhakti Yoga
- 

Paper 4

Karmic and Social Dimension (Vigyanmaya Kosha)

- ✚ Karma and its Significance
- ✚ Types of Karma
- ✚ Law of Karma
- ✚ Karmic Body
- ✚ Karma Yoga
- ✚ Karma and Disease
- ✚ Therapeutic Yoga
- ✚ Corporate Yoga
- ✚ Characteristics of Yoga Teacher



Paper 5

Spiritual Dimension (Anandamaya Kosha)

✚ Significance of Spirit and Soul

✚ Spiritual Body

✚ Sacred Scriptures

- Sankhya Darshan
- Yoga Darshan (Ashtanga Yoga)
- Yoga in Bhagvatgita
- Yoga in different Scriptures

✚ Gyan Yoga

- Observation Methodology (Aristotle Model)
- Maslow's Model

✚ Meditation

- Types of Meditation
 - Mantra meditation
 - Prayer meditation
 - Self-resolution meditation
 - Observation meditation
 - Inner purification meditation
 - Body scanning meditation

- Breathe scanning meditation
 - Statue meditation
 - Energy scanning meditation
 - Thought scanning meditation
 - Emotion scanning meditation
- Methodology
 - Benefits
 - Hidden Dangers of Meditation

Reference Books:

1. Light on Yoga – B K S Iyengar
2. Yoga Sutras of Patanjali
3. Asana Pranayama Mudra Bandha (APMB)
4. Yoga Darshan – Swami Niranjanananda Ji
5. Hatha Yoga Pradipika

Examination and Assessment

Sr. No.	Subject	Number of Hours (100)	Number of Hours (200)	Number of Hours (300)
01	Practical	35	80	110
02	Theory	30	50	075
03	Projects & Case Study	08	16	25
04	Internship	20	40	060
05	Theory Exam	05	10	20
06	Practical Exam	02	04	10
	TOTAL	100	200	300

*3 Days Retreat for 300hr TTC (1 RETREAT FOR EVERY 2 MONTH)