



YogaPeace
Sansthan

Syllabus for Pranayama Teachers Training Course (30Hrs)

1. **Name of the certification:** Pranayama Yoga Teachers Training Course[®]

2. **Requirement/ Eligibility:**

- a. For open candidates there is no eligibility criteria
- b. For admission in the course it is suggested/ desired that the candidate should have passed 10th standard / secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility

3. **Minimum age:** No age limit

4. **Personal Attributes:** The job requires individuals to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires an individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.

6. **Credit points for certificate :** 12 credits

7. **Duration of course:** Not less than 30 hours or not less than 1 month as part time or not less than 1 month as full time course. (Note - course duration is 15 days + 15 days Internship)

8. Practical :

1. Demonstration Skills
2. Teaching Skills
3. Application of knowledge
4. Field Experience

PRANAYAMA YOGA TEACHING METHODOLOGIES:

Pranayama word is comprised of two roots: *prana* plus *ayama*. *Prana* means vital energy or life force and *ayama* means extension or expansion. Thus the word *pranayama* means 'extension or expansion of the dimension of prana.

The techniques of pranayama help us activate and regulate the life force in order to go beyond one's normal boundaries or limitations and attain a higher state of vibratory energy and awareness.

Pranayama is more than mere breathing exercises which are aimed at introducing extra oxygen into the lungs. Pranayama gives us the ability to influence the flow of prana in the *nadis* or energy channels of the *pranamaya* kosha or the energy body.

Eligibility

Ability to perform and teach Asana's in the "Traditional Way".

Preliminary familiarity with the essential yogic texts.

Ability to be seated in a meditative pose for a minimum of 30 -40 minutes without changing positions.

To provide correct, authentic and authoritative training in Pranayama based on traditional texts and science

With Pranayama generating much interest in the current yoga culture worldwide and it being an immensely important and sensitive practice, it is pivotal that Pranayama be taught correctly from a traditional, technical and scientific perspective.



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Keeping the above in mind **EKAM YOGA** has designed a course where students will gain a proper understanding of Pranayamic practices from an intellectual (traditional, technical and scientific) as well as practical and experiential point of view so that they can correctly teach the same to students in various settings.

COURSE HIGHLIGHTS

- Q&A live Cisco Webex sessions with the teacher of the course to clarify doubts.
(There is also a welcome meeting on the first day of the course and a closing session on the last day.)

- Yoga Teacher Training manual with all the content of the course downloadable.

These hours count towards our Online **200-hour Advance Yoga Teacher Training Course** (future program)

- Our courses are hosted in one of the best online educational platforms and highly recommended by Yoga Certification Board.
- You can study at your own rhythm and pace.
- You can clarify your doubts during the live Q&A sessions or leave them in the comment section of the respective lectures in the online platform. The teachers will reply them within a day or two.
- You can download and print all the resources in PDF format.

Retain beauty of body, mind and soul!

30 Hrs – Pranayama Teachers Training Course

- **2+ Weeks**
- **In-Depth Practical knowledge of Pranayama**
- **World Class Training with Experience Teachers.**
- **Teaching Practice, Personality Development leads to holistic development.**
Learning is emphasized on Physical, Mental and Spiritual Growth.
- **Yoga Institute Approved by Ministry of AYUSH, Government of India**



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- **Mode of teaching :** Online (1 hours Mon-Sat) 15 Days + **Pranayama** session Internship 15 Days

CERTIFICATION

Upon successful completion of the course, you will receive a 30-hour Pranayama Teacher Training Certificate which can be registered with Ekam YogaPeace Sansthan

Ekam Yoga Academy is working with its parent yoga academy YOGAPEACE SANSTHAN

An accredited academy by the Yoga Certification Board of Ayush Mantralaya of India Government

Points:

- Teaching various age groups
- Question handling and answering
- Creative Communication

Retain be

d and soul!

**TEACHER TRAINING
COURSES**

**(Specialization in)
PRANAYAMA**

