

Syllabus for Hatha, Ashtanga, Vinyasa Teachers Training Course

1. Name of the certification: Hatha, Ashtanga, Vinyasa
Teachers Training Course

2. Requirement/ Eligibility:

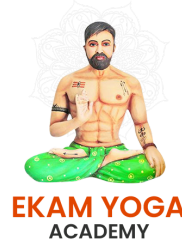
- a. For open candidates there is no eligibility criteria
- b. For admission in the course it is suggested/ desired that the candidate should have passed 10th standard / secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility

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 36 hours or not less than 1 month as part time or not less than 1 month as full time course.



8. Practical :

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

Hatha, Ashtanga, Vinyasa Teachers Training Course TEACHING METHODOLOGIES:

Learn **Hatha, Ashtanga, Vinyasa Teachers Training Course** through a program designed by Ekam Yoga Academy,

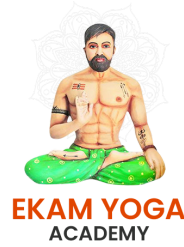
"Invest Once and Get the Benefits of Lifetime with Yoga in Ekam Yoga Academy ."

What Does The Self Paced 36 Hour Online Hatha And Ashtanga Vinyasa Yoga Teacher Training Course Fee Include?

- 30 hrs Real-time learning
- Live sessions will be held over Cisco webex
- Online sessions' timezone: India (GMT+5:30)
- 6 live classes every week.
- Q&A sessions every weekend.
- Flexible duration: Flexibility to complete the course at your own pace (within 1 months)
- Comprehensive manual with illustrative photos, theory, practice exercises, and much more information in PDF, downloadable and printable
- Lifelong access to the course materials

This Course Is For People Who Want To

- Increase your involvement in the yogic lifestyle by taking on this online course.
- Decrease the expenses on taking on this course by learning it online at a cheaper fee.
- Get a proper certification from a renowned yoga association and become a proper yoga instructor.



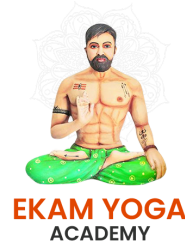
- Get more involved in the yoga knowledge and lifestyle.
- Better yoga experience
- Get a better appreciation and power of awareness
- Become involved in a learning program where you can learn in groups as well as take your own time to learn.
- Get an upgrade on your yoga knowledge and move from basic to intermediate level.
- Get a better understanding of life and the link between the soul and the mind.
- Get proper knowledge and pass on that knowledge to others yourself.
- Get to know what yoga is beyond the confinements of asanas.

Hatha Yoga

Hatha Yoga is an ancient form of yoga with varied benefits. The different holistic techniques of the yoga style help control the mind. Asanas in Hatha style are done at a slow to medium pace and are required to be held for a particular time. It helps you prepare for deep meditation, helps improves your health, and increases happy thoughts. Hatha in Sanskrit means pressure or force. That's why "hatha yoga" means a yoga posture in which physical force and physical pressure are applied. It can be understood in this way, the yoga in which there is a balance of both body and mind is called hatha yoga. Pranayama, Mantra Chanting, Asanas, and Mudras get covered in Hatha style.

EKAM YOGA Ashtanga Vinyasa Yoga

Ekam Yoga discovered the modern form of Ashtanga Vinyasa Yoga in the 20th century. Ekam Yoga even makes it popular with the people of the present time. Ashtanga Vinyasa Yoga combines various bodily movements with breathing. It is a great way to increase flexibility. The style is propagated by Ekam Yoga, who learned it from Ekam Yoga. Ashtanga Vinyasa Yoga is an energetic style that works by getting the breath to synchronize with the movements. Every single asana of the series is directly linked with flowing movements or vinyasa. The style used in current teaching is known as the "Mysore Style," as it originally originated in Mysore. It further gives rise to various other styles of Power Yoga.



By the end of this course, you will:

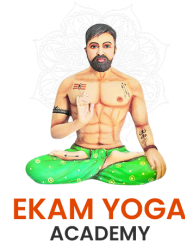
- Have a deep understanding of Hatha, Ashtanga, Vinyasa Teachers Training Course
- Understand how Hatha, Ashtanga, Vinyasa Teachers Training Course fits into the overall tradition of yoga
- Be knowledgeable about the Hatha, Ashtanga, Vinyasa Teachers Training Course and its various functions
- Know over 50 different exercises to carry out on the upper, middle and lower areas of your body
- Be able to develop a daily Hatha, Ashtanga, Vinyasa Teachers Training Course practice for yourself
- Have the tools to create a 30-minute class that you can teach to others
- Know how to support any Hatha, Ashtanga, Vinyasa Teachers Training Course practice with good lifestyle, diet and skincare habits.

Points:

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

EKAM YOGA
ACADEMY

Sr No.	Name
1	1.Pranayama -Basics of pranayama, Types of breathing, Nadi shodhana, Bhastrika, Bhramari, Kapalabhati
2	Basics of meditation and chakra meditation
3	Full body relaxation
4	Introduction to yoga
5	Ashtanga yoga
6	Chants
7	Introduction to mudras
8	Energy anatomy (chakras)
9	Essential qualities of a yoga teacher
10	10. Anatomy of human body - skeletal system , muscular system respiratory system, , circulatory system, nervous system , endocrine system, lymphatic system, excretory system , reproductive system, digestive system
11	Importance of warmups
12	Major joints
13	Rules of breathing
14	Sun salutations
15	Basics of asana, benefits and contraindications
16	Vinyasa flow yoga



Principles of teaching Hatha, Ashtanga, Vinyasa Teacher Training Course to different groups (beginners, children, youth, women, Geriatric population, and special attention group)

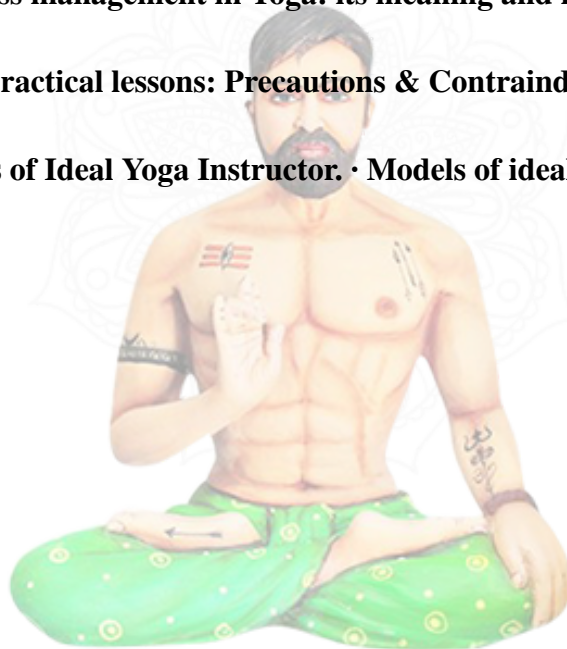
Preparation for a Yoga class (before and during the class)

Factors influencing yoga teaching.

Class management in Yoga: its meaning and needs. •

Conducting yoga practical lessons: Precautions & Contraindications of practices) •

Salient features of Ideal Yoga Instructor. • Models of ideal Yoga lesson plans



EKAM YOGA
ACADEMY

CERTIFICATION

After successful completion of the course and examination thereafter, The student will be issued a Hatha, Ashtanga, Vinyasa Teachers Training Course from Ekam Yoga Academy

TEACHER TRAINING COURSES

(Specialization in)
**HATHA,
ASHTANGA,
VINYASA**



EKAM YOGA

ACADEMY