



## Yog Teacher's training course by **Yog Shala**, The Yog Circle initiative

Hybrid course (Live sessions, Videos & offline)

Contents :

### **Philosophy**

- History and relevance of yog as a life style
- Foundation models (yogic anatomy) from vedic scriptures
- Yogic paths according to Bhagwad Gita
- Systematic approach towards Mind management : Yog Darshan
- Science of purification : Hatha yog pradipika
- Yogic concepts of Diet, health & diseases

### **Anatomy & Physiology**

- Musculo skeletal system for Safety and effectiveness
- Other body systems
- Pranayam Physiology

### **Practicals**

- Sun salutations
- 55 + yog postures
- Shuddhi Kriya
- Pranayam (with scriptural references)
- Meditation
- Mudra, Mantra, Japa
- Yog Nidra

### **Teaching Skills**

- Qualities of a teacher
- Sequencing & session planning
- Practice teaching

### **Assessment**

- Written paper, Assignments, Viva
- Practical – self Practice & teaching a group)

**Fees : Rs. 35000/-**