



Mysore Vivekananda Yoga Education & Research Institution ®



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COURSE CURRICULUM

Astanga Vinyasa Training Course [A.V.T.C]

Part A

Course I: Philosophy, History and Development of Yoga

- Unit 1 : Introduction to Yoga
- Unit 2 : Origin and Development of Yoga
- Unit 2a : Various Paths of Yoga
- Unit 3 : Aum-Shanthimantra – Gayathri Mantra
- Unit 4 : Yogic Scriptures
- Unit 5 : The Bhagavad Gita – The Song of God
- Unit 6 : The Hatha Yoga Pradipika
- Unit 7 : Patanjali's Yoga Sutras
- Unit 8 : Astanga Yoga
- Unit 9 : Recent Forms of Yoga
- Unit 10 : Practice Procedure of Asanas

Part B

Astanga Vinyasa Practice - In depth practice of Primary Series