



Mysore Vivekananda Yoga Education & Research Institution ®



Mob : 94486 00581, 72040 20581

Email: mvyogas@gmail.com, Web: www.mvyogas.org

#3018/C, 23rd Main, 24th Cross, Behind Police Station, II Stage, Vijayanagar, Mysuru - 570 017

COURSE CURRICULUM

Post Graduation Diploma in Ashtanga Vinyasa [PGDAV]

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-Shanti Mantra – Gayatri 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 : Ashtanga Yoga
- Unit 9 : Recent Forms of Yoga
- Unit 10 : Practice Procedure of Asanas

Course II: Principles of Yoga, Pranayama, Meditation & Kriyas

- Unit 1 : Bandhas and Mudras
- Unit 2 : Pranayama
- Unit 3 : Shat Kriyas
- Unit 4 : Meditation
- Unit 5 : Different Schools of Meditation

Course III: Science of Yoga and Application of Yoga Therapy

- Unit 1 : The Science of Yoga
- Unit 1a : Anatomy and Physiology
- Unit 2 & 2a : Skeletal System & Muscular System
- Unit 3 & 3a : Respiratory System & Circulatory System
- Unit 4 & 4a : Nervous System & Digestive System
- Unit 5 : Urinary System
- Unit 5a & 5b : Reproductive System & Endocrine System
- Unit 6 : Pancha Koshas and Nadis
- Unit 6a : Shat Chakras and Kundalini Shakthi
- Unit 7 & 7a : Ayurveda and Yoga & Naturopathy
- Unit 8 : Food and Nutrition
- Unit 8a : Applications of Yoga in Sports
- Unit 9 : Pranic Healing
- Unit 10 : Yoga Therapy
- Unit 10a : International Day of Yoga 21st June

Course IV: Dissertation with Presentation (Specialization)

Course V: Practical Training in Ashtanga Vinyasa Yoga Education

In depth practice of Primary Series

Course VI: Practice of Ashtanga Vinyasa Teaching

Teaching Techniques of Ashtanga Vinyasa Yoga