



Mysore Vivekananda Yoga Education & Research Institution ®



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COURSE CURRICULUM TTC 500 Hrs. Ashtanga Vinyasa Yoga

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: Advanced Practical Training in Ashtanga Vinyasa Yoga

In depth practice of Primary Series

Course V: Organization and Teaching Skills of Ashtanga Vinyasa Yogic Activities

Teaching Techniques of Ashtanga Vinyasa Yoga

COURSE CURRICULUM TTC 200 Hrs. Ashtanga Vinyasa Yoga 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