



**SYLLABUS FOR ASSISTANT YOGA TEACHERS' TRAINING UNDER PATANJALI
YOGA SAMITTEE
DURATION – 100 HRS**

Section-1 :

(A) Principles and Fundamental of Yoga

- (i) Definition of Yoga
- (ii) History of Yoga
- (iii) Brief introduction of Veda, Upanishad, Purana & Shad Darshanas
- (iv) Types of Yoga
- (v) Philosophy of Yoga, Panch Kosha, Panch-Bhut and Panch Prana
- (vi) Teachers and prominent yogis i.e. Patanjali, Shankaracharya, Maharshi, Dayananda, Sri Aurobindo, Swami Vivekanada

Section- 2 :

(B) Introduction of basic Yoga Text

- (i) Patanjali Yoga – Darshana
- (ii) The Bhagavad Gita
- (iii) Hatha Yoga
- (iv) Shat Kriyas, Asana, Pranayam, Bandha, Mudra, etc.

Section- 3 :

(C) Application of Yoga

- (i) Human anatomy, Physiology and Psychology

Section- 4 :

(D) Sukhashama Vyayama and Shat Karma

Section- 5 :

(E) Surya Namaskar

Section- 6 :

(F) Meditation

- (i) Various types of Pranayama
- (ii) Practices leading to meditation, Dharana, Dhyana and Allied Practices like Mudras, Mantra and Japa

Section- 7 :

(G) Communication

Submitted by

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