



300 HRS course syllabus

ĀSANA: 1 Hatha



- Standing Posture:
- Surya Namaskar
- Garudasana
- Utthita Tri Konasana
- Utkatasana
- Parivrita Parsva Konasana
- Virabhadraasana-B
- Virabhadraasana-C
- Ardha Chandra Asana
- Nataraj Asana
- Parighasana
- Vatayan Asana
- Parivrtta Utkat Asana
- Parsvattan Asana
- Utthita Parsvakonasana
- Tadasana
- Back Bending Posture: Bhujangasana
- Sarpasana
- Salambhasana
- Dhanurasana
- Kandhaasana
- Urdhva Dhanur Asana
- Ek Pada Rajakapotasana
- Kapotasana
- Siting Posture Dandasana
- Janu Sirsasana
- Parivrtta Janu Sirsasana
- Paschimottasana
- Pada Prasar Paschimottasana
- Ardha Padma Paschimottasana
- Supta Veer asana
- Krounchasana
- Pasasana
- Bhekasana
- Bharadvaj Asana
- Ardha Matsyendrasana
- Gomukhasana
- Kasyapasana
- Arm Balancing Posture Bakasana
- Ek Pada Bakasana
- Astavakrasana
- Koundiyasana
- Parivrtta Koundiyasana
- Adho Mukha Vrksasana
- Sirsasana
- SarvangAsana
- Advance Asana Poorna Bhujangasana
- Poorna Salabhasana
- Poorna Dhanurasana
- Hanuman Asana
- Brahmacharyasana
- Mayurasana
- Padma Mayurasana
- Vrischikasana
- Ek Pada Sirsasana
- Dwi Pada Sirsasana



ĀSANA 2:

Ashtanga Vinyasa



- Samasthiti (Standing Still)
- Surya Namaskar (A&B)
- Padangushtasana
- Pada Hastasana
- Utthita Trikonasana
- Parivritta Trikonasana
- Utthita Parshvakonasana
- Parivritta Parshvakonasana
- Prasarita Padottanasana(A,B,C&D)
- Utthita Hasta Padangushtasana
- Ardha Baddha Padmottanasana
- Utkatanasana
- Dandasana
- Paschimottansana (3 Types)
- PurvottanasanaEst-Front
- Ardha Baddha Padma
Paschimattanasana
- Janu Shirshasana (A,B&C)
- Marichyasana (A,B,C,&D)
- Navasana
- Bhujapidasana
- Kurmasana
- Sputa Kurmasana
- Garbha Pindasana
- Kukkutasana
- Baddha Konasana
- Upavishta Konasana
- Supta Konasana
- Supta Padangushtasana
- Salamba Sarvangasana
- Halasana
- Karnapidasana
- Urdhva Padmasana
- Pindasana
- Matsyasana
- Uttana Padasana
- Shirshasana
- Baddha Padmasana
- Yoga Mudra
- Padmasana
- Uth Pluthi (Tolasana)



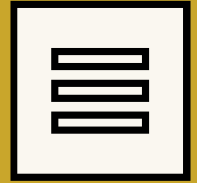
YOGA PHILOSOPHY



- Indian Philosophy and Spiritual
- Practice (Part-1) – An advanced view
- Detailed view of eight limbs of Yoga: (Samadhi Pada) & (Sadhana Pada)
- Yoga Psychology (Mana, Buddhi, Chitta, Ahamkar) – (Part-2) – An advanced view.
- Hatha Yoga Pradipika
- Science of Prana and Yoga – (Part-2) – An advanced view.
- Bhagwat Geeta – (Part-2)
- Chakra (Part-2) – A detail science and practice.
- Chapter - 2 (Important Shlokas
- Introduction to “Kundalini”, “Tantra”, “Yantra”, “Swara Vigyan” and their practices.
- Chapter - 3 (Important Shlokas).
- Five Kosha (five sheaths).
- Mantra Yoga
- Patanjali Yoga Sutra – (Part-2)



APPLIED ANATOMY & PHYSIOLOGY



- Bones and Muscles of Shoulder Joint
- Shoulder Opening Yoga Sequence Preparation
- 11 Major System of Human Body
- Anatomy and Physiology of Digestion
- Anatomy and Physiology of Skeletal System
- Food Types and their Effect on Human Body
- Joints of Human Body and Their Functions in Yoga
- Anatomy and Physiology of Glands in Human
- Overview of Ligaments, Tendons, and Cartilages
- Location of Glands and Hormones and Chakra Associated to it
- Anatomy of Human Vertebral Column
- Structure of Pelvis Area
- Introduction to Spinal Deformities-Scoliosis, Lordosis and Kyphosis and Their Cure with Yogic Practices
- Study of Bones and Muscles of Pelvis (Hip Flexors, Adductors and Abductors Muscle)
- Major Muscle Groups in Human Body and their Physiology in Yogic Practices
- Pelvic Opening Yoga Sequencing
- Muscle Bone Relationship with Yoga
- Thoracic Section Opening Sequencing (Chest Opening Sequencing)
- Preparation of Yoga Sequence for Specific Muscle Group
- Anatomy of Nervous System and its Physiological Relevance in Yoga
- Anatomy and Physiology of Respiratory System
- Reflex Actions, Sensory and Motor Neurons and Para-sympathetic Nervous System
- Diaphragmatic Movement and Inter-Coastal Muscles Moments and Lung Capacity
- Knee Anatomy and Physiology,
- Asana and Pranayama Practices to Betterment of System of Prana
- Overview of MLC and LCL and ACL, PCL and their Role in Balancing Postures
- Anatomy and Physiology of Cardiovascular System
- Introduction to Immune System Physiology
- Role of Inversion in Circulation
- Anatomy and Physiology of Shatkarma (Six Cleaning Processes of Ayurveda)
- Functioning of Human Heart, Blood Pressure and Yoga Relationship
- Anatomical Sequencing of Yoga Poses to Avoid Injuries in Asana Class
- Yoga and Pranayama to Improve Circulation of Blood into the Body
- Anatomy and Physiology of Pranayama Practices
- Anatomy and Physiology of Shoulder



PRANAYAMA



- Vitalizing Pranayama or Energetic PranayamaKapalbhati Pranayama
- Bhastrika Pranayama
- Surya Bhedan Pranayama
- Relaxing PranayamaDiaphragmatic Breathing
- Nadi Shodhana Pranayama
- Anulom Vilom Pranayama
- Bhramari Pranayama
- Maram Bhramari Pranayama
- Ujjayi Pranayama
- Cooling PranayamaChandra Bhedan Pranayama
- Sheetal Pranayama
- Sheet Kari Pranayama
- MudrasJana Mudra
- Ashwini Mudra/Kriya
- Shanmukhi Mudra
- Kaki Mudra
- Chin Mudra
- Shanmukhi Mudra



MANTRA

MEDITATION



- Ganesha Mantra
- Mangalacharan Mantra
- Guru Mantra
- Shanti Mantra
- Gayathri Mantra
- Prayers
- Shakti Mantra
- Hare Rama
- Prayer to Devi
- Shivo Hum & Shiv Shambhu
- Mahamritunjaya Mantra
- Guru Meri Pooja
- Ashtanga opening prayer
- Ashtanga closing prayer

- How to build a proper meditation practice
- Meditative postures
- Yoga Nidra
- Beeja Mantra
- Trataka
- Singing Bowl

