

SVASTHA YOGA

TRAINING & PERSONAL WELL-BEING PROGRAM

This course is intended for:

- the committed student who wishes to deepen their personal practice
- yoga teachers from all schools seeking a greater understanding of authentic principles of yoga
- the serious student interested in building a firm foundation to teach yoga
- yoga teachers fulfilling Yoga Alliance's continuing education requirements
- all students interested in a base for the Svastha Yoga Therapy program

Program Contents

I. Yoga Theory

1. Philosophy and psychology of yoga based on the Yogasutras of Patanjali
2. Sanskrit Terminology: Familiarization with key words and concepts to facilitate and retain authenticity in the teaching and transmission
3. Theory of Asana practice

II. Asana

1. Fundamentals of movement and breathing
2. Core asanas essential for fitness and in a therapeutic setting—the classical asana, practical modifications, and the *vinyasa* to practice it safely and effectively
3. Preparation and balancing
4. Common variations
5. Placing each asana in a sequence

III. Sequencing

1. How to sequence postures for fitness needs
2. How to plan and design sequences

IV. Pranayama

1. The asana-pranayama link
2. Theory of the practice of pranayama
3. Important types of pranayama with hands-on practice
4. Techniques of relaxation breathing

V. Sound

1. Using sound in asanas
2. Using sound for relaxation
3. Using sound in meditation

VI. Meditation

1. Theory of meditation – the why of meditation
2. Practice of meditation – the what and how of meditation

VII. Anatomy and Physiology

1. A broad knowledge of key body systems and their functioning
2. Basic applied anatomy and physiology related to the practice of asanas and pranayama

VIII. Suryanamaskara

1. The concept behind sun-salutation
2. The knowledge, skills and attitudes to make any asana practice into a suryanamaskara
3. The most important mantras for sun-salutation

IX. Chanting

1. The role of chanting
2. Important peace chants

X. Ayurveda

1. The concept of the *doshas* and *prakrti* (ayurvedic constitution)
2. Concept of the *vegās* (natural urges)
3. *Prana* and *agni*

4. Ayurvedic guidelines on food and some simple ayurvedic recipes for healthy cooking
5. Essential guidelines on ayurvedic lifestyle

XI. Other Related Topics

1. Concept of the *cakras*
2. *Mudras* and the *bandhas*
3. Origin and role of different labels of Yoga

XII. Personal practice

1. Establishing a personal practice with guidance

Course Outcome

On successful completion of this course, students will have:

1. an understanding and appreciation of the principles of the science and art of yoga and an introduction to ayurvedic principles.
2. developed a comprehensive knowledge of the theory of asanas, pranayama and meditation.
3. gained skill and expertise in the practice of asanas, pranayama and meditation.
4. acquired the ability to teach yoga in a safe, effective and confident manner.
5. acquired the tools to enact positive changes in their own lives and to provide the same guidance and consulting for others.
6. the opportunity to be a part of a community of people who are similarly committed to a path of personal growth and transformation

Certification and continuing education

The above course fulfils Yoga Alliance's 200-hour certification requirements as well as continuing education requirement for established teachers.