



**SHRI KRISHNA**  
YOGASHRAMA



Sanjeevini Ayurveda  
and Holistic Centre

# 2

## Syllabus

The structure of the course and its teachings have been formulated by Swami Yoganand Paramahansa (Guruji Dr. Basavaraj Hadagali, Founder of Shri Krishna Yogashram) is based on his 45 years of experience of teaching Yoga, Ayurveda, Alternative Therapies, and training Yoga Teachers from India, Italy, Spain, Japan, Ukraine, U.S.A and Hong Kong.

The following information is intended to give a general idea of the Yoga Teacher Training course; it can be customized according to the needs of the participants..

# 1 Aim

- This course will provide a comprehensive training in many aspects of Yoga so that course graduates will be capable of providing professional, responsible and high quality teaching to their students.
- It will give students a deep understanding of the essence of traditional Yogic Techniques and Philosophy, their practical application, and how they can be taught/transmitted within a western yoga class situation.
- It will motivate and inspire students to undergo a transformation in their understanding and perception of themselves, others and life in general. This course necessitates an openness to profound change on a personal level and an aspiration to deepen the understanding of one's Spiritual Nature.

# 2

## Duration and Days of Attendance

The course will span 21 days of class tuition comprising practical sessions and seminars.

# 3

## Course Content

The syllabus of the course comprises four main elements shown A, B, & C as follows:

## **A** THE PRACTICAL TECHNIQUES OF YOGA

For all parts of this section, there will be a detailed study made of the practice, its benefits and its likely effects (physical, mental and emotional), the necessary precautions and limitations in application and methods of teaching.

- **Asanas:** Selected Asanas (postures) from the following groups:
  - Surya Namaskara & Chandra Namaskara
  - Standing & Side Bending Asanas
  - Backward Bending
  - Forward Bending
  - Spinal Twists
  - Inverted Asanas
  - Balancing Asanas
  - Eye Exercises
  - Relaxation Asanas
  - Meditative Sitting Asanas
  - Asanas performed from Vajrasana
- **Pranayama:** Selected classical Pranayamas (breathing practices) in which a unique technique called as Pranapana kriya yoga including: Basthrika, Kapalabhati, Tribandha, Ujjayi, Nadi Shodhana, Bhramari and Omkar pranayama. Anatomical and physiological aspects will be studied and discussed.
- **Bandhas/ Mudra:** The 4 classical Bandhas (psycho-physiological locks): Jalandhara, Mool, Uddiyana & Maha.
- Methods of combining bandhas with pranayama, mudras and other yogic techniques.
- Selected Classical Mudras (body positions which invoke particular sentiments and mental attitudes) including Hand Mudras, Shambhavi, Bhoochari, Agochari, Khechari, Nasika, and Vipareeta Karani.
- **Shat Karmas:** The Cleansing Practices of Hatha Yoga including Jala Neti, Sutra Neti (Nasal cleansing), Agnisar Kriya, Nauli (Movement of Abdominal Muscles), Kapalabhati (Frontal Lobe cleansing) and Trataka(Concentration).
- **Yoga Nidra:** Deep relaxation techniques, it's place in therapy, improving the depth and quality of sleep and as a preparation for meditation.



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- **Meditational Techniques:** Including Spaciousness, Antar Mouna (Inner Silence), Pranapana meditation and other meditation techniques.
- **Yoga Therapy:** A preliminary introduction to the management of simple and common ailments (like arthritis, gastro-intestinal, respiratory problems, cardio-vascular problems etc.) using selected Yoga techniques, discussion and familiarization with the practices which are specifically prescribed and contra-indicated for particular ailments.
- **Mantra:** Theory of mantra. Discussion and practice of the following mantras: OM, Shanti Path, Brahmarnpanam, Mrityunjaya, Gayatri, Surya Namaskara Mantras - both Bija and Sun Mantras.

**B**

## THEORETICAL STUDIES

Yoga - a boon for human life (explains its meaning & its importance in Modern days).

- **Ashtang yoga (Eight Limbs of Yoga)**
  - Social Ethics (Yama)
  - Personal Practices (Niyama)
  - Posture (Asana)
  - Breath (Pranayama)
  - Inward Focus (Pratyahara)
  - Concentration (Dharana)
  - Meditation (Dhyana)
  - Union (Samadhi)
- Introduction to Hatha yoga, Jnana Yoga, Bhakti Yoga, Raja Yoga
- Pancha kosha theory (Five Sheaths of Human Body) & its relation with health of Human Body
- Yogic Diet
- Lifestyle & Yoga
- Introduction to Ayurveda
- Introduction to Anatomy & Physiology - A yogic perspective on the respiratory, digestive, excretory, circulatory, nervous, musculoskeletal & endocrine systems..
- Yoga for stress

## **C ASSESSMENT:**

Students will be assessed on their practical and theoretical knowledge of Yoga and on their ability to teach the subject as follows:

- Practical experience of the Yoga techniques will be assessed continuously throughout the course by the course tutors, focusing mainly on the students ability to practise accurately within their personal limitations.
- Theoretical knowledge will be assessed throughout the course both orally and by written examination. That is, students could be requested to explain theoretical aspects of Yoga in front of their peer group, as well as being required to submit written essays for assessment by the course tutors.
- Have a sound grounding in the philosophical and theoretical aspects of Yoga.
- Successful students will be awarded a Yoga teaching certificate from Shri Krishna Yoga Ashram.

**Complete Course  
Duration:  
18 days residential**

**Fees: Rs. 40,000\*/-**

\*(Including Food, Accommodation,  
Access to Library, Sadhana  
Materials and Deekshas)