

## **A – KNOWLEDGE**

- Introduction to Yoga and Yogic practices.
- Introduction to Hatha Yoga.
  - Introduction to important Hatha Yoga Texts with special reference to Hatha Yoga Pradipika and Gheranda Samhita.
- Introduction to Patanjali Yoga Sutras.
- Bhavas of the Buddhi – Basis of Yoga Education
- Introduction to Human Systems, Yoga and Health
- Yoga for wellness – prevention and promotion of positive health
- Yoga and stress management.

## **B - SKILL**

- Sahajbhava Asanas
- Shat Karmas
- Surya Namaskar (Sun Salutation)
- Asanas
  - Knowledge of selected postures and demonstration ability to perform these postures – meditative and cultural (dynamic and static versions).
  - Selected psycho – physical and conceptual techniques pioneered by The Yoga Institute.
- Pranayamas
  - Knowledge, teaching and demonstration ability of select Pranayamas.
- Practices leading to Meditation
- Communication and Teaching Practice
  - Understanding and practice of basic skills of public speaking.
  - Familiarity and demonstration ability to apply teaching methods.
    - Adapt the above to unique styles of learning.
    - Provide supportive and effective feedback.
    - Acknowledge the aspirant's progress and ability to cope with difficulties.
- Principles and skills for working with groups.