

## THE ADVANCED TEACHER TRAINING COURSE (ATTC)

### A. SYLLABUS

The Yoga Institute has designed the syllabus of this course to provide a strong base of yoga philosophy with a comprehensive approach to science and technology of yoga. This practical approach enables a student of yoga to develop an objective approach towards life situations and lead a fulfilling, duty bound life. Everyone here is in a Life School.

After successfully completing the course, ATTC certificate holders will be qualified to conduct Yoga sessions for

- normal healthy individuals and groups,
- for people with minor ailments or disorders and
- for people, under the guidance of qualified medical practitioners, undergoing treatment for any physiological, psychological and psychosomatic diseases/conditions.

The Yoga Institute is recognised by the Government of India (Ministry of AYUSH – QCI) and is the first Yoga school to be accredited after the AYUSH -QCI scheme was launched.

The course conforms to the syllabus of Level 3 - Yoga Teacher QCI scheme- mentored by AYUSH (Govt. of India).

This is RYT 500 hour course, fully accredited with the Yoga Alliance USA and the participant is eligible to apply on Yoga Alliance site as Register Yoga Teacher.

#### **1. COURSE DURATION:**

The ATTC is a course of 900 hours spread over the period of 3 months/ 7 months/ 1year/ 2 years (depending which ATTC, the student joins), including instructional program, intern-ship program, self-study, self-assessment and final evaluation.

- 550 hours of instructional program, including orientation for various camps
- 135 hours of internship- health & wellness camps, 7 days camp & other initiatives
- 225 hours for self-study, assignments, submissions and examinations.

The entire course is formalized in a cyclic way with a fortnightly/ monthly/ trimesterly capsule.

The 550 hours of instructions are completed by holding classes as per the set Time Table as follows;

- 3-Months - 6 days /week for 8 hours/day - approx. 72 days.
- 7-Months - 6 days /week for 3 hours/day - approx. 210 days
- 1-year - 5 days /week for 2<sup>1</sup>/<sub>2</sub> hours/day - approx. 210 days
- 2-year - 2 days /week for 6 hours/day - approx. 192 days.

## **2. COURSE DETAILS: KNOWLEDGE**

### **I. SIX THEMES - THE TOPIC OF THE MONTH (TOM)**

These themes provide the general direction to each segment of the course. Together they equip the learner with the holistic nature of the Art, Science and Culture of Yoga. It also aims at making Yoga relevant in modern times just as much as in the archival times when it originated.

The six topics covered are:

- a. History and Background of Yoga
- b. Modern Physical Approach and the Impact of Materialism.
- c. Technology of Yoga
- d. Mystics, Mysticism and Yoga
- e. Yoga Ideology
- f. Yoga way of life – Evaluation

### **II. PATANJALI'S YOGA SUTRA**

Conceptual learning and corresponding perceptions developed through the study of Patanjali Yoga Darshana. They are listed here in six clusters to correspond with the six themes (TOM).

The focus is on the concept and one or two key sutras in each time. Some of the key concepts covered are: Vrittis, abhyasa-vairagya, Ishwarpranidhana, Kleshas, Upaya pratyaya, Yamas, Niayamas, Asana, Pranayama, Pratyahara, Dharana-Dhyana-Samadhi, Antaraya/Vikshepa, Sahabhuva, Dharma/Lakshana/Avastha Parinama, Kriya Yoga, Karma theory.

At the end of the class, students may be given a set of questions and will be required to submit a brief write up, after reading and understanding the selected sutras. Students will also be called upon to present their work/understanding to the class.

### **III. SAMKHYA**

Familiarity with the 72 Karikas of Ishvarakrishna with commentary of Vachaspati Mishra (Tattwa Kaumudi). Specific focus on the concepts to enhance the understanding of the Yoga sutras e.g. Purusha and Prakriti, the 25 tattvas, Gunas as constituent of Prakriti. Besides, knowledge of the traits (the Bhavas) of Buddhi (the intellect) is given, with intention to study their effects on life and life forms.

### **IV. BHAGWAD GEETA**

This class takes students through selected shlokas of the Bhagwad Geeta – its understanding, interpretation and the application of its essence to daily life. Study of the Bhagwad Geeta's view on similar concepts as discussed in Yogasutra and Samkhya e.g. concept of Sthitapragnya, Karma, Gyana, Bhakti

and Gunas. This is to be treated as a part of Yoga Psychology in Theory and practice.

**V. BHAVAS OF BUDDHI – BASIS OF YOGA EDUCATION**

A detailed study of eight traits (Bhavas) of buddhi acquired due to influence of Trigunas on Buddhi

1. The concept of Buddhi-the first evolute of Prakriti and its proliferation into eight Bhavas.
2. The characteristics and concepts of the four sattvic bhavas (Dharma, Gyana, Vairagya, Aishwarya) and the four tamasik bhavas (Adharma, Agyana, Raga, Anaishwarya)

**VI. HATHYOGA PRADIPIKA & GHERANDA SAMHITA**

Introduction to the Hatha Yoga texts, traditions, their principles, their techniques, aims and objectives; with some insights to their propounders namely Matsyendranath and Gorakshanath.

**VII. PSYCHOLOGY**

These sessions aim to making students familiar with

1. Concepts of cognition, perception
2. Theories of cognition and non-cognition
3. Personality traits and classification
4. Familiarity with the Indian Psychology
5. Psychology as per the Bhagavad Gita and the Yoga sutras of Patanjali

**VIII. ANATOMY-PHYSIOLOGY AND YOGA THERAPY**

A general understanding of the main organs in each system; their overall structure and location. The knowledge of the various body systems should aid in understanding the breathing rhythm and complementary / counter poses.

1. The nine Major systems of the body with their main functions and the effect of Yoga practices on each of them.
2. The role of Yoga in management of the disease conditions. Physiological understanding of how Yoga can be helpful in modifiable factors.

**IX. YOGIC DIET**

The objectives of this session is to build familiarity with

1. Triguna, with an Ayurvedic approach to diet and nutrition; and the ethical and spiritual reasons for a sattvic vegetarian diet.
2. The different diets and its effects on the anatomy and physiology, Yogic diet – a lacto vegetarian, sattvic approach to food.

### **3. COURSE DETAILS: SKILL**

#### **I. YOGA TECHNIQUES**

In depth study of the following techniques and demonstrated ability to perform.

1. Meditative Asanas
2. Cultural Asanas:
  - a. for spine: Upward stretch, Forward bending, Backward bending, Sideward bending, Torsion, Inversion
  - b. For extremities:
  - c. For balancing:
  - d. For abdominal compression:
  - e. For relaxation:
3. Shat Kriyas
4. Pranayamas
5. Bhavana Techniques
6. Yogendra Conceptual Techniques
7. Non-traditional techniques
8. Meditation Techniques

#### **II. PUBLIC SPEAKING:**

Public Speaking is an important skill to have as a Yoga teacher. It also helps the Yoga teacher to grow in any area of their life that requires communication with others. To reproduce what is learnt makes the learning concrete and clear to one self and builds self-confidence.

- 4 mandatory Speeches- One talks each of 2 min., 3 min., 5 min., and 10 min. on various Yoga topics.

#### **III. COMMUNICATION, METHODOLOGY OF TEACHING & PRACTICE TEACHING:**

Popularizing Yoga in the appropriate group of people according to one's capacity.

Hands-on experience of teaching the yoga techniques and concepts are provided. The methodology and planning inputs requires preparing and delivering 4 mandatory lesson plans in the Practice teaching sessions.

### **4. COURSE DETAILS: EXPERIENTIAL LEARNING:**

The age-old saying is, "I hear, I forget. I see, I remember. I do, I understand". To this Yoga adds, "I experience, I be". Yoga is about Experiencing and Being.

The Yoga Institute offers its students opportunities for **authentic learning**.

#### **I. SATSANG**

Progressive participation from passive to peripheral to active enables

students to share the positive space with others and spread the culture of being sattvik and Yogic– in the Upanishadic method of singing, storytelling and enactment.

1. Students are required to participate in at-least 3 Satsang's
2. Participation can be in the following capacities: research on the pre-decided topic. story writing, script writing, dialogue writing, acting, compeering, presenting personal experiences, back stage assistance with props, costumes, sound, lights etc.

## **II. VOLUNTEER IN CAMPS, WORKSHOPS AND INITIATIVES**

To learn by observation. Compulsory attendance is required in EACH of the following programmes conducted by the Yoga Institute.

### **A. CAMPS**

Students are required to attend a minimum of any 3 Health/Wellness camps and the 7day camp, as part of the ATTC course curriculum.

### **B. REACH-OUT INITIATIVES.**

1. As part of their practical training, students will be required to participate as interns and log a minimum of 30 hours, engaged in Reach-Out projects (of minimum 1-hour duration each), as part of the course curriculum.
2. The primary objective of the Reach-Out Projects is to spread the awareness of Yoga – for Better Living.
3. Besides the Institute projects, students can plan their own initiatives (e.g. classes in their housing society/ local communities), subject to the approval of the Management.

## **B. EVALUATION**

At the end of the course, students who have the stipulated attendance and the have completed the mandated assignments, can register with the course co-ordinator to give the final exams (Theory & Practical's).

1. Students are required to pass both the Theory and Practical's.
2. The minimum passing mark for each is 50%
3. The Theory exams (60 marks) comprises of an objective (40 marks) and subjective questions (20 marks).
4. Practical exams (40 marks) include demonstration of techniques (10 marks) and Teaching of Yogic Practices (30 marks).
  - a. The Practical's also involve viva related to the techniques and theory concepts.