

SYLLABUS

The TTC-I is an extensive course which provides adequate knowledge of Yogic concepts and techniques for the promotion of wellness. After successfully completing the course, TTC -B certificate holders will be qualified to conduct Yoga sessions for

- School children
- Healthy adults in (individual and groups) incorporates, institutions and social groups
- for people with minor ailments and disorders

I. COURSE DETAILS: KNOWLEDGE

1. THREE THEMES - 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.

The three topics covered are:

- a. History and Background of Yoga
- b. Modern Physical Approach and the Impact of Materialism.
- c. Technology of Yoga

2. PATANJALI'S YOGA SUTRA

Conceptual learning and corresponding perceptions developed through the study of Patanjali Yoga Darshana. They are listed in three clusters to correspond with the three 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, Niyamas, Asana, Pranayama, Pratyahara, Dharana-Dhyana-Samadhi, Antaraya/Vikshepa, Sahabhava, Kriya Yoga, Karma theory.

3. BHAGWAD GEETA

This class takes students through selected shlokas of the Bhagwad Geeta –

The Yoga Institute

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.

4. 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 characteristics and concepts of the four sattvic bhavas and the four tamasik bhavas.

5. 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.

6. ANATOMY–PHYSIOLOGY

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 promotion of good health.

- **Yoga And Stress Management.**

7. 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.

II. COURSE DETAILS: SKILL

1. YOGA TECHNIQUES

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 (including Surya Namaskar)
8. Meditation Techniques TTC- Intermediary Level

2. 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 2 mandatory lesson plans in the Practice teaching sessions.