



COURSE SYLLABUS

MODULE 1: WHAT IS YOGA

- Origin & History of Yoga
- Traditional Schools of Yoga
- Modern Schools of Yoga
- Ashtanga Yoga
- Vinyasa Yoga

MODULE 2: THE 8 LIMBS OF ASHTANGA YOGA

- Yama
- Niyamas
- Asanas
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi

MODULE 3: YOGA PHILOSOPHY

- The 3 Gunas
- The 5 Kleshas
- OM/AUM
- Dharma
- Atman & Paramatman
- Maya
- Karma
- Reincarnation
- Moksha



MODULE 4: ANATOMY & PHYSIOLOGY

- The Skeleton
- Muscular System
- Nervous System
- Cardiovascular System
- Respiratory System
- Digestive System
- Endocrine System
- The 5 Koshas
- Chakras
- Nadis
- Prana Vayus

MODULE 5: PRANAYAMA, BANDHAS, MUDRAS, DRISHTI, MANTRAS

- What is Pranayama?
- Yogic Breathing
- Samavritti
- Nadi Shodhana
- Khapalbhata
- Ujjayi Breathing
- Brahmari Breathing
- Bandhas
- Mudras
- Drishti
- Mantras

MODULE 6: MEDITATION & YOGA NIDRA

- About Meditation
- Benefits of Meditation
- Seated Meditation
- Concentration Meditation
- Karuna Meditation
- Walking Meditation
- Yoga Nidra
- Yoga Nidra Script 1
- Yoga Nidra Script 2



MODULE 7: TEACHING YOGA

- Yoga Basic Needs
- Creating a Safe Space
- Teaching Methodology
- 4 Steps to Your Yoga Class

MODULE 8: THE BUSINESS OF YOGA

- Yoga-related Professional Organizations
- Yoga Alliance Credentialing Process
- Ethics for Yoga Teachers
- Scope of Practice
- Code of Conduct
- Marketing
- Insurance
- Invoices

MODULE 9: SUP YOGA

- Description
- Considerations when Buying a Paddle Board

MODULE 10: SUGGESTED BOOKS

- Suggested Reading Books