

FAZLANI AISHABAI & HAJI ABDUL LATIF CHARITABLE TRUST'S



**AISHABAI COLLEGE OF EDUCATION
ORGANIZES**



COMPREHENSIVE YOGA COURSE

VENUE: MPH

**10th February 2020
to
27th February 2020**



**Resource Person
Dr. Jyotsna Sangore**

**Principal
Harsha Merchant**

Comprehensive Yoga Course

Course Objectives:

- To provide students with a strong foundation in yoga philosophy and practice.
- To enhance physical, mental, and emotional well-being through the regular practice of yoga.
- To develop the ability to teach basic yoga classes and incorporate yoga into daily life.

Target Audience:

- Beginners and intermediate practitioners looking to deepen their understanding of yoga.
- Individuals interested in enhancing their physical and mental health.
- Those considering a future in teaching yoga.

Course Structure:

Module 1: Introduction to Yoga (4 hours)

1. **Session 1: History and Philosophy of Yoga (2 hours)**
 - Origins of Yoga
 - The Eight Limbs of Yoga (Ashtanga Yoga)
 - Different Schools of Yoga (Hatha, Vinyasa, Kundalini, etc.)
2. **Session 2: Understanding the Yogic Lifestyle (2 hours)**
 - Principles of a Yogic Lifestyle
 - Diet and Nutrition in Yoga
 - Importance of Mindfulness and Meditation

Module 2: Asanas - The Physical Practice (10 hours)

1. **Session 3: Introduction to Asanas (2 hours)**
 - Basic postures (standing, sitting, and lying down)
 - Alignment and safety principles

- Understanding the benefits of each asana
- 2. **Session 4: Sun Salutations and Basic Flows (2 hours)**
 - Sun Salutation A & B (Surya Namaskar)
 - Vinyasa Flow basics
 - Building stamina and flexibility
- 3. **Session 5: Intermediate Asanas and Variations (3 hours)**
 - Inversions and balances
 - Backbends and twists
 - Modifications and use of props
- 4. **Session 6: Developing a Personal Practice (3 hours)**
 - Creating a balanced yoga sequence
 - Setting intentions and goals
 - Practice for different times of the day

Module 3: Pranayama and Meditation (6 hours)

1. **Session 7: Introduction to Pranayama (2 hours)**
 - Importance of Breath in Yoga
 - Basic Pranayama Techniques (Ujjayi, Nadi Shodhana, Kapalabhati)
 - Breath awareness and control
2. **Session 8: Meditation Techniques and Mindfulness (2 hours)**
 - Introduction to Meditation
 - Guided Meditation Practices
 - Mindfulness in daily life
3. **Session 9: Advanced Pranayama and Meditation Practices (2 hours)**
 - Advanced Breathwork Techniques
 - Deepening Meditation
 - Combining Pranayama and Meditation for stress relief

Module 4: Anatomy and Physiology (4 hours)

1. **Session 10:** Understanding the Human Body in Yoga (2 hours)
 - Basic anatomy relevant to yoga (spine, muscles, joints)
 - The impact of yoga on the body's systems (nervous, circulatory, respiratory)
 - Common injuries and how to avoid them
2. **Session 11:** The Subtle Body in Yoga (2 hours)
 - Chakras, Nadis, and Kundalini
 - Energy flow and its significance in yoga
 - Balancing the subtle body

Module 5: Teaching Methodology and Ethics (4 hours)

1. **Session 12:** Principles of Teaching Yoga (2 hours)
 - Role of a yoga teacher
 - Effective communication and instruction
 - Adjustments and assists
2. **Session 13:** Ethics and Professionalism in Yoga (2 hours)
 - The Yamas and Niyamas in teaching
 - Building a respectful and inclusive environment
 - Business aspects of yoga (if applicable)

Module 6: Practicum and Assessment (2 hours)

1. **Session 14:** Practical Teaching Experience (2 hours)
 - Students design and teach a short yoga class
 - Peer and instructor feedback
 - Self-assessment and reflection

Course Materials:

- Yoga mats, blocks, straps, and other props
- Handouts on yoga philosophy, anatomy, and asana instructions

- Access to online yoga videos

for home practice Assessment:

- Continuous assessment through participation and practice
- Practical assessment through teaching a short yoga class
- Reflection papers on personal

practice and learning

- Certification:
- Upon successful completion, participants will receive a certificate of completion.