

# Advanced Yoga Teachers Training Course (Adv. T. T. C.)

## Syllabus

### Paper 1: PSYCHOLOGICAL BASES OF YOG

UNIT	SUB-UNIT	TOPICS	SUB-TOPICS
ADV. T. T. C. I	Psychophysiology of Traditional Yog	Psychology of Yog Darshana	Psychology of Samkhya, Taittiriya Aranyaka
	Etiology of Existential Disorders	Normality in the Yogic Context	Psychological Normality, Yogic Normality, Psychophysiological Bases of Yog
	Remedies on Existential Disorders	Existential Disorders, Modern and PYS Approach	Medical Etiology, Genesis in Patanjala Yog Sutra, Role of Abhyas & Vairagya through Ashtang Yog
	Traditional Yog for Self Development	Experiential Yog in the Context of Therapy	Experiential Yog in the Context of Therapy
	Yog for Adjustments	Adjustment & Yog	Adjustment & Yog
	Personality Development	Personality Development	Psychological Theories, Yogic Approach
	Attitude Formation	Attitude & Yog	Psychology of Attitude, Methods of Attitude Changes
	Prayer for Mental Health	Psychology of Prayer in the Yogic Context	Psychology of Prayer, Types & Benefits of Prayer

**Paper 2: ANATOMY & PHYSIOLOGY OF YOG PRACTICES**

UNIT	SUB-UNIT	TOPICS	SUB-TOPICS
ADV. T. T. C. II	Anatomy & Physiology 1 <sup>st</sup> and 2 <sup>nd</sup> Part	Neuroendocrine	Nervous System, Endocrine System, Muscular System, Skeletal System
		Neuromusculoskeletal	Digestion, Respiration and Circulation
		Input and Cellular Activity	Metabolism
	Yoga Practices 1 <sup>st</sup> and 2 <sup>nd</sup> Part	Asana	Basic Understanding of Asana, Advancement in Asana
		Pranayama	Basic Understanding of Pranayama, Advancement of Pranayama, Simple Kriya
		Subtle Practices	Meditation- Scientific View, Samadhi- Psychophysiology

**Paper 3: YOG & VALUE EDUCATION**

UNIT	SUB-UNIT	TOPICS	SUB-TOPICS
ADV. T. T. C. III	Value Education	Need of Value Education	Need of Value Education, Rationale of Value Education
		Nature of Value Education	Nature of Value Education, Objective of Value Education
		Yog & Value Education	Yama & Niyama, Values of Kriyayog
	Yog	Forms of Yog	Ashtanga Yog, Kriyayog
		Relation of Yog and Value Education	Yama, Niyama & Value Education, Kriyayog & Value Education

**Paper 4: YOG FOR HEALTH & FITNESS**

<b>UNIT</b>	<b>SUB-UNIT</b>	<b>TOPICS</b>	<b>SUB-TOPICS</b>
ADV. T. T. C. IV	Health related physical fitness in the context of nostril dominance and experiential way of Yog practice.	Health related physical fitness and its assessment	Health, Fitness and Yog. Meaning & Significance: Dimensions of health related fitness, relationship of Yog with components of health related physical fitness. Means and strategies to measure and evaluate one's level of health related physical fitness.
		Nostril dominance and experiential aspect in the context of Yog practice	Significance of nostril dominance on brain function and psycho-physiological homeostasis in relation to health and fitness. Comparative understanding of Yog and Physical Exercises. Scientific Reasoning; Why Asanas should not be performed like Exercise?
	Yog practices suitable to different age groups and tackling injuries occurring due to wrong Yog practice.	Psycho-physiological consideration of Yog practice	Human growth and development; Meaning & Different Stages. Yog in relation to Psycho-physiological significance of gender difference. Yog practices suitable for different stages of growth and development. Researches done in Yog showing improvement in health related physical fitness.
		Preventive and therapeutic measures on injuries occurring due to Yog	Possible occurrence of injuries while practicing Yog and their prevention.

**Paper 5: YOG FOR PHYSICAL EDUCATION**

<b>UNIT</b>	<b>SUB-UNIT</b>	<b>TOPICS</b>	<b>SUB-TOPICS</b>
ADV. T. T. C. V	Objective understanding of Yog and Physical Education	Concept and Misconception	Concept of Yog and Physical Education. Misconception about Yog.
		Objective Nature of Yog and Physical Education	Source of Misconception. How to eradicate the Misconception.
	Role of Yog and exercise in Health & Fitness	Yog and Physical Education for Health and Fitness	Aim, Objectives & Definitions of Yog and Physical Education. What is Health and Fitness?
		Asanas & Exercises: Objective Role in Health & Fitness	Factor of Health & Fitness. Comparison of Asana & Exercise.
	Objective understanding of Asanas, Pranayama & Kriyas	Pranayama & Breathing	Comparison of Pranayama with other breathing. How does it differ from normal breathing and deep breathing?
		Training of Asanas, Pranayama & Kriyas	Principles of training of Asanas. Principles of training of Pranayama and Kriyas.
	Applied Nature of Yog in Physical Education	Research on utility of Yog in sports for Health & Fitness	Role of various Yogic practices for physical education and sports. Research work done on health oriented fitness through Yog.
		Therapeutic and academic aspect of Yog in Physical Education	Effect of Yog in Anatomic Nervous System for Sports persons. History of Yog in Physical Education curriculum.

**Paper 6: TEXTUAL UNDERSTANDING OF YOG (PATANJALA YOG SUTRA)**

UNIT	SUB-UNIT	TOPICS	SUB-TOPICS
ADV. T. T. C. VI	Darshana	Introduction to Sankhya	Evolution & Satkariyavada
		Introduction to Patanjala Yog Sutra	Contribution of Patanjali
	Yog	Concept of Yog	Meaning & Definitions
	Basic Concepts	Chitta, Chittabhumi & Vrittis	Explanation of their functions
		Vikshepa/ Antaraya	Their explanation
		Klesha & Vitarka	Their explanation
	Basic Concepts	What & Why	Abhyas & Vairagya
		What & Why Kriyayog	Practice of Kriyayog
		What & Why Ishvarapranidhana	Practice of Ishvarapranidhana
		What & Why Chittaprasadana	Methods of Chittaprasadana
		Philosophical basis of PYS	Heya, Heyahetu, Hana & Hanopaya
		Bahirangayog	Concept & Practice
	Antarangayog	Concept & Practice	Dharana, Dhyan & Samadhi

## PRACTICAL

<b>Asanas</b>	<b>Meditative Asanas</b>
Shavasana	Padmasana
Shirshasana	Siddhasana
Uttanpadasana	Swastikasana
Pawan Muktasana	Samasana
Vipritakarani	Muktasana
Sarvangasana	Virasana
Matsyasana	Yogasana
Halasana	
Bhujangasana	<b>Drishti</b>
Shalabhasana	Bhru Madhya
Dhanurasana	Nasagra
Makarasana	
Ardhamatsyendrasana	<b>Pranayama</b>
Paschimottanasana	Anulom-Vilom
Vajrasana	Ujjayi
Supta Vajrasana	Surya Bhedan
Yog Mudra	Chandra Bhedan
Ushtrasana	Shitali
Gomukhasana	Sitkari
Bhadrasana	Bhastrika
Mayurasana	Bhramari
Chakrasana (Lateral)	
Vrikshasana	<b>Mudra &amp; Bandha</b>
Garudasana	Simha Mudra
Utkatasana	Mahabandha
Padhastasana	Jivha Bandha
	Bhramha Mudra
<b>Other Asana</b>	Mula Bandha
Naukasana (Supine)	Jalandhar Bandha
Karna Pidasana	Uddiyana Bandha
Naukasana (Prone)	
Sarpasana	<b>Kriyas</b>
Akarna Dhanurasana	Kapalbhati
Ugrasana	Nauli
Trikonasana	Agnisar
Chakrasana (Backward)	Jala Neti
Kati Vakrasana (Variations)	Rubber Neti
Tolangulasana	Vamana Dhauti
Bakasana	Danda Dhauti
Padma Bakasana	Vastra Dhauti
Shirsha Padangushthasana	Shankha Prakshalana
Rajkapotasana	Trataka
Kukkutasana	
Hansasana	
Vatayanasana	
Padangushthasana	
Janushirasana	

Uttana Mandukasana	<b>Mantra Recitation</b>
Vakrasana	Pranava Japa
Parvatasana	Swasti Mantra
	Rodropasana
	Savitru Upasana
	Om Stavan