

❖ Philosophy

- Yoga (what is yoga & definition according to some authentic texts)
- Four paths of Yoga (Gyan, Bhakti, Karma, Raj)
- Elaborating on Raj Yoga (Ashtanga yoga of Patanjali-Eight limbs)
- Hatha Yoga (definition & History)
- Three bodies (sthul, sukshma, karana)
- Nadis (Ida, Pingala, Sushumna)
- Chakra
- Pancha Tattwa
- State of consciousness (Jagrat, svapna, susupti, turya)
- Pancha kosha

❖ Anatomy

- Body planes,
- Body movements & Direction
- Major organ system Explanation

❖ Practical

- Asana
- Ashtanga Vinyasa
- Hatha Yoga
- Pranayama
- Mudra
- Bandha
- Kriya
- Meditation
- Chantings