

100 Hours Yoga TTC Curriculum

What you will learn in Hatha Yoga

Warm up

Starting with Subtle warm up to gross warm up

Legs, Feet & Hips Movement

- Padanguli Naman (Toe Bending)
- Goolf Naman (Ankle Bending)
- Goolf Chakra (Ankle Rotation)
- Ardha Titali Asana (Half Butterfly) Stage 1 and 2
- Shroni Chakra (Hip Rotation)
- Wrist Movement
- Manibandha Naman (Wrist Bending)
- Mushtika Bandhana (Hand Clenching)
- Manibandha Chakra (Wrist Joint Rotation)

Arms & Shoulder movement

- Kehuni Naman (Elbow Bending) PN 39
- Skandha Chakra (Shoulder Socket Rotation) PN 41

Neck Movement (Greeva Sanchalana)

Extension & Flexion

- Lateral Rotation
- Lateral Flexion

Gross movement

- Marjari Asana (Cat Stretch Pose)
- Vyaghrasana (Tiger Pose) Stage 1,2 & 3
- Balasana (Child Pose)
- Mountain pose Stretch (Calf & hamstring stretch) Stage 1 & 2

Sun salutation

Standing Poses

- Tree Pose (Vrikshasana)
- Eka pada pranamasana (One legged prayer pose)

Sitting poses

- Thunderbolt pose (Vajrasana)
- Half Camel pose (ArdhaUstrasana) – Both side
- Naman pranamasana (Prostratin pose)
- Thunderbolt pose (Vajrasana) few seconds
- Beam or Cross-bar pose (Parighasana)
- Prone Poses
- Advasana (Reversed corpse pose)



- Ardha salabhasana (Half locust pose)
- Salabhasana (locust pose)
- Makarasana (crocodile pose)
- Dhanurasana (Bow pose)
- Balasana (Child pose)

Supine Poses

- Supta Pawanmuktasana (Leg Lock Pose) Stage 1 & 2.
- Shoulder pose (Kandharasana)
- Setubandhasana (Bridge Pose) Stage 1,2,3
- Supta Udarakarshana (Sleeping Abdominal Stretch Pose) Jhulana
Lũrhakanasana (Rocking and Rolling)

What you will learn in Ashtanga Yoga

Sun Salutation A

Samasthiti

1. Urdhva Vrikshasana /Urdvha Hastasana **Upward Tree or Upward Salute**
2. Uttanasana - Standing forward fold
3. Ardha Uttanasana or Uttanasana B- Half Standing Forward Fold
4. Chaturanga Dandasana - Four-Limbed Staff Pose
5. Urdhva Mukha Svanasana- Upward facing dog
6. Adho Mukha Svanasana- Downward facing dog.
7. Ardha Uttanasana or Uttanasana B- Half Standing Forward Fold
8. Uttanasana- Standing forward fold Urdhva hastasana or Urdhva Vrikshasana- upward tree or upward salute Back to Starting Position:

Sun Salutation B

Samasthiti

1. Utkatasana – Chair pose
2. Uttanasana – Standing forward fold
3. Ardha Uttanasana – Half standing forward fold
4. Chaturanga Dandasana – Four-limbed staff pose / low press up
5. Urdhva Mukha Svanasana – Upward facing dog pose

6. Adho Mukha Svanasana – Downward facing dog
7. Virabhadrasana I – Warrior 1
8. Chaturang Dandasana - Four limbed staff pose
9. Urdhva Mukha Svanasana / Upward facing dog
10. Adho Mukha Svanasana – Downward facing dog
11. Virabhadrasana 1 Warrior 1 on the other side
12. Chaturanga Dandasana
13. Urdhva Mukha Svanasana / Upward facing dog
14. Adho Mukha Svanasana – Downward facing dog
15. Ardha Uttanasana – Half standing forward fold
16. Uttanasana – Standing forward fold
17. Utkatasana – Chair pose
1. Samashtiti- Starting pose or Even pose

What you will learn in Vinyasa

Sun Salutation A

Samasthiti

1. Urdhva Vrikshasana

/ Urdvha Hastasana **Upward Tree or Upward Salute**

2. Uttanasana - Standing forward fold

3. Ardha Uttanasana or Uttanasana B- Half Standing Forward Fold

4. Chaturanga Dandasana - Four-Limbed Staff Pose

5. Urdhva Mukha Svanasana- Upward facing dog

6. Adho Mukha Svanasana- Downward facing dog.

7. Ardha Uttanasana or Uttanasana B- Half Standing Forward Fold

8- Uttanasana- Standing forward fold

9.Urdhva hastasana or Urdhva Vrikshasana- upward tree or upward salute

10.Back to Starting Position:

Samasthiti

Thunderbolt pose (Vajrasana)

- Half Camel pose (ArdhaUstrasana) – Both side
- Naman pranamasana (Prostratin pose)
- Thunderbolt pose (Vajrasana) few sec
- Salabhasana (locust pose)
- Makarasana (crocodile pose)
- Dhanurasana (Bow pose)
- Balasana (Child pose)
- Setubandhasana (Bridge Pose) Stage
- Supta Udarakarshana (Sleeping Abdominal Stretch Pose)
- Jhulana Lũrhakanasana (Rocking and Rolling)

What is in Pranayama

The word Pranayama is comprised from two words Prana and Ayama. Prana means vital force and Ayama means expansion of the vital force.

The moment we are born and till the moment we die, the breath is only aspect that is always present but we rarely observe our breath and becomes unaware of our breath most of the time.

In this practice we are going to focus on our breath with the some of the breathing technique that are explained in yoga and that helps in getting rid of unnecessary accumulation.

Shitali Pranayama.

Ujjayi Pranayama.

Kapalabhati Pranayama.

Viloma Pranayama.

Anuloma Pranayama.

Bhramri Pranayama.

Bhast rika Pranayama.

Sheetli Pranayama

What is in Meditation

Meditation is the uninterrupted flow of concentration. It consists of 3 main components

1-dhyata(doer, the practioner)

2-dhyeya(object)

3-dhyana(the process, that is meditation itself)

In the initial stage of meditation all three components are present but as you progress through your practice, you will become one with the object and eventually the object gets dissolved and only the process is left.

This is easier said than done, as we all know that we as human beings have a lot of unnecessary accumulations from the materialistic desires that continuously give us thoughts gain and loss, so first we must learn how to sit still just being in the moment, we must forget about the past and should not worry about the future. On this note we will start today's meditation and just learn to sit still for a few minutes.

- Mindfulness meditation.
- Breath awareness meditation.
- Kundalini yoga
 - mantra **meditation**.
 - spiritual **meditation**.
 - focused **meditation**.



Anatomy & Physiology

- · **Respiratory System**
- · **Cardiovascular system** Or Circulatory System
- · Nervous System
- · Digestive System
- · **The urinary system**

Types of body movement

- abduction
- adduction
- circumduction
- depression
- dorsiflexion
- elevation
- eversion
- extension
- flexion
- hyperextension
- hyperflexion
- inferior rotation
- inversion
- lateral excursion
- lateral flexion



- **lateral (external) rotation**
- **medial excursion**
- **medial (internal) rotation**
- **opposition**
- **plantar flexion**
- **pronated position**
- **pronation**
- **protraction**
- **reposition**
- **retraction**
- **rotation**
- **superior rotation**
- **supinated**
- **supination**

Yoga Humanities and Philosophy

Gherand Samhita

It is a Sanskrit text of yoga in hindulism. It is one of the three classic texts of hatha yoga,

It literally means “ Gherands collection” written in 17th century It is divided into seven chapters and considered manual for yoga.

Hatha Yoga Pradipika

This book was composed by swami Swatmarama in the 15th century Swami ji incorporated older Sanskrit concepts into his synthesis. He also staled that it is a preparatory practice to achieve the higher state of meditation i.e Raja Yoga.

Yoga Darshan (Patanjali yoga sutra)

Yoga Darshan Literally Means “philosophy of yoga” it was compiled by great sage patanjali. It gives a detailed explanation of a yogic lifestyle. This text is among the six orthodox schools of philosophy of Indian Culture and traditional.



What you will learn Professional essentials

- Teaching Methodology
- How to conduct a traditional hatha yoga class.
- Visual Presentation
- Sequencing
- Time management with syllabus
- Pace
- Environment
- Cueing (verbal, visual, physical)
- Class management
- Marketing techniques
- Methods of assessments



Rishikesh Nath Yogshala

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Yoga Teacher Training And Retreat School
