



Syllabus for 100 Hrs Online Basic Yoga Program

<u>Yoga Practical</u>	<u>Human Anatomy</u>	<u>Yoga Philosophy</u>
<p>Prayer (Patanjali's)</p> <p>Bhakti Yoga (Bhajan)</p> <p>Meditation</p> <p>Generic Learning:</p> <ul style="list-style-type: none">• How to achieve ultimate happiness• Proper way of sitting• Sam Sthiti• Usha Paan• Difference of Exercise and Yogic Kriya <p>Physical Learning:</p> <ul style="list-style-type: none">• Gulf Naman• Cycle Sanchlan• Padprasar Katichakra Kriya• Bhujbali Shakti Vikasak• Kati Shakti Vikasak I & II• Skandh Chakra• Mushtika Bandh• Netra Shakti Vikasak I & II• Tadasana• Konasana• Katichakra Asana• Utthita Trikonasana• Uttanasana• Bhujangasana• Bhadhkon Asana• Vakra Asana• Vajra Asana• Padmasana• Pachimottan Asana• Kapal-Bhati• Bhastrika Pranayam• Anulom Vilom	<p>Brief introduction to Human Body</p> <p>Human Body System – 1</p> <p>Human Body System – 2</p> <p>Human Body System – 3</p> <p>Human Body System – 4</p> <p>Human Body System – 5</p> <p>Human Body System – 6</p> <p>Human Body System – 7</p>	<p>Hath Yoga</p> <p>Gherand samhita</p> <p>Patanjal Yoga Sutra</p> <p>Concept Of Healthy Living</p> <p>Concept Of Ahar(Diet)</p> <p>Talk On Bhagvad Gita</p>
35 Hours	15 Hours	6 Hours



YogaPeace
Sansthan

Teachings with strong core and proper alignment.

In-Depth Practical knowledge of Yoga.

Basic learning of Yoga Therapy (**without Props**) to treat various health issues.

Study of Human Anatomy & its Physiology.

World Class Training with Experience Teachers.

Teaching Practice, Personality Development leads to holistic development.

Learning is emphasized on Physical, Mental and Spiritual Growth.

***Yoga Institute Approved by Ministry of AYUSH, Government of India.**



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