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Om

Guru Mantra

GURUR BRAHMA, GURUR VISHNU,
GURUR DEVO MAHESHWARAH,
GURUR SAAKSHAAT PARA-BRAHMA,
TASMAI SHRI GURUVE NAMAHA

Summary of the Mantra

The Guru is Brahma (The God of Creation)

The Guru is Vishnu (The God of Sustenance)

The Guru is Shiva (The God of Annihilation)

My Salutation to such a Guru, who is verily the Supreme God

200hrs Yoga Teacher Training Certificate Course 23/6/2017 – 15/9/2017 – Detailed Class Schedule

Date	Day	Time	Faculty	Subjects	Topics
23/6/2017	Friday	6:30 – 9:30pm		Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> • Introduction to Yogic Anatomy
24/6/2017	Saturday	2:00 – 6:00pm		Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> • Major Muscles, Bones & Joints • Major Muscles in the Neck (Structure & Function) • Major Muscles in the Shoulders (Structure & Function) • Major Muscles in the Back (Structure & Function) • Major Muscles in the Hips (Structure & Function)
30/6/2017	Friday	6:30 – 9:30pm		Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> • Major Muscles in the Legs (Structure & Function) • Major Systems (Respiratory System, Circulatory System, Digestive System) Structure, Functions
7/7/2017	Friday	6:30 – 9:30pm		Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> • Study of common injuries and medical conditions and its precautions during yoga practice
8/7/2017	Saturday	2:00 – 6:00pm		Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> • General Ailments & Diseases and its Yogic View • Neck Pain, Blood Pressure, Pregnancy, Knee Condition, Application in various fields such as sports, medical, educational, scientific and holistic therapies.
14/7/2017	Friday	6:30 – 9:30pm		Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> • Yogic Anatomy and its relationship with Endocrine Glands and chakras
Date	Day	Time	Faculty	Subjects	Topics
15/7/2017	Saturday	2:00 – 6:00pm		Pranayama, Mudra, Bandha, Kriya Module (Practicals)	<ul style="list-style-type: none"> • Practice and Teaching techniques of pranayama, Kriyas, Mudras, Bandhas
21/7/2017	Friday	6:30 – 9:30pm		Pranayama, Mudra, Bandha, Kriya Module (Practicals)	<ul style="list-style-type: none"> • Practice of Mudras, Bandhas , Pranayama
22/7/2017	Saturday	2:00 – 6:00pm		Pranayama, Mudra, Bandha, Kriya Module (Practicals)	<ul style="list-style-type: none"> • Practice of Mudras, Bandhas , Pranayama

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28/7/2017	Friday	7:15 – 8:30am		Pranayama, Mudra, Bandha, Kriya Module (Practicals)	<ul style="list-style-type: none"> • Kriya Practical
28/7/2017	Friday	6:30 – 9:30pm		Pranayama, Mudra, Bandha, Kriya Module (Practicals)	<ul style="list-style-type: none"> • Practice of Mudras, Bandhas , Pranayama
Date	Day	Time	Faculty	Subjects	Topics
29/7/2017	Saturday	2:00 – 6:00pm		Asana Module (Practicals)	<ul style="list-style-type: none"> • Practice of Asanas
4/8/2017	Friday	6:30 – 9:30pm		Asana Module (Practicals)	<ul style="list-style-type: none"> • Practice of Asanas
5/8/2017	Saturday	2:00 – 6:00pm		Asana Module (Practicals)	<ul style="list-style-type: none"> • Practice of Asanas
11/8/2017	Friday	6:30 – 9:30pm		Asana Module (Practicals)	<ul style="list-style-type: none"> • Practice of Asanas
12/8/2017	Saturday	2:00 – 6:00pm		Asana Module (Practicals)	<ul style="list-style-type: none"> • Practice of Asanas
18/8/2017	Friday	6:30 – 9:30pm		Asana Module (Practicals)	<ul style="list-style-type: none"> • Practice of Asanas
Date	Day	Time	Faculty	Subjects	Topics
19/8/2017	Saturday	2:00 – 6:00pm		Teaching Technique Module (Practicals)	<ul style="list-style-type: none"> • Class Theming , Arrangement, Sequencing
Date	Day	Time	Faculty	Subjects	Topics
25/8/2017	Friday	6:30 – 9:30pm		Yoga Intro Module (Practicals)	<ul style="list-style-type: none"> • Yoga Origin, History, Philosophy
26/8/2017	Saturday	2:00 – 6:00pm		Yoga Intro Module (Practicals)	<ul style="list-style-type: none"> • Yogic Literature, Types of Yoga • Yoga Lineages • Various Yoga Traditions
1/9/2017	Friday	6:30 – 9:30pm		Yoga Intro Module (Practicals)	<ul style="list-style-type: none"> • Yoga Nidra and Mantra Chanting • Trataka
2/9/2017	Saturday	2:00 – 6:00pm		Yoga Intro Module (Practicals)	<ul style="list-style-type: none"> • Meditation (Introduction, Steps, Preparation and Practice)

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Date	Day	Time	Faculty	Subjects	Topics
3/9/2017	Sunday	3:00-5:30pm		YTT Group Practice Class	<ul style="list-style-type: none"> Teaching practice
8/9/2017	Friday	6:30 – 9:30pm		Teaching Technique Module (Practicals)	<ul style="list-style-type: none"> Demonstration and Explaining the Steps and Benefits
9/9/2017	Saturday	2:00 – 6:00pm		Teaching Technique Module (Practicals)	<ul style="list-style-type: none"> Contraindications and injury prevention
10/9/2017	Sunday	3:00-5:30pm		YTT Group Practice Class	<ul style="list-style-type: none"> Teaching practice and discuss
15/9/2017	Friday	6:30 – 9:30pm		Teaching Technique Module (Practicals)	<ul style="list-style-type: none"> Teaching Techniques of Asanas

- Students can attend any Two 7am –9am- Andiappan Yoga Self Practice Sessions – Students must Pre -book to attend the class. Attending Andiappan Yoga classes is strongly recommended
- This class will equip students with knowledge to develop a routine sequence for self-practice which they can practice at home or while traveling. The ability to put together a sequence to meet one's goals while taking into consideration one's limitations will be very important when one starts to teach.
- All Students must attend the Kriyas practical session on 28 July 2017.
- All students have **ONE EXTRA MONTH** after the course's last day to do their self-practice classes, must complete the 30 hours self-practice session by then.

Points to Note During this teacher Training

- Please inform the reception and send an email to ytt@anahatayoga.com.hk if you are not able to attend the class.
- Please sign the attendance sheet when you arrive at the reception.
- Please come in a proper Yoga outfit for all Teacher Training classes.
- Avoid using your cell phone during the class, and if you need to attend a phone call please go outside the class room without disturbing the class
- Strictly No Food / drinks allowed inside the class room.
- Avoid using the blocks and props for your own comfort and luxury in the class room.
- Show proper respect to the teachers and avoid pointing your feet towards the teachers.
- Please keep an open mind during the learning and don't hesitate to voice your doubts with any of the faculty members with the topics they cover.
- If you have any queries about the teacher training please call 2905 1822 or email to ytt@anahatayoga.com.hk

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Recommended Reading Materials for this 200hrs Yoga Teacher Training

- 1) Asana Pranayama Mudra Bandha Kriya by Satyananda Saraswati
- 2) Thirumoolar's Ashtanga Yoga DVD by Yogananth Andiappan
- 3) Light on Yoga by BKS Iyengar
- 4) Diet and Digestion by Bangalore Sundaram

Assignment Topics and Attendance

- 1) At the end of the training each student will be sent two Assignment topics that need to be completed and submitted within the stipulated dates.
- 2) Students those who missed any modules during this training will not be given any assignment topics until they finish those modules in our upcoming YTT programs.
- 3) Students those who do not have minimum attendance will be informed at the end of the training and they will have to retake the classes missed.
- 4) Subjects that you would like to be revised during the revision day, please email to ytt@anahatayoga.com.hk

The 200 Hour Teacher Training Course Hour Breakdown is as follows:

Categories	200 Hour Teacher Training Course
Theory/ Practical	25 classes x 3 hours = 75 Hours
Non-Contact Hours (Practical)	40 Hours
Andiappan Yoga Self-Practice Classes	30 classes x 2 hours = 60 Hours
Assignment/Self-study	20 Hours
YTT Group Practice Class	5 Hours (Last 2 Sundays)
TOTAL	200 Hours