

200hrs Yoga Teacher Training Certificate 3<sup>rd</sup> November – 7<sup>th</sup> January 2015 Detailed Class Schedule

Date	Day	Time	Faculty	Subjects	Topics
3 <sup>rd</sup> Nov 2015	Tuesday	9.15 am – 12.30 pm	Vishnu	Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> <li>Introduction to Yogic Anatomy</li> </ul>
4 <sup>th</sup> Nov 2015	Wednesday	9.15 am – 12.30 pm	Vishnu	Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> <li>Major Muscles, Bones &amp; Joints</li> <li>Major Muscles in the Neck (Structure &amp; Function)</li> <li>Major Muscles in the Shoulders (Structure &amp; Function)</li> <li>Major Muscles in the Back (Structure &amp; Function)</li> <li>Major Muscles in the Hips (Structure &amp; Function)</li> </ul>
5 <sup>th</sup> Nov 2015	Thursday	9.15 am – 12.30 pm	Vishnu	Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> <li>Major Muscles in the Legs (Structure &amp; Function)</li> <li>Major Joints and Bones (Structure &amp; Functions)</li> <li>Major Systems (Respiratory System, Circulatory System, Digestive System) Structure, Functions</li> </ul>
10 <sup>th</sup> Nov 2015	Tuesday	9.15 am – 12.30 pm	Vishnu	Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> <li>General Ailments &amp; Diseases and its Yogic View</li> <li>Study of common injuries and medical conditions and its precautions during yoga practice</li> </ul>
11 <sup>th</sup> Nov 2015	Wednesday	9.15 am – 12.30 pm	Vishnu	Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> <li>Study of common injuries and medical conditions and its precautions during yoga practice.</li> <li>Neck Pain, Blood Pressure, Pregnancy, Knee Condition, Application in various fields such as sports, medical, educational, scientific and holistic therapies.</li> </ul>
12 <sup>th</sup> Nov 2015	Thursday	9.15 am – 12.30 pm	Vishnu	Yoga Anatomy Module (Theory)	<ul style="list-style-type: none"> <li>Yogic Anatomy and its relationship with Endocrine Glands and chakras</li> </ul>
17 <sup>th</sup> Nov 2015	Tuesday	9.15 am – 12.30 pm	Yogesh	Pranayama, Mudra, Bandha, Kriya Module (Theory)	<ul style="list-style-type: none"> <li>Practice of Pranayama, Mudra, Bandha, Kriya Module</li> </ul>
18 <sup>th</sup> Nov 2015	Wednesday	9.15 am – 12.30 pm	Yogesh	Pranayama, Mudra, Bandha, Kriya Module (Practicals)	<ul style="list-style-type: none"> <li>Practice of Mudras, Bandhas , Pranayama</li> </ul>
19 <sup>th</sup> Nov 2015	Thursday	9.15 am – 12.30 pm	Yogesh	Pranayama, Mudra, Bandha, Kriya Module (Practicals)	<ul style="list-style-type: none"> <li>Importance of Practice of Mudras, Bandhas , Pranayama in Various Yoga Practices</li> </ul>
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20 <sup>th</sup> Nov 2015	Friday	7.15 – 8.15 am	Yogesh	Pranayama, Mudra, Bandha, Kriya Module (Practicals)	<ul style="list-style-type: none"> <li>Practice of Kriyas</li> </ul>
24 <sup>th</sup> Nov 2015	Tuesday	9.15 am – 12.30 pm	Yogesh	Pranayama, Mudra, Bandha, Kriya Module (Practicals)	<ul style="list-style-type: none"> <li>Practice and Teaching techniques of pranayama, Kriyas, Mudras, Bandhas</li> </ul>
25 <sup>th</sup> Nov 2015	Wednesday	9.15 am – 12.30 pm	Yogananth	Asana Module (Practicals)	<ul style="list-style-type: none"> <li>Practice of Asanas</li> </ul>
26 <sup>th</sup> Nov 2015	Thursday	9.15 am – 12.30 pm	Yogananth	Asana Module (Practicals)	<ul style="list-style-type: none"> <li>Practice of Asanas</li> </ul>
1 <sup>st</sup> Dec 2015	Tuesday	9.15 am – 12.30 pm	Yogananth	Asana Module (Practicals)	<ul style="list-style-type: none"> <li>Practice of Asanas</li> </ul>
2 <sup>nd</sup> Dec 2015	Wednesday	9.15 am – 12.30 pm	Yogananth	Asana Module (Practicals)	<ul style="list-style-type: none"> <li>Practice of Asanas</li> </ul>
3 <sup>rd</sup> Dec 2015	Thursday	9.15 am – 12.30 pm	Yogananth	Asana Module (Practicals)	<ul style="list-style-type: none"> <li>Practice of Asanas</li> </ul>
8 <sup>th</sup> Dec 2015	Tuesday	9.15 am – 12.30 pm	Yogananth	Asana Module (Practicals)	<ul style="list-style-type: none"> <li>Practice of Asanas</li> </ul>
9 <sup>th</sup> Dec 2015	Wednesday	9.15 am – 12.30 pm	Yogananth	Teaching Technique Module (Practicals)	<ul style="list-style-type: none"> <li>Class Theming , Arrangement, Sequencing</li> </ul>
10 <sup>th</sup> Dec 2015	Thursday	9.15 am – 12.30 pm	Yogananth	Teaching Technique Module (Practicals)	<ul style="list-style-type: none"> <li>Demonstration and Explaining the Steps and Benefits</li> </ul>
15 <sup>th</sup> Dec 2015	Tuesday	9.15 am – 12.30 pm	Yogananth	Teaching Technique Module (Practicals)	<ul style="list-style-type: none"> <li>Contraindications and injury prevention</li> </ul>
16 <sup>th</sup> Dec 2015	Wednesday	9.15 am – 12.30 pm	Yogananth	Teaching Technique Module (Practicals)	<ul style="list-style-type: none"> <li>Teaching Techniques of Asanas</li> </ul>
17 <sup>th</sup> Dec 2015	Thursday	9.15 am – 12.30 pm	Vishnu	Yoga Intro Module (Theory)	<ul style="list-style-type: none"> <li>Yoga Origin, History, Philosophy</li> </ul>
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5 <sup>th</sup> Jan 2016	Tuesday	9.15 am – 12.30 pm	Anurag	Yoga Intro Module (Theory)	<ul style="list-style-type: none"> <li>• Yogic Literature, Types of Yoga</li> <li>• Yoga Lineages</li> <li>• Various Yoga Traditions</li> </ul>
6 <sup>th</sup> Jan 2016	Wednesday	9.15 am – 12.30 pm	Anurag	Yoga Intro Module (Practicals)	<ul style="list-style-type: none"> <li>• Yoga Nidra and Mantra Chanting</li> <li>• Trataka</li> </ul>
7 <sup>th</sup> Jan 2016	Thursday	9 am – 12.30 pm	Anurag	Yoga Intro Module (Theory & Practical)	<ul style="list-style-type: none"> <li>• Meditation (Introduction, Steps, Preparation and Practice)</li> </ul>

- Andiappan Yoga Self Practice Sessions – Students must Pre -book to attend the class. Attending Andiappan Yoga class is strongly recommended but not compulsory)
- This class will equip students with knowledge to develop sequence for self-practice which they can do 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 start to teach.
- All Students must attend the 20<sup>th</sup> November 2015 7.15 – 8.15 AM class to attend the Kriyas practical session.
- All students must complete the 30 hours self-practice session before the end of the course.

**Points to Note During this teacher Training**

- 1) Please inform the reception if you are not able to attend the class.
- 2) Please sign the attendance sheet when you arrive inside the class room.
- 3) Please come in a proper Yoga outfit for all practical classes
- 4) 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
- 5) Strictly No Food / soft drinks allowed inside the class room
- 6) Avoid using the blocks and props for your own comfort and luxury in the class room
- 7) Show proper respect to the teachers and avoid stretching your legs pointing towards the teachers.
- 8) Please keep an open mind during the learning and don't hesitate to voice your doubts with any of the faculty members and if you have any queries email to [ytt@anahatayoga.com.hk](mailto:ytt@anahatayoga.com.hk)