

D.Y.T:-

DURATION :- 1 YEAR , ELIGIBILITY :-10 TH PASS

## Yoga Philosophy

This class will prepare students to read and understand **Patanjali's Yoga Sutras**. Each Friday, students will lead a discussion reflecting on the week's readings. Before class, students should write down one question on a notecard directly related to the day's reading and give this to the teacher at the start of class

### Introduction:-

Origin of Yoga, Different Paths of Yoga, Samkhya Darshan,

Vedanta Darshan, Obstacles in Yoga

### Ashtanga Yoga (8 Limbs)

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi

### Hatha Yoga

Panch Kosha • Annamaya Kosha • Pranamaya Kosha

• Manomaya Kosha • Jnanamaya Kosha • Anandamaya Kosha



## HUMAN ANATOMY-PHYSIOLOGY AND YOGA

Introduction Skeletal System Joints and Range of Motion

Muscular System Postural imbalances **Physiology of Asana**

• Standing • Back Bend • Forward Bend • Twist

• Inversion Digestive System Respiratory System

Circulatory System Physiology of Pranayama Nervous System



Endocrine System      Stress and Homeostasis      Physiology of Meditation

Lesson Planning, Practical and Written Assessment

## MANTRA RECITATION CURRICULUM

**Mantra** is a word or sound repeated to aid concentration in **meditation**.

The reverberating sound harmonious the body and mind.

Ganesha Mantra      Guru Mantra      Shakti Mantra      Gayatri Mantra

Mangalacharan Mantra      Shanti Mantra

## ASANA AND PRANAYAMA PRACTICE SESSIONS.

### Dynamic Postures

Pawanmuktasana series      Marjala asana

Vyaghrasana      Surya namaskar

### Standing Postures

Tadasana      Utkatasana      Padhastasana

Trikonasana      Parivrtta Trikonasana      Parshwakonasana

Parivrtta parshwakonasana      Veerbhadradasana I

Veerbhadradasana II      Veerbhadradasana III

Ardh chandrasana      Parsvottanasana

Prasarita padottanasana

### Inverted Postures

Sirsasana      Sarvangasana      Halasana

Pincha mayurasana      Adho mukha vrkshasana



## Twisting Postures

Ardh matsyendra asana      Parivritti janu sirshasana

Kati Chakrasana

## Back Bend Postures

Bhujangasana Shalabhasana Dhanurasana

Matsyasana Ushtrasana Kandhrasana

Chakrasana Gomukhasana Setu Asana

Rajkapotasana

## Forward Bend Postures

Paschimotanasana Janusirasana Ardh padam Paschimotanasana

Padprasar Paschimotanasana Adho Mukha Svanasana

## Balancing Postures

Vrkshasana Bak Dhayan Asana Mayurasana

Natraj Asana Garudasana Relaxation Postures

Shashankasana Makarasana Savasana

## Pranayama Practices

Yogic Breathing Nadi Shodhan Kapalbhati

Ujjayi Bhramari

## Dhyana Practices

Breath Awareness Pranava Dhyana

## Yog Nidra Practices

Visualization Breathing Meditation

Chakra Meditation **Mudras**

Anjali Mudra Chin Mudra

Jnana Mudra Poorna Mudra

## Bandhas



Uddiyana Bandha      Jalandhara Bandha

Moola Bandha

## **Kriyas**

Jala Neti      Kapalbhata      Tratak