

8. 100 HOUR YOGA THERAPY TTC SYLLABUS

1. **Study of Health and Disease according to Ayurveda**

1. Concept of Ayurveda
2. The five element theory
3. The three doshas (Vata, Pitta, Kapha)
4. Knowing your dosha
5. How to determine your constitutional type
6. The effect of the doshas in the body
7. View of Health and according to Ayurveda
8. Definition of Disease according to Ayurveda
 - 8.1. 80 diseases related to Vata
 - 8.2. 40 diseases related to Pitta
 - 8.3. 20 diseases related to Kapha
9. Personalized Healing
 - 9.1. The six tastes
 - 9.2. Diet for each Dosha
 - 9.3. Ayurvedic Daily Routine

2. **Study of Asanas**

2.1. **Iyengar or Alignment Based Yoga Series**

2.1.1. **Tadasana Group of Asanas**

- 2.1.1.1. Tadasana Samastithi
- 2.1.1.2. Tadasana Urdhva Hastasana
- 2.1.1.3. Tadasana Urdhva Baddhaanguliasana
- 2.1.1.4. Tadasana Paschima Baddha Hastasana
- 2.1.1.5. Tadasana Paschima Namaskarasana
- 2.1.1.6. Tadasana Gomukhasana

2.1.2. **Standing Hip Openers & Balancing Postures**

- 2.1.2.1. Uttitha Trikonasana
- 2.1.2.2. Uttitha Parsvakonasana
- 2.1.2.3. Ardha Chandrasana
- 2.1.2.4. Uttanasana
- 2.1.2.5. Prasrita Padottanasana
- 2.1.2.6. Adho Mukha Svanasana

2.1.3. **Seated Postures and Forward Bends**

- 2.1.4. Dandasana
- 2.1.5. Upavista Konasana
- 2.1.6. Baddhakonasana
- 2.1.7. Urdhva Mukha Janusrisasana
- 2.1.8. Janusirsasana
- 2.1.9. Paschimottanasana
- 2.1.10. Adho Mukha Paschimottanasana

- 2.1.11. Bharadvajasana
- 2.1.12. Marichyasana
- 2.1.13. Paripoorna Navasana
- 2.2. Virasana & Swastikasana Group of Asanas**
 - 2.2.1. Virasana
 - 2.2.2. Parsva Virasana
 - 2.2.3. Adho Mukha Virasana
 - 2.2.4. Supta Virasana
 - 2.2.5. Swastikasana
 - 2.2.6. Adho Mukha Swastikasana
- 2.3. Inverted Postures & Backbends**
 - 2.3.1. Viparita Karani
 - 2.3.2. Salamba Sarvangasana
 - 2.3.3. Halasana
 - 2.3.4. Setubandha Sarvangasana
 - 2.3.5. Viparita Dandasana
 - 2.3.6. Salamba Sirsasana
 - 2.3.7. Supta Baddhakonasana
- 2.4. Relaxation Postures**
 - 2.4.1. Savasana
- 2.5. Foundation postures for sequencing according to a disease**
 - 2.5.1. Sequences for the Cardiovascular, Immune, Nervous, Digestive, Respiratory and Urogenital systems
- 3. Core Principles of Asana Practice**
 - 3.1. Sequencing & Drawing Postures
 - 3.2. The Science of Asanas and their therapeutic effects
 - 3.2.1. Standing Postures
 - 3.2.2. Balancing
 - 3.2.3. Forward Bending Postures
 - 3.2.4. Meditation Postures
 - 3.2.5. Back Bending Postures
 - 3.2.6. Twisting Postures
 - 3.2.7. Inverted Postures
 - 3.2.8. Relaxation Postures
- 4. Complementary Practice: SURYA NAMASKARA**
 - 4.1. Classical Namaskara
 - 4.2. Chandra Namaskara
 - 4.3. Therapeutic Surya Namaskara
- 5. Case Study Information**
 - 5.1. Health Assessment for patients/students
 - 5.2. Case Study Guidelines



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A space for Learning & Growing!

- 5.3. Teaching Practicum & Demonstration Guidelines
- 6. Relaxation Techniques**
 - 6.1. Yoga Nidra
 - 6.2. Healing the Body-Mind
 - 6.3. Chakra Sounds