

# 200 HOUR YOGA THERAPY TEACHER TRAINING SYLLABUS

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**SECTION TWO (SEE DETAILED TABLE OF CONTENTS AT THE BEGINNING OF SECTION 2)**

**5. Study of Pranayama (breathing exercises) & Bandhas**

- a. The Mechanics of Breathing
- b. Four Aspects of Pranayama
- c. Introducing the practitioner to his natural breath
- d. Abdominal Breathing
- e. Thoracic Breathing
- f. Clavicular Breathing
- g. Full Yogic Breath
- h. Nadi Shodhana
- i. Bhramari
- j. Bhastrika
- k. Kapalabhati
- l. Sheetali & Sheetkari
- m. Ujjayi
- n. Moola, Uddhyana, Jalandhara & Maha Bandha.

**6. Mudras (Yoga in your hands)**

- a. Using mudras to heal physical problems
- b. Using mudras to heal emotional problems
- c. Mudra exercises
  - i. Chin Mudra
  - ii. Jnana Mudra
  - iii. Shambhavi Mudra
  - iv. Nasikagra Mudra
  - v. Prana Mudra
  - vi. Shanmukhi Mudra
  - vii. Kechari & Kaki Mudra

**7. The Yogic Diet**

- a. Food
- b. Relationship between food and our emotions

**8. Esoteric study of yoga**

- a. Concept of Nadis
- b. Concept of Koshas
- c. Concept of five Pranas
- d. The chakras

**9. Yoga Philosophy**

- a. Foundations of Yoga
- b. Concept of Abhyasa and Vairagyam
- c. Ashtanga Yoga (The 8 limbs of Yoga)

**10. Yoga Anatomy**

- a. Cardiovascular System
- b. Respiratory System
- c. Digestive System
- d. Skeletal System
- e. Muscular System
- f. Endocrine System

**Note:** Since the 200H Yoga Therapy Teacher Training is a demanding course you are asked to bring your homework, your yoga mat and all your required textbooks everyday, those who fail to bring these, will not be allowed in class. With two (2) missed classes without medical reason, Inner Heart Yoga & Holistic Institute has the right to terminate your training immediately. Remember, you are here because you want to learn and be trained to be a teacher.