

Ravvi's School of Yoga

Course Curriculum

Prerequisite - 2 Years of Yoga Practice

SYT Hours - 180 Hours

Paper First – Fundamental of Yoga

(30 hours) *The aim of this module is to establish the understanding of traditional Yoga, its different definitions and the types of Yoga. Provide the basic introduction to the philosophy of Yoga. This module will also establish a strong understanding of the basic principles and practices of Hatha Yoga and the eight limbs of Yoga (Ashtanga Yoga).*

- Meaning of Yoga and different definitions.
- Basic introduction to Yoga philosophy.
- Types of Yoga sadhana
 - Bhakti Yoga
 - Karma Yoga
 - Jnana Yoga
 - Raja Yoga
 - Hatha Yoga
 - Mantra Yoga
 - Tantra Yoga
- Eight limbs of Yoga
 - Yama
 - Niyama
 - Asana

- Pranayama
- Pratyahara
- Dharna
- Dhyana
- Samadhi
- Principles and Practices of Hatha Yoga
 - Asana
 - Pranayama
 - Bandha
 - Kriya
 - Koshas
 - Nadis
 - Chakras
 - Kundalini

Paper Second – Human Biology with relevance to Yoga practice

(20 hours) *This module will establish a strong understanding of the basic anatomy and physiology of the body completely covering all areas of the functioning body and its vital organs and effects of the Yoga Practices.*

- Basic Anatomy & Physiology of Cardiovascular system and effects of Yoga practice.
- Basic Anatomy & Physiology of Musculoskeletal system and effects of Yoga practice.

- Basic Anatomy & Physiology of Digestive and Respiratory system and effects of Yoga practice.
- Basic Anatomy & Physiology of Nervous, Endocrinal system and Sense organs and effects of Yoga practice.
- Basic Anatomy & Physiology of Excretory and Reproductive system and effects of Yoga practice.

Paper Third – Health Hygiene, Dietary planning and ethics of Yoga

(10 hours) *The third Module will provide an in-depth understanding of the health and hygiene, nutrition and diet in accordance with the concept of Yoga. The module will cover the traditional ways for a clear understanding in the combination of yogic exercise and diet and the ethical values of yoga.*

- Definition of health. Aims and objectives. Three Doshas.
- Diet, components of dietary articles. Quality, Quantity and timings of diet.
- Three Gunas.
- Exercise and Yoga.
- Social and personal ethical values.

Paper fourth – Practice and training (Practical – 1)

(90 hours) *Aim of this module is to provide an understanding of the traditional postures (Asanas) of Yoga and the techniques with variations, the practice of breathing and the progressive practice of traditional cleansing. The module will provide a wide knowledge of meditation and the effect of Mudras.*

- Asanas – Includes Progressive practice of Traditional Yoga postures with emphasis on techniques, indications and contraindications. (60 hours)
- Pranayama - Includes Progressive practice of Breathing techniques with emphasis on techniques, indications and contraindications. (10 hours)
- Kriyas and Bandhas - Includes Progressive practice of Traditional cleansing techniques and locks(control over Pranas) with emphasis on techniques with indications and contraindications. (10 hours)
- Mudras and Meditation - Includes Progressive practice of Meditation with emphasis on techniques and effects of Mudras. (10 hours)

Paper Fifth – Teaching Methodology (Practical – 2)

(30 hours) *The final module to the course will provide the knowledge of class preparation, class sequences, dialogues and a strong understanding of how to correct asana. The module will assist the student in preparing for teaching and student involvement and how to market the classes that the student will be teaching.*

- Setting up classes

- Sequences
- Dialogues
- Involvement and corrections
- Business skills

5 hours will be spent actively teaching in the presence of the tutor. 15 hours will be spent observing, assisting and practicing teaching in a class environment.