

## Summary of the 6 weeks program

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| <b>1. Introduction to Yoga philosophy</b>                                                                                                                                                                                                                     | <b>17.5 hours</b> |
| Define yoga and a set of main concepts<br>Identify the great historical periods of yoga<br>Recognize the traditional branches of Yoga<br>Understand Patanjali's contribution<br>Recognize the importance of the Bhagavad Gita<br>Jnana-yoga Self enquiry      |                   |
| <b>2. Hatha Yoga</b>                                                                                                                                                                                                                                          | <b>10 hours</b>   |
| Define Hatha Yoga and its practices<br>Visualize Kosha and Chakra<br>Describe Pranayama, Prana, Nadis and Vayus<br>Practice Mudra and Bandha                                                                                                                  |                   |
| <b>3. Anatomy</b>                                                                                                                                                                                                                                             | <b>15 hours</b>   |
| Describe the 11 Great Systems<br>Describe the main elements of the skeletal system and the spine<br>Describe actions of the Muscular system<br>Conduct a basic Body analysis / Postural assessment<br>Explain the cardiorespiratory system / Digestive system |                   |
| <b>4. Miscellaneous</b>                                                                                                                                                                                                                                       | <b>10 hours</b>   |
| Practical elements to become a yoga teacher<br>Understand what is "living Yoga today" - Modern Dharma - Ethics<br>Basics of Sanskrit, Vedanta, Buddhism, Integral philosophy (If time permits)<br>Test and reviews                                            |                   |
| <b>5. Teaching Methodology</b>                                                                                                                                                                                                                                | <b>55 hours</b>   |
| Start and end a class<br>Developing a self practice<br>Make a clear class sequence<br>Adjusting poses (asana)<br>Lead a beginners class, a restorative class<br>Surya-namaskar<br>Practicum and feed back                                                     |                   |
| <b>6. Pranayama &amp; Meditation (21 sessions)</b>                                                                                                                                                                                                            | <b>31.5 hours</b> |
| Practice of Pranayama and Kumbhaka<br>Practice of Shatkarma and Kriyas<br>Practice of Mantra and Mudra<br>Practice of Meditation (different styles)                                                                                                           |                   |
| <b>1. Asana (53 sessions)</b>                                                                                                                                                                                                                                 | <b>90 hours</b>   |
| 21 teacher lead asana sessions (week 1 to 4)<br>32 students lead asana sessions (week 5&6)                                                                                                                                                                    |                   |
| <b>7. Thai Massage</b>                                                                                                                                                                                                                                        | <b>53.5 hours</b> |
| Introduction to Thai massage (week 1 to 4)<br>Deepening the practice: give a full body massage (week 5&6)                                                                                                                                                     |                   |
| <b>8. Yoga and the Sacred Fire</b>                                                                                                                                                                                                                            | <b>30 hours</b>   |
| Yoga, ayurveda and nutrition (week 5&6)                                                                                                                                                                                                                       |                   |
| <b>9. Total for 6 weeks</b>                                                                                                                                                                                                                                   | <b>330 hours</b>  |