

300 HOUR YOGA TEACHER TRAINING FOR ASHTANGA YOGA AND HATHA YOGA

The 300 Hours Yoga Teacher Training at Vrinda school of yoga in Varkala kerala, India is a subsequent training that follows the 200 Hours Yoga Teacher Training, held over a period of 28 days and 27 nights. Upon the completion of your 300 Hours Yoga TTC you would have completed a total of 500 training hours.

At Vrinda school of yoga , we make sure to integrate well-rounded studies of yoga and bringing spirituality into the teachings and practices to support personal and spiritual growth of our students.

The curriculum integrates the essential subjects consisting of pranayama, shat kriya, asana practices, yoga philosophy, yoga anatomy, yoga physiology, relaxation techniques, Yoga Nidra, meditation, bandha, mudra, chakras. For asana practices, teaching methodology, professional development, Ayurveda and yoga.

Our school focus on Hatha Yoga and Ashtanga Vinyasa Yoga styles of asana. Students will go through 6 days of training with 1 rest day per week (Sunday)

Completed 200 Hours Yoga TTC with a Registered Yoga School
(RYS200)

COURSE LEVEL

Intermediate

Advance

Language of Instruction :English

300 HOURS YOGA TTC IS SUITABLE FOR THOSE WHO...

- Have completed their 200 hours Yoga TTC and want to continue their yoga studies
- Are interested in understanding more about body and mind after their 200 hours TTC
- Are looking for further studies of yoga philosophy and yoga anatomy
- Are looking for further guidance to deepen their asana, pranayama, mudra, chakra, bandha, yoga nidra and meditation practices
- Are interested in gaining and developing confidence and experience in teaching yoga sessions
- Aspire to teach intermediate-advance yoga sessions
- Are entirely dedicated and focused to become a professional 500 RYT yoga teacher and guide

COURSE COMPLETION REQUIREMENTS

Students are required to complete and meet the following criteria during the course:

Weekly Assignments

- Final Teaching Exam
- Final Written Exam
- Required 100% attendance
- No violation of Code of Conduct and School Policy

300 HOUR YOGA TEACHER TRAINING COURSE CURRICULUM

MODULE 1 TECHNIQUES, TRAINING, PRACTICE

ASHTANGA YOGA

HISTORY OF ASHTANGA (MODERN AGE)

ASANA

VINYASA YOGA

DRISHATI

MANTRA

SAMASTHITHI

SURYA NAMASKARA A

SURYA NAMASKARA B

STANDING ASANA

PADANGUSHTASANA THUMB TO FOOT POSE

PADA HASTASANA HAND TO FOOT POSE

UTTHITA TRIKONASANA EXTENDED TRIANGLE POSE

PARIVRITTA TRIKONASANA REVOLVED EXTENDED TRIANGLE POSE

UTTHITA PARSHVAKONASANA EXTENDED SIDE WAY ANGLE POSE

PARIVRITTA PARSHVAKONASANA REVOLVED EXTENDED SIDE WAY ANGLE POSE

PRASARITA PADOTTANASANA (A, B, C & D) SPREAD FEET STRETCHING POSE

PARSHVOTTANASANA SIDEWAYS STRETCHING POSE

2) INTERMEDIATE POSES

PASHASANA NOOSE POSE

KROUNCHASANA HERON POSE

SHALABHASANA A, B LOCUST POSE

BHEKASANA FROG POSE

DHANURASANA BOW POSE

PARSVADHANURASANA SIDE BOW POSE

USTRASANA CAMEL POSE

LAGHU VAJRASANA LITTLE THUNDERBOLT POSE

KAPOTASANA DOVE POSE

SUPTA VAJRASANA SLEEPING THUNDERBOLT POSE

BAKASANA CROW POSE

BHARADVAJASANA BHARADVĀJA'S POSE (NAME OF A SAGE)

ARDHA MATSYENDRAASANA HALF MATSYENDRAASANA'S POSE (NAME OF A SAGE)

EKAPADA SIRSASANA A, B, ONE FOOT BEHIND THE HEAD POSE

DWIPADA SIRSASANA B TWO FEET BEHIND THE HEAD POSE

YOGA NIDRASANA YOGA SLEEP POSE

TITTIBHASANA A, B, C FIREFLY POSE

PINCHA MAYURASANA PEACOCK TAIL POSE

KARANDAVASANA HIMALAYAN GOOSE POSE

MAYURASANA PEACOCK POSE

NAKRASANA CROCODILE POSE

VATAYANASANA HORSE FACE POSE

PARIGHASANA IRON BAR POSE

GOMUKHASANA A, B, C COW FACE POSE

SUPTA URDHVAPADA VAJRASANA A, B SLEEPING ELEVATED VAJRA'S POSE

MUKTA HASTA SIRSASANA A, B, C OPEN HAND HEAD STAND

BADDHA HASTA SIRSASANA A, B, C, D BOUND HAND HEAD STAND

URDHVA DHANURASANA ELEVATED BOW POSE

DROP BACK TO URDHVA DHANURASANA

PASCHIMATTANASANA WEST-BACK (EXTENDED-INTENSE) STRETCHING POSE

HATHA YOGA

ASANA

THE SIX STEPS OF DOING ASANAS MEDITATIVELY

SURYA NAMASKAR MANTRA

WORM UP

NECK

SHOULDER

LEG 9

PREPARATORY MOVEMENT

SURYA NAMASKAR

PRANAMASANA (PRAYER POSE) HASTA UTTHANASANA (RAISED ARMS POSE)

**PADHASTASANA (HAND TO FOOT POSE) ASHWASANCHALANASANA (HORSE POSE)
PARVATASANA (MOUNTAIN POSE)**

ASHTANGA NAMASKARA (SALUTE WITH EIGHT POINTS) .

BHUJANGASANA (COBRA POSE) PARVATASANA (MOUNTAIN POSE)

ASHWA SANCHALANASANA (HORSE POSE)

PADHASTASANA (HAND TO FOOT POSE)

HASTA UTTHANASANA (RAISED ARMS POSE) PRANAMASANA (PRAYER POSE)

VAJRASANA

PAVANAMUKTASANA (GAS RELEASE POSE)

SARWANGASANA (SHOULDER STAND)

HALASANA (PLOUGH POSE)

NOUKASANA (BOAT POSE)

SARAL HASTA BHUJANGASANA (STRAIGHT ARM COBRA POSE)

NOUKASANA (BOAT POSE)

TRIKONASANA (TRIANGLE POSE)

ARDHAMATSYENDRASANA (HALF SPINAL TWIST)

SHIRSHASANA (HEADSTAND POSE)

SHAVASANA (CORPSE POSE)

ALIGNMENT & ART OF ADJUSTMENT

PREVENTING COMMON INJURIES

COUNTER POSE

CONTRAINDICATIONS

MORE ON THE YOGA ASANAS BENEFITS

CARDINAL PRINCIPLE OF YOGA THERAPY

PANCHA KOSHAS

BENEFITS OF YOGA

YOGA FOR FLAT FEET

YOGA FOR SPINE

YOGA FOR KNEE

YOGA FOR ASTHMA

MEDITATION

OM KARA MEDITATION

INNER SILENCE MEDITATION

KRIYA MEDITATION

VIPASANA MEDITATION

MEDITATION IN ACTION

ADVANCE YOGA ASANAS FOR MEDITATION

REVIEWING THE STEPS INTO BASIC MEDITATION

FIVE UNIVERSAL STAGES OF MEDITATION

PANCH TATAVA MEDIATION (THE FIVE ELEMENTS MEDITATION)

PANCH PRANA MANTRA MEDITATION

SAVEN LOKA MEDITATION

CHAKRA MEDITATION

YOGA NIDRA

MUDRAS

MUDRAS INTRODUCTION

DIFFERENT TYPES OF MUDRAS

MANO MUDRAS

HASTHA MUDRAS

KAYA MUDRAS

PANCHA TATTWA MUDRAS

PANCHA VAYU MUDRAS

MUDRAS FOR POSITIVITY

MUDRAS FOR STRESS

MUDRAS FOR TRANSFORMATION

MUDRAS FOR DIFFERENT AILMENTS

SCIENTIFIC EXPLANATION ON MUDRAS

MUDRA PSYCHOLOGY

PRANAYAMA

PRANAYAMA INTRODUCTION

GUIDELINES FOR REGULAR PRANAYAMA

FOUR TYPES OF BREATHING

PANCHA PRANAS

NADIS

KAPALBHATI PRANAYAMA

BHRAMARI PRANAYAMA

SHEETALI PRANAYAMA

SHEETKARI PRANAYAMA

NADISHODANA PRANAYAMA

UJJAYI PRANAYAMA

BANDHAS (ENERGY LOCKS)

JALANDHARA-BANDHA (CHIN LOCK)

UDDIYANA-BANDHA (ABDOMINAL LOCK)

MOOLA-BANDHA (ROOT LOCK)

MAHA-BANDHA (GREAT LOCK)

SHATKRIYAS

KAPALABHATI (STIMULATING THE BRAIN CELLS): 2

TRATAKA (EYE EXERCISES):

NETI (UPPER NASAL TRACK): .

DHOUTI (CLEANSING THE INTESTINE):

.NAULI (ABDOMINAL MUSCLE AND VISCERA):

VASTI (CLEANING OF THE RECTUM)

YOGA NIDRA

NIDRA IS THE PROCESS OF EMPTYING

INTRODUCTION OF YOGA NIDRA

STAGES OF YOGA NIDRA

SAMPLE YOGA NIDRA SCRIPT

61 POINTS MEDITATION

MANTRA YOGA

GAYATRI MANTRA

HEALING MANTRA

MANTRA FOR PATANJALI

MANTRA FOR KUNDALINI

WELL BEING MANTRA

MANTRA FOR COMPLETENESS

MODULE 2

YOGA PHILOSOPHY

GENERAL INTRODUCTION: SIX SCHOOLS OF INDIAN PHILOSOPHY

ELEMENTARY INTRO TO SAMKHYA AND YOGA PHILOSOPHIES

THE YOGA-SUTRAS OF PATANJALI

HISTORY OF YOGIC SCIENCE

ASTANGA-YOGA: YAMA, NIYAM, ASANA, PRANAYAM, PRATYAHARA, DHARANA, DHYANA, AND SAMADHI

KARMA YOGA AND ITS APPLICATIONS IN DAILY LIFE

JNANA YOGA AND ITS APPLICATIONS

UNDERSTANDING BAKTHI YOGA

DHARMA AND KARMA

THREE GUNAS : SATTWA, RAJAS, TAMAS

GUNAS AND FOOD

IMPORTANT OF RIGHT ATTITUDE

KUNDALINI AND CHAKRAS

SAMADHI ENLIGHTENMENT AND MOKSHA

YOGA ETHICS: YAMAS, NIYAMAS, FOUR BRAHMA-VIHARAS AND MORE ON THE ETHICS OF A TEACHER

YOGA DHARSANA AND GOD

YANTRA

UNIVERSAL BODIES

FOUR PATHS OF YOGA

SANKALPA

STATES OF SAMADI

DINACHARYA

MODULE 3

YOGA ANATOMY AND PHYSIOLOGY

NERVOUS SYSTEM

ENDOCRINE SYSTEM

CIRCULATORY SYSTEM

RESPIRATORY SYSTEM

SKELETAL SYSTEM

MUSCULAR SYSTEM

DIGESTIVE SYSTEM

EXCRETORY SYSTEM

REPRODUCTIVE SYSTEM

SYSTEM WITHIN THE PERSONALITY; A DEEPER UNDERSTANDING OF HUMAN PERSONALITY WHICH CONTAINS PHYSICAL AND SUBTLER BODIES, SUCH AS; 10 ACTIVE AND COGNITIVE SENSES, MIND, INTELLECT, AND EGO.

YOGIC ANATOMY ON NADIS,CHAKRAS, BANDHAS APPLICATION OF ITS PRINCIPLES ON YOGA PRACTICE

MODULE 4

TEACHING METHODOLOGY

LEARNING TO INSTRUCT & GUIDE

MAIN POINTS: TEACHING TO WHAT YOU OBSERVE, TIMING A CLASS, GREETING/CENTERING, SEQUENCE IN TEACHING,

THEMING A SPECIFIC POSTURE

CLASSROOM ORGANIZATION

DEMONSTRATION

HEALTH CONCERNS

LANGUAGE

MODIFICATION IN POSTURE

THE ROLE OF A TEACHER

PROFESSIONAL DEVELOPMENT

THE PRACTICE AND SERVICE OF TEACHING YOGA

MODULE 5

YOGA PRACTICUM/ PRACTICE TEACHING

CLASS SEQUENCES

ASANAS TEACHING AS A TEACHER

DEVELOP INTENTION FOR CLASSES

APPRENTISHIPMENT

SELF-EVALUATION

ASSIGNMENTS

PRACTICE TEACHING

FEED BACK

GROUP DISCUSSION

QUESTION & ANSWER