

Arka School of Yoga

Kanniyahundi gate, Bogadhi-Gaddige Road, NearMadahalli, Mysore-570026

Syllabus: Level 1 – Yoga Teachers Training Course (TTC Basic)

Unit 1. Yogic Practices

1.1 Warm-up exercise or sheethali vyayama

1. Neck exercises: Neck bending, neck rotation Shoulder exercises: Shoulder stretching, shoulder rotation
2. Exercise for Trunk: Trunk twisting, lateral bending
3. Leg exercises: Thigh rotation, Knee movement, Ankle rotation, Toes clinching

1.2 Twelve steps Surya Namaskar (Mantra: Hiranmayena paatrena and dhyeyassadaa savitrmandala)

* Namaskara sthithi (initial position)

1. Ekam Urdhwaasana
2. Dve Paadahasthaasana
3. Treeni Eka paada prasaranaasana / ashwa sanchalanaasana
4. Chatwaari Dwipaada prasaranaasana
5. Pancha Shashankhaasana
6. Shat Ashtaanga pranipaadaasana
7. Sapta Bhujangaasana
8. Ashta bhudaraasana / Adhomukha Shwanaasana
9. Nava Shanshankhaasana
10. Dasha Eka paada prasaranaasana / ashwa sanchalanaasana
11. Ekaadasha Paadahasthaasana
12. Dwaadasha Urdhwaasana

* Namaskara sthithi (back to position)

Unit 2. Asanas

2.1 Standing Asanas

1. Thadaasana
2. Kati chakraasana
3. Ardha chakraasana
4. Utkataasana
5. Vrukshaasana
6. Veerabhadraasana (type 1)

2.2 Sitting Asanas

1. Vajraasana
2. Ardha Ushtraasana
3. Jaanu Shirasaasana
4. Vakrasana
5. Padmaasana
6. Gomukhaasana

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2.3 Prone Asanas (lying on the abdomen)

1. Makaraasana
2. Ardha Bhujangaasana
3. Ekapaada Shalabhaasana
4. Shalabhaasana
5. Sarpaasana
6. Dhanuraasana

2.4 Supine Asanas (lying on the back)

1. Ekapaada pavana muktaasana
2. Pavana muktaasana
3. Uttana paadaasana
4. Sethu bandhaasana
5. Jatar parivartaasana
6. Sarvaangaasana

2.5 Shavaasana

1. Quick relaxing technique
2. Deep relaxing technique

Unit 3.

3.1 Pranaayaama

1. Anuloma Viloma
2. Naadi shodha pranaayaama
3. Sheethali and Sheethkaari

3.2 Kriyas

1. Kaphalabhaati
2. Jalanethi
3. Mukha dhauti

3.3 Bandhas

1. Jaalandhara bandha
2. Udhiyaana bandha
3. Moola bandha

3.4 Mudras

1. Naasika mudra
2. Chin mudra
3. Shankha mudra
4. Linga mudra
5. Bhairava mudra
6. Bhairavi mudra