

Syllabus for the 2023 Yoga TTC programme

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| Part 1 : Yoga philosophy | Module 1: Foundations of Yoga | Shraddha Iyer |
| | Module 2: Koshas, kleshas | Shraddha Iyer and Jahnavi Patwardhan |
| | Module 3: Chakras | Shraddha Iyer |
| | Module 4: Prana Vayus and Nadis | Jahnavi Patwardhan |
| | Module 5: Reviewing the different schools of Yoga | Jahnavi Patwardhan |
| | Module 6 : Yoga Sutras simplified | Jahnavi Patwardhan |
| | Module 7: The Bhagavad Gita, Upanishads. | Jahnavi Patwardhan |
| | Module 8: The Hatha Yoga Pradipika and its applications | Jahnavi Patwardhan |
| | Module 9: Theory of the Pancha Mahabhutas | Jahnavi Patwardhan |
| | Module 10: Yogic lifestyle | Shraddha Joshi |
| | Module 11: Benefits of Yoga | Jahnavi Patwardhan |
| Part 2_Yoga Therapy and bodily systems | References: Anatomy, Physiology, and Kinesiology. Ross and Wilson's Anatomy and physiology in health and illness. Heck's Pictorial Archive of Nature and Science | Reference texts |
| | Module 1: Circulatory System | Basavaraj Gollar |
| | Module 2: Excretory System | Basavaraj Gollar |
| | Module 3 : Digestive And Respiratory System | Basavaraj Gollar |
| | Module 4: Food System | Basavaraj Gollar |
| | Module 5: Female Reproductive System | Basavaraj Gollar |
| | Module 6: Nervous System | Basavaraj Gollar |
| | Module 7: The Endocrine System | Basavaraj Gollar |
| | Module 8: Effect Of Yogic Practices On Various Systems | Basavaraj Gollar |
| | Module 9: Modern system of diet and lifestyle | Basavaraj Gollar |
| | Module 10: Effect Of Forwarding Bends (Seated) On Various Systems | Basavaraj Gollar |
| | Module 11: Anatomy and Physiology of the Human Body | Basavaraj Gollar |
| Part 3 :SARVA methodology | Module 1: Introduction to SARVA | Jahnavi Patwardhan |
| | Module 2 : Teaching methodology | Shraddha Iyer and Jahnavi Patwardhan |

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| | Module 3 : Teaching Asanas | Basavaraj Saunshi |
| | Module 4 : Teaching pranayamas | Shraddha Iyer |
| | Module 5 : Teaching the Shatkarmas | Shraddha Iyer |
| | Module 6 : Teaching Meditation | Shraddha Iyer |
| | Module 7 : Teaching guided relaxation | Shraddha Iyer |
| | Module 8: Mantras for reference | Shraddha Iyer |
| Part 4 : Practical hands on experience | Module 1: Practical classes | Basavaraj Saunshi |
| Part 5 : Misc. subjects | Business of Yoga | Janhavi Saraf |
| | Foundations of Psychology | Pankhuri Agarwal |
| | Fundamentals of nutrition | Shraddha Joshi |
| | Basics of Ayurveda | Dr.MN Sunandan Namboothiri and Dr Divya Sunandan |
| | Fundamentals of medicine | Dr. K. Jagadeesan |
| | The power of habit building | Ashdin Doctor |
| | Business of Yoga Master class | Sarvesh Shashi |
| | Co-founder's address | Malaika Arora |