



“FREE-FOUNDATION YOGA TTC”

ELIGIBILITY TO JOIN THE TTC. –

Age – No limit

Medical Fitness: Candidates should be medically fit and sound as certified by competent authority.

Languages: English, Hindi, Punjabi.

COURSE CONTENT:

Subjects 1.

1. Yoga Philosophy
2. Anatomy & Physiology
3. Yoga for prevention and promotion of health
4. Yoga practice for Emotion Culturing
5. Yoga Practice for Personality development
6. Yoga Practice for prevention and promotion of health



Teachers training with yoga asana practice in very professional yoga classes and full study with practical knowledge in traditional and rhythmic ways like:

1. Yoga Therapy
2. Mantra Meditation & Yoga Nidra
3. Sivananda Yoga
4. Ashtanga yoga & Vinyasa
5. Basic massage & stretch Therapy.



COURSE CONTENT:

1. Introduction to Subject Yoga

Introduction of yoga, Types of Yoga, Definition of Yoga, Precautions for the practitioner, importance of place, seat, time sequence, Combination with other exercise, Bath, Food, Limitation.

2. Light on Ashtanga Yoga

1. Yama, 2. Niyama, 3. Asana:

Types: Padmasana, Ardha Padmasana, Siddhasana, Vajrasana, Sukhasana, Surya Namaskar, Sarvangasana, Matsyasana, Hal asana, Bhujangasana, Shalabhasana, Nabhasana, Pawanuktasana, Naukasana, Marudandhasana, Setubandhasana, Uttan-Tadasana, Vakrasana, Janusirasana,

4. Pranayama and Types of Pranayama:

1. Surya Bhedan Pranayama,
2. Chandra, Bhedan Pranayama,
3. Anuloma Viloma Pranayama,
4. Bhastrika Pranayama,

5. Sitali Pranayama,
6. Seetkari Pranayama,
7. Bhramari Pranayama,
8. Ujjayi Pranayama.

5. Pratyahara

. 6. Dharana.

7. Dhayana.

8. Samadhi.

The Eight-Limbs of Yoga

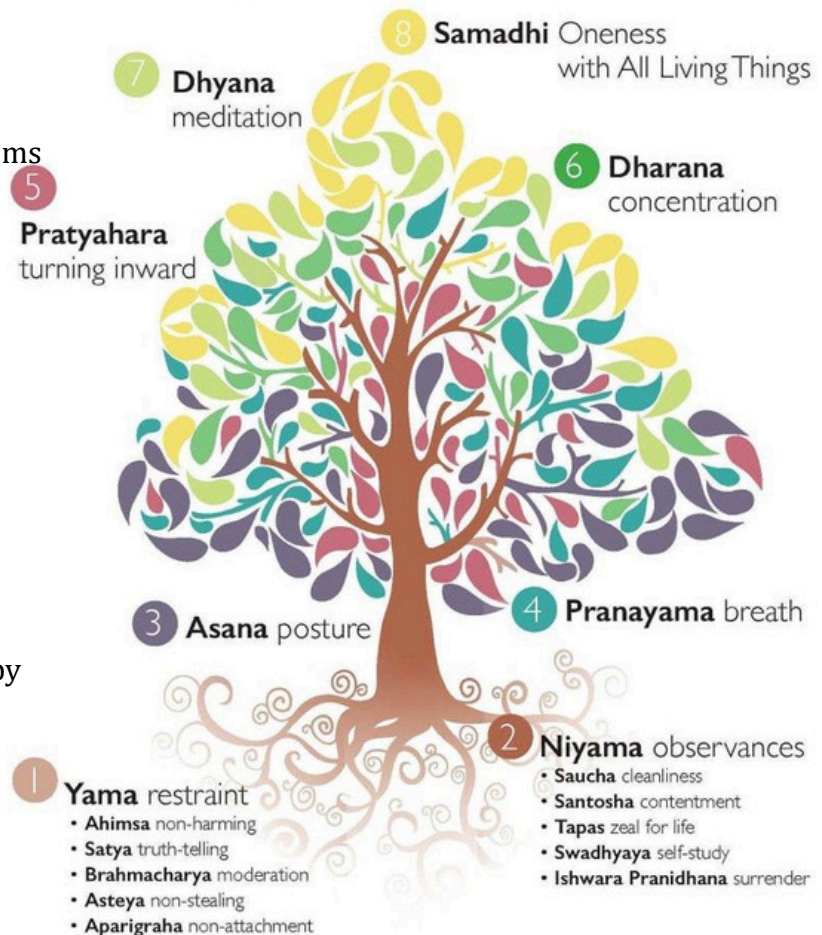
Course content: no. 2

1. Health issues or Chronic health Problems
2. Personality development
3. Energy Healing
4. Black Energy
5. Spiritual Journey
6. Self-awareness

Course content: no. 3.

Study of health problem By Yogic Therapy

1. Backache,
2. Constipation,
3. Migraine,
4. Obesity,
5. Stress,



SCAN QR AND REGISTER FOR TTC