

SYLLABUS FOR YOGA CLASSES

Teacher: Ms. Kavita (Teacher of Indian Culture, SVCC Seoul | India-based teacher)

Course duration: (24 Weeks / 48 hrs)

Basic Theory of Yoga

1. Yoga Etymology, Definition, Aim, Objectives and Misconception.
2. Brief introduction of Panchakosha.
3. Brief introduction of Naturopathy and Ayurveda.
4. Ashtanga Yoga (Yama, Niyama, Asana, Pranayama, Pratyahara, Dharma, Samadhi)
5. Introduction to Shatkarma: Meaning purpose and their significance in yoga Sadhna.
6. Introduction to Yogic Sukshamavyayama, Sthulavyayama and Suryanamaskar.
7. Introduction to Yogasana-Meaning, Principles and their health benefits.
8. Introduction and study of Hatha yoga & Patanjali yogsutra.
9. Basic Knowledge of Human body.
10. Yogic Positive Attitudes (Maitri, Karuna, Mudita, Upeksha)
11. Dincharya and Ritucharya with respect to Yogic life style.

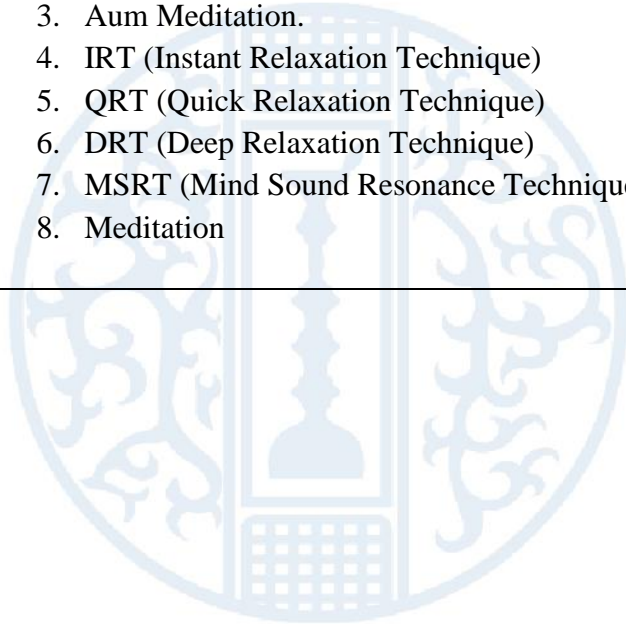
Asanas (Standing)	<ol style="list-style-type: none"> 1. Tadasana 2. Ardhakati Chakrasana 3. Ardha Chakrasana 4. Ardha Padahastasana 5. Vriksasana (withwall support) 6. Utkatasana (withwall support) 7. Trikonasana (withwall support) 8. Veerabhadrasana(Prakara- I) 9. Prasarita Padottanasana 10. Kati Chakrasana <ol style="list-style-type: none"> I. Padahastasana 2. Uthita Trikonasana(with wall support) 3. Parsvakonasana (withwall support) 4. Parivrtta Trikonasana(with wall support) 5. Garudasana (with wallsupport) 6. Veerabhadrasana Prakara-II (with or without wall support) 7. Ardha Chandrasana (with or without wallsupport) 8. Ardha Natarajasana 9. Padangusthana (withwall support) I 0. Uthita Parivrtta Trikonasana (with wallsupport) 11. Parigasana 12. Ardha Parsvottanasana 13. Parivrtta Trikonasana <p>With all the basic postures for longer duration.</p> <ol style="list-style-type: none"> I .Chakrasana 2.Natarajasana 3. Veerabhadrasana (Prakara- II & III) 4. Ardha Chandrasana 5. Garudasana 6. Adhomukha Vriksasana(with hand variation) 7. Parsva Padottanasana 8. Parsvakonasana 9. Parshvottanasana 10.Utthita Trikonasana 11.Utthita Parivrtta Trikonasana 12. Parivrtta Parsvakonasana 13. Vatayanasana 14. Vakasana <p>With all the basic postures for longer duration.</p>
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<p>Asanas (Supine)</p>	<p>1. Ekapada Utthanasana(Utthana Padasana) 2. Pavanamuktasana (Prakara- I) 3.Jathara Parivartanasana(with folded legs) 4. Ardha Navasana 5. Sarala Matsyasana 6. Setu Bandhasana 7. Viparita Karani (with support)</p> <p>1. Pavanamuktasana (Prakara-II) 2. Jathara Parivartanasana (without bending legs) 3. Navasana 4. Viparita Karani 5. Ardha Halasana 6. Setu Asana 7. Purva Uthanasana 8. Matsyasana 9. Ardha Navasana 10. Sarvangasana (With Support)</p> <p>With all the basic postures for longer duration.</p> <p>1.Chakrasana 2. Halasana 3. Sarvangasana 4. Naukasana 5. Parsva Halasana 6. Supta Padangusthasana 7. Setu Bandha Sarvangasana 8. Ekapada Sarvangasana 9. Prasarita Pada Sarvangasana 10. Supta Konasana 11. Yoga Nidrasana</p> <p>With all the basic postures for longer duration</p>
<p>Asanas (Prone)</p>	<p>I. Ardha Bhujangasana 2. Shishuasana 3. Pashuasana 4. Makarasana 5. Ekapada Salabhasana 6. Chaturanga Dandasana (by using elbow) 7. Ardha Dhanurasana</p> <p>1. Bhujangasana 2. Chaturanga Dandasana (with palms) 3.Sarpasana 4. Dhanurasana 5.Urdhomukha Svanasana 6. Adhomukha Svanasana 7. Salabhasana</p>

	<p>With all the basic postures for longer duration.</p>
<p>Asanas (Sitting)</p>	<p>I. Sukhasana 2. Swastikasana 3.Vajrasana 4.Vakrasana 5.Shashankasana6.Bhadrasana 7.Titli Asana (Butterfly)8. Ardha Ustrasana 9. Ardha Padmasana 10. Veerasana (Prakara-1)11. Mandukasana (Prakara-1) 12. Ardha Ustrasana I. Veerasana 2. Siddhasana 3. Padmasana 4. Supta Veerasana (WithSupport) 5. Supta Padmasana (WithSupport) 6. Lola Asana 7. Tola Asana 8. Bharadvaj asana (Prakara-1) 9. Janu irsasana 10. Ardha akarna Dhanurasana 11.Ardha Matsyendrasana 12. Upavistha Konasana 13. Parsva Veerasana 14. Supta Baddhakonasana 15. Paschimottanasana 16. Mandukasana (Prakara-11) 17. Baddhakonasana 18. Brahmacharyasana</p> <p>With all the basic postures for longer duration.</p> <p>I. Supta Vajrasana (Without Support) 2. Supta Veerasana (Without Support) 3. Supta Padmasana (Without Support) 4. Mayurasana 5. Matsyendrasana 6. Yoga Mudrasana 7. Kukkutasana 8. Garbhapindasana 9. Ashta Vakrasana 10. Marichasana 11. Gomukhasana 12. Vakasana 13. Padangustha Upavistha Konasana 14. Ustrasana 15. Urdhva Parivrtta Janu Sirsasana</p>

	16. Paschimottanasana 17. Kurmasana (Tortoise pose) With all the postures for longer duration		
Asanas (Inverted)	1.Ardha Sirsasana 1. Sirsasana (With Wall Support) 2.Salamba Sirsasana (With Wall Support) With all the basic postures for longer duration. 1.Sirsasana (Without Support) 2. Salamba Sirsasana (Without Support) 3. Parsva Sirsasana 4. Parsva Ekapada Sirsasana With all the postures for longer duration.		
Kriyas	1.Jala Neti 2.Kapalabhati 1. Trataka 2. Agnisara 3. Nuli		
Pranayama	I. Sectional Breathing (Vibhagiya Pranayama) 2. Anuloma VilomaPranayama 3. Surya Anuloma Viloma.Pranayama 4. Surya Bhedana Pranayama 5. Chandra Anuloma Viloma Pranayama 6. Chandra Bhedana Pranayama 7. Sheetali Pranayama 8. Bhramari Pranavama	I.Full Yogic Breathing (Purna Yogic Svasana) 2. Ujjayi Pranayama 3. Bhramari Pranayan1a 4. Nadishodana Pranayama 5.Bhastrika Pranayama (without hand movements) 6.Sheetakari Pranayama 7. Sadanta Pranayama With all the Pranayamas for longer duration.	Basic and intermediary Pranayama along with increasing duration of Kumbhaka
Bandhas	—	1. Jalandhara Bandha 2. Uddiyana Bandha 3. Moola Bandha	I. MahaBandha With all the Bandhas for longer duration.

Relaxation Technique	<ol style="list-style-type: none">1. Body and Breath awareness2. Yoga Nidra3. Aum Meditation.4. IRT (Instant Relaxation Technique)5. QRT (Quick Relaxation Technique)6. DRT (Deep Relaxation Technique)7. MSRT (Mind Sound Resonance Technique)8. Meditation
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