

Federation : School's name :.....

OVERVIEW OF THE FULL COURSE

This table just gives indications.

The content of the individual courses/subjects can be modified according to the school's preferences and the subjects taught.

SUBJECTS/COURSES	MINIMUM HRS	TOTAL HRS
I. PRACTICE and IV. PRACTICAL KNOWLEDGE	140 hrs	
āsana- postures and sequences of āsana		
prānāyāma		
mūdra, bandha, kriya, etc.		
mantra, yantra, etc.		
Relaxation, concentration (dhāranā and meditation (dhyāna)		
yama and niyama		
How to help students become more aware of breathing		
II. THEORETICAL KNOWLEDGE		
a) INDIA	60 hrs	
Traditions, history and culture: the veda, hinduisms, tantrism, buddhism and the six darshana		
Recommended texts: Yoga Sūtra of Patānjali and the Bhagavad gītā, Upanishad, Samkhyā Karika, Hatha Yoga Pradipikā, Gheranda Samhita etc.		
ayurveda and its relation to yoga		
b) THE WEST	40 hrs	
Spiritual and philosophical traditions		
Human anatomy, physiology and biomechanics		
Scientific discoveries related to yoga		
III. PEDAGOGY and V. ETHICS	100 hrs	
Pedagogy (examples)		
Adapting the teaching to the participants		
Structuring the progression in a yoga class		
Designing a yoga course		
Helping students develop their body and mind awareness		
Ethics (examples)		
follow the prescribed code of ethics with regard to themselves and in interaction with:		
their students		
other teachers		
their environment		
Total of minimum specified obligatory hours	340 hrs	
Unspecified obligatory hours	160 hrs	
Minimum total hours	500 hrs	

