



Yoga Ministry of
Canada



"YOGA MINISTRY OF CANADA" Inc. (BN: 705014470)

"CANADIAN YOGA ASSOCIATION" Inc. (BN: 766925937)

"AMAZING OLYMPIA WORLD RECORDS" Inc. (BN: 741576730)

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International Yoga Olympic Committee, International Yoga Federation, World Real Yoga Alliance (Europe), Yoga Clinic (Bulgaria)
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ASHTANGA YOGA THERAPY

200 HOURS

"TEACHERS TRAINING COURSE"



ELIGIBILITY TO JOIN THE TTC. -

Age – No limit

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

OBJECTIVES OF THE PROGRAM:

The post-graduation program in Yoga Therapy has been designed with the following objectives

1. To train students in Yoga Therapy so as to enable the students to become well versed in Yoga Therapy.
2. To integrate Yoga Therapy with other systems of medicine to speed up the process of recovery .
3. To explore the possibilities of promoting Yoga Therapy integrating medical practice at conventional medical facilities attached to the institute.
4. To produce Yoga Therapists with in-depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
5. To bring all round personality development of the students at all levels of their personality.
6. To produce the therapists of high calibre who could work efficiently as a yoga therapist in the hospitals, spa, wellness centre, start their yoga centre and join the yoga department of the universities as an assistant professor.

PROPOSAL FOR EDUCATION

Languages: English, Punjabi, Hindi.



Address: ул. "Майстор Павел от Кримин" 26, 1618 София, България,

Contact: +359889775530 Email: "clinicmanyoga@gmail.com"



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SYLLABUS THEORY

Subjects 1.

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

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

1. Yoga Therapy
2. Meditation & Yoga Nidra
3. Sivananda Yoga
4. Ashtanga yoga
5. Basic massage & stretch Therapy.
6. Mantra Chanting
7. Hatha Yoga Detox



COURSE CONTENT:

No. 1 Yoga-Theory:

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 for female etc.

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2.Traditional Yoga (Ashtanga Yoga)

1.Yama,

2. Niyama,

3.Asana:

Types: Padmasana, Ardha Padmasana, Siddhasana, Vajrasana, Sukhasana,

Surya Namaskar, Sarvangasana, Matsyasana, Hal asana, Bhujangasana, Shalabhasana, Nabhisana, Pawan Muktasana, Naukasana, Marudandhasana, Setubandhasana, Uttan-Tadasana, Vakrasana, Janusirasana, Paschimottanasana, Ustrasana, Bhadrasana, Chakrasana, Tadasana, Vrikshasana, Utkatasana, Makarasana.



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, Ujjayi Pranayama.

5. Pratyahara. 6. Dharana. 7.Dhayana. 8. Samadhi.

Course content: no. 2

Study of health problem By Yogic Therapy

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



Course In-charge.

Yoga-Acharya Dr. Aman Sood

(Ph.D. in Yoga)

Guinness World Record Holder



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