


kaushik yoga

Your 300-Hour Yoga Teacher Training Journey In A Glimpse

Open the doors to expand your wisdom, enhance
your teaching skills, and delve deeper into your own
practice!

Welcome students!

Introducing Our Comprehensive 300-Hour Yoga Teacher Training Course Curriculum

Embark on a transformative journey with our 300-hour Yoga Teacher Training Course (YTTC).

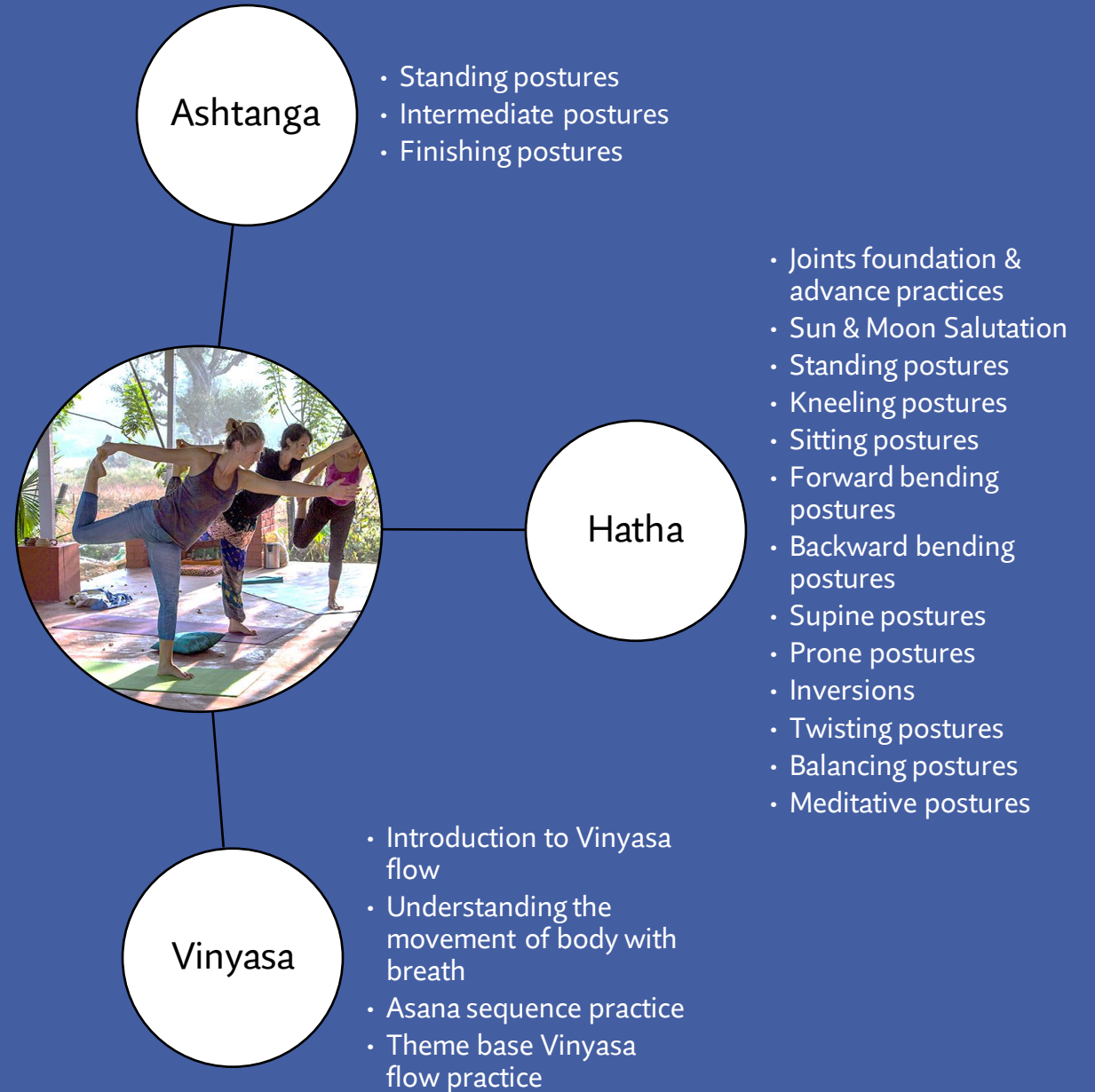
Designed for dedicated practitioners like you, this advanced program takes your yoga journey to new heights, refining your expertise and nurturing your inner yogi.

Our curriculum is thoughtfully curated to provide an enriched experience, where ancient wisdom seamlessly intertwines with modern understanding. Here's a sneak peek into what awaits you:



Advanced Asana Practice

Deepen your understanding of asanas (postures) by exploring more intricate and advanced poses. You'll refine your alignment, learn variations, and gain insights into the therapeutic applications of yoga.



Physical Anatomy

- The supply of prana to the respiratory system
- Function of cells
- Digestive system
- Circulatory system
- Endocrine system
- Yoga and physical transformation
- Hormone secretion in Yoga
- Effects of pranayama in respiratory system
- Effects of Yoga practice and Nauli in digestive system
- Musculo-skeletal system
- Therapeutic applications of Yoga postures and how to avoid injury in asana class
- Anatomy of pelvic girdle and spine

Spiritual Anatomy

- Advanced details regarding the energy channel
- Anatomy of Muladhara Chakra
- Anatomy of Swadhisthana Chakra
- Anatomy of Manipura Chakra
- Anatomy of Anahata Chakra
- Anatomy of Vishuddhi Chakra
- Anatomy of Ajna Chakra
- Anatomy of Sahasrara Chakra
- Pancha Kosha
- Chakras

In-Depth Anatomy and Physiology

Delve deeper into the human body's mechanics and how it relates to yoga practice. Understand how specific poses affect different body systems and how to guide students safely.

Advanced Pranayama and Meditation

Elevate your breathwork and meditation practices, learning advanced techniques to influence energy and consciousness. These practices enhance your personal practice and empower you to guide others.



Discussion For Study Of Pranayama:

What is Pranayama? | Physiology of Prana | Elements in Nature of Prana | Prana Body Types | How Prana Flows in the Body | Relationship Between Prana & Consciousness | Number of Breaths We Take | How to Obtain Desired Outcome | Health Parameter With Breath Length | Guideline and Discipline of Pranayama

Intermediate And Advance Practices Of Pranayama

Clavicular Pranayama | Thoracic Pranayama | Diaphragmatic Pranayama | Full body Yogic Pranayama | Om Chant Pranava Pranayama | Nadi Shodhan Pranayama | Bhastrika Pranayama | Kapalabhati Pranayama | Bhramari Pranayama | Ujjayi Pranayama | Sheetali Pranayama | Sheetkari Pranayama | Moorcha Pranayama | Surya Bheda Pranayama | Chandra Bheda Pranayama

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Discussion For Study Of Meditation

What is Mind and its Role in Meditation? | Nature of Mind and Why it is Restless? | Brain Waves in Meditation | Relevance of Music in Meditation | Emotional Purification Meditation | Meditation and Past Life Healing | How to Attain Samadhi in Meditation

Styles Of Meditation Practices

Himalayan Meditation Practices | Advancing Your Foundation in Meditation | Awareness and Mindfulness | Anapana | Jyoti Tratak Meditation | Music Meditation | Pranava Meditation | Advance Mantra Meditation | Active Meditation Practices | Dynamic Meditation | Contemplative Walking | Chakra Meditation | Guru Chakra Meditation | Kundalini Meditation | Breath Awareness | Mindfulness and Sensation | Kirtan Dhyana | Mantra Japa | Silence Practice

Yoga Philosophy and Spirituality

Dive into profound philosophical texts like the Bhagavad Gita, Upanishads, and Yoga Sutras. Explore the deeper dimensions of yoga's philosophy and its practical application in modern life.

Philosophy Of Hatha Yoga

Philosophy of Sun salutation | Philosophy behind each Yoga asana | Hatha Yoga and Kundalini awakening | Asana and Yoga sadhana | Benefit of asana practices | Rules and regulations | Advancing your Yoga poses

Entering To The World Of Enlightenment

What is Yoga & Samadhi | How Can We Be in the Present Moment in Order to Achieve Samadhi | Yoga Discipline | Different States of Mind | How to Control the Mind | Why Samadhi | What If We Are Not in Samadhi | Controlling Right Knowledge, Wrong Knowledge, Imagination, Sleep & Memory | The Benefit of Practice & Non Attachment | How to Master Self-Practice | Two Kinds of Samadhi | Different Ways to Achieve Samadhi | What is God and Why 'Om' | Obstacles of Yoga | Experience of Highest Samadhi

Original Practice Of Yoga

How to do Tapasya | How to do Swadhyaya | How to do Self-Surrender/Surrender to Divine | Kriya Yoga – Why | What is Ignorance and Emotional Attachment | What is Pleasure & Pain | How Pain Lives With You and How it Generates and Vanishes | How Your Past Life Influences Your Pain and Pleasure | How to Lessen Pain | Clear Perception, Right Action, Stability, Control of Sense Organ and Experience of Self is the Source of Liberation | How to Achieve Total Withdrawal and Separation of Mundane Psychology | Eight Limbs of Yoga

Miracles And Gift Of Yoga

What is Concentration? | What is Meditation? | External and Internal Yoga | How Cessation of Hunger and Thirst is Achieved | How to Acquire Complete Stillness | How Can One Have Knowledge of Mind | Siddhis are Helpful or Hindrance for Sadhana

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Bandhas

Energy Lock and Kundalini Awakening | How Bandha Practice Assists in Terminating the Tension on the Prana Shakti | Unblock Your System Allowing Graceful Flow of Energy Through Bandha | Unlocking the 3 knots, Brahma, Vishnu and Shiva | Outcome of the Practice | Precautions | Health and Spiritual Benefits | Agnisar Kriya | Power of Internal Retention | Power of External Retention | Ashwini Mudra | Vajroli Mudra | Moola Bandha | Uddiyana Bandha | Jalandhara Bandha | Maha Bandha

Mudras

Hasta Mudra | Kundalini Mudra | Shambhavi Mudra

Shatkriyas

Understanding the 11 Major Systems | Why Purification of the Body is Necessary | Is it Shatkarma or Shatkriya | What Does the Scriptures of Hatha Yoga Pradipika Say | Precautions | Vamana Kriya | Jala Neti | Laghu Sankha Prakshalana

Yoga Nidra

Sleep Awareness | Awareness of Subtle Body | A Journey From Conscious to Subconscious | Yoga Nidra Therapy | Is Yoga Nidra a Healing Practice? | Transforming New Habit Patterns and Personality Through Yoga Nidra

Ayurveda and Lifestyle

Explore the principles of Ayurveda, the sister science of yoga, to understand how to create balance and harmony in life through diet, daily routines, and self-care practices.

Fundamentals of Ayurveda

Tridosha Concept (Vata, Pitta and Kapha)

Pancha Mahabhuta Concept (Five Elements)

Prakruti (Body Constitution) & Vikurti (Imbalances)

Sapta Dhatu (7 Tissues)

Mala (Waste Products)

Srotas (Body Channels)

Agni (Digestive Fire)

Koshta (Alimentary Tract)

Ama (Metabolic Toxins)

Yoga Therapy

Step into the realm of Yoga Therapy and become a catalyst for transformation. Embrace the fusion of ancient wisdom and modern science, and embark on a journey of healing, growth, and empowerment.

Head and Neck Disease | Headache & Migraine | Thyroid | Heart and Circulatory Problems |
Disorder of Respiratory System | Common Cold & Bronchitis | Asthma | Sinusitis and Hay
Fever | Tonsillitis | Disorder of Digestive System | Upper Digestive Disorders | Peptic Ulcer |
Constipation | Colitis | Acute Gastro Enteritis | Diabetes | Hepatitis | Obesity | Arthritis |
Cervical Spondylitis | Back Pain | Slipped Disc and Sciatica | Kidney Stones | Menstrual
Disorder & Menopause | Disorders of the Male Reproductive System | Hernia | Skin Problems

Mantra Chanting

Embrace the ancient art of sound as a portal to higher states of consciousness. Whether you seek inner tranquility, spiritual connection, or a means of self-expression, mantra chanting is a timeless tool that can illuminate your path.

Sanskrit Syllable | Healing Mantras | Mantras For Planetary Disorders | Mantra For Healing | The Different Diseases | Mantra Healing For All Planets | Mantra Diksha

Specialized Workshops

Ayurvedic Cooking | Naturopathy Sessions | Bollywood Dancing | Saree Draping

Advanced Teaching Methodology

Develop advanced teaching skills, including sequencing for specific goals, hands-on adjustments, and effective class management. Explore the art of creating transformative and themed classes. Refine your teaching skills through practice teaching, receiving feedback, and guiding peers. Gain confidence in leading diverse classes and addressing individual needs.



Asana Sequencing

Art of Teaching

Teaching Ethics

Code of Conduct

Business of Yoga

Public Speaking

Teaching Practice

Evaluation & Certification

The student has to be certified in a 200 hour training program with a YA certified Yoga school.

Rest assured, evaluation is not a cause for concern. Our approach is designed to be stress-free, fostering an environment where your growth is nurtured naturally. More than memorizing, we believe in reflecting. Your journey with us is about growth, not pressure!

Our 300-hour YTTC curriculum is your gateway to elevating your practice, refining your teaching, and embracing a deeper connection with yoga's timeless wisdom. Come, join us, and unlock the next chapter of your yogic odyssey!

Namaste!

