



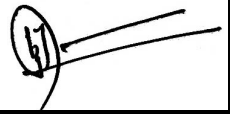

	Shri Ambika Yoga Kutir (Founder: HATHAYOGI SHRI NIKAM GURUJI) Public Charitable Trust - Reg. No. F - 892 -T (Established in 1965) Head Office - B.K.Mill Compound, Meenatai Thakarey Chowk, L.B.S. Marg, Thane (West), 400601.	Document No: TM / 04 Revision No.: 00 Date: 01/02/2017 Page: 1 of 4	
	Teaching Manual	Reviewed by :- Secretary 	Medium duration Course-Yoga Instructor- Level 1 A. Course Syllabus

Session	Lecture No.	AYUSH Ref.	Topic for Lecture
1	1		Inaugural Session.
	2	1.1	Brief Introduction to Origin, History and development of Yoga.(1-2-3)
	3	3.1	Practical on Sukshma Vyam. The movement of Key Joints of the body and demonstrated ability to perform the same. i)Neck, ii)Shoulder, iii)Trunck, iv)Knee, v)Ankle.
2	1	1.2	Concept of Ghata and Ghata Shuddhi in Hathayoga. (12-13-14)
	2	1.3	Introduction to Patanjali - Definition, nature and aim of Yoga according to Patanjali and concept of Chitta and Chitta bhoomi's.
	3	3.2	Practical on Shatakarma Kriya (only knowledge), Neti, Dhauti, Kapalbhathi, Agnisar Kriya and Tratak.
3	1	1.1	General Introduction to Shad-darshanas with special reference to Sankhya & Yoga (4,5,6).
	2	1.3	Chitta Vritti's and Chitta Vritti's Nirodhopaya(Abhyas and Viragya.
	3	3.3	Suryanamaskar - Practical-I - Knowledge and Demonstration ability to perform Suryanamaskar.
4	1	1.2	* Introduction to important Yoga Text with special reference to Hatha Yogapradipika and Gheranda Samhita. * Causes of success (Sadhaka Tattwa) caused failure (Badhak Tattwa) in Hathayog Sadhana * Purpose and importance of Pranayam in Hathayoga.
		1.3	* Klesha's and their significance in Yoga * Concept of Ishwara and Ishwara Pranidhana
		3.3	Practical II - Demonsaration to perform Suryanamaskar.






	Shri Ambika Yoga Kutir (Founder: HATHAYOGI SHRI NIKAM GURUJI) Public Charitable Trust - Reg. No. F - 892 -T (Established in 1965) Head Office - B.K.Mill Compound, Meenatai Thakarey Chowk, L.B.S. Marg, Thane (West), 400601.	Document No: TM / 04 Revision No.: 00 Date: 01/02/2017 Page: 2 of 4
	Teaching Manual	Reviewed by :- Secretary 
Medium duration Course-Yoga Instructor- Level 1 D. Course Syllabus		

Session	Lecture No.	AYUSH Ref.in3(b) format	Topic for Lecture
5	1	1.1 & 1.2	Guidelines for Instructor, Distinguish between Yoga Asana & Non Yogic Physical Practices and concept of Yogic Diet.
	2	1.3	Chitta Vikshpa (Antarayas) and their associates (Sahabhua), Concept of Chitta Prasadhana and their relevance in mental wellbeing.
	3	4	Asana Practical -1 - Knowledge of Postures and demonstrated ability to perform, Vajrasana & Mandukasana.
6	1	3.3	Lecture on Sukshma Vyama.
	2	1.3	Patanjali - Ashtangyoga of Patanjali its purpose and its effects, its significant (21)
	3	4	Asanas Practical - 2- Pavanmuktasana.
7	1	3.3	Lecture on Shatkriya (Only Knowledge).
	2	3.3	Lecture on Suryanamaskara.
	4	4	Asanas Practical -3, Sarvangasana, Halasana & Matsyasana.
8	1	2.1	Introduction to Human systems and Health
	2	2.2	Introduction to sensory organs, Homeostasis - The benefits of various asanas on different parts of the human body. (3, 6, 7) Yogic principles of Healthy Living (14).
	3	4	Asanas Practical-4 – Shalabhasana
9	1	2.1& 2.2	The nine systems of human body. The limitations and contra-indications of specific yoga practices of Introduction.
	2	6.3	Lecture - 1 Teaching Practices.(Principles and skills for educating aspirants).
	3	4	Asanas Practical - 5 - Bhujangasana and Dhanurasana.
10	1	2.1	Functions of different systems of human body, Neuromuscular co-ordination of Sensory Organs, Basic understanding of Exercise Physiology.
	2	4	Asanas Lecture -1 on Vajrasana, Mandukasana & Pavanmuktasana
	3	4	Asanas Practical - 6 – Paschimottasana

	Shri Ambika Yoga Kutir (Founder: HATHAYOGI SHRI NIKAM GURUJI) Public Charitable Trust - Reg. No. F - 892 - T (Established in 1965) Head Office - B.K.Mill Compound, Meenatai Thakarey Chowk, L.B.S. Marg, Thane (West), 400601.	Document TM / 04 No: 00 Revision 01/02/2017 No.: 3 of 4 Date:
	Teaching Manual	Approved President by: 
Reviewed by :- Secretary 	Medium duration Course-Yoga Instructor- Level 1 D. Course Syllabus	

Session	Lecture No.	AYUSH Ref.in3(b) format	Topic for Lecture
11	1	4	Asanas Lecture-2 on Sarvangasana, Halasan, Matsyasana
	2	2.2	Health, its meaning and definations, Yogic conceptions of health and diseases.
	3	4	Asanas Practical -7-Vakrasana and Uttanapadasana
12	1	4	Asanas Lecture-3 on Bhujangasan and Dhanurasana
	2	2.2	Yoga for wellness - Prevention and Promotion of positive health. (Concept of Panch Kosha)
	3	5	Asanas Practical-8 on Kagasana or Bakasana
13	1	4	Asanas Lecture-4 on Vakrasana and Kagasana or Bakasana
	2	2.2	Concept of Triguna
	3	4	Asanas Practical-9 – Trikonasana
14	1	4	Asanas Lecture-5 on Paschimottanasana & Uttanapadasana
	2	2.2	Concept of Pasnchamahabhutas
	3	4	Asanas Practical -10 – Padahasthasana
15	1	4	Asanas Lecture-6 on Padahasthasana and Trikonasana
	2	2.3	Yoga and Stress Management - Lecture -1 1) Human Pshche-yoga & modern concepts & consciousness, 2) Frustration, Conflicts and Psychosomatic disorder (1-2-3)
	3	5.1	Pranayama - Practical – 1
16	1	6.1	Teaching Practices - Lecture – 1
	2	2.3	Yoga and Stress Management - Lecture -2 1) Prayer & Meditation for mental health. 2) Psychosocial environment & its importance for mental health (Yam-niyam) (4-5-6)
	3	5.1	Pranayama - Practical – 2
17	1	2.3	Yoga and Stress Management - Lecture-3
	2	6.1	Teaching Practices - Lecture – 2
	3	5.1	Pranayama - Practical – 3



	Shri Ambika Yoga Kutir (Founder: HATHAYOGI SHRI NIKAM GURUJI) Public Charitable Trust - Reg. No. F - 892 -T (Established in 1965) Head Office - B.K.Mill Compound, Meenatai Thakarey Chowk, L.B.S. Marg, Thane (West), 400601.	Document No: TM / 04 Revision No.: 00 Date: 01/02/2017 Page: 4 of 4
	Teaching Manual	
Reviewed by :- Secretary 	Medium duration Course-Yoga Instructor- Level 1 D. Course Syllabus	Approved by: President 

Session	Lecture No.	AYUSH Ref.in3(b) format	Topic for Lecture
18	1	2.3	Yoga and Stress Management - Lecture-4 1) Concept of stress according to modern science & yoga. 2) Role of Yoga in stress management, 3) Role of Yoga in Life Management
	2	6.2	Teaching Practices - Lecture – 3
	3	5.2	Pranayama - Practical – 4
19	1	5	Pranayama Lecture - 1 - Breathing Techniques
	2	6.2	Teaching Practices - Lecture – 4
	3	5.2	Pranayama - Practical – 5
20	1	5	Pranayama Lecture – 2
	2	6.3	Teaching Practices - Lecture – 5
	3	5.2	Pranayama - Practical – 6
21	1	6.3	Teaching Practices - Lecture – 6
	2	5.2	Pranayama Lecture – 3
	3	6.2	Teaching Practices - Practical - 1, Demonstrated ability
22	1	6.4	Teaching Practices - Lecture - 7 (Group Practice)
	2	5.1	Pranayama Lecture – 4
	3	6.2	Teaching Practices - Practical – 2
23	1	6.4	Teaching Practices - Lecture – 8
	2	6.3	Teaching Practices - Practical – 3
	3	6.3	Teaching Practices - Practical – 4
24	1	6.3	Teaching Practices - Practical – 5
	2	6.3	Teaching Practices - Practical – 6
	3	6.3	Teaching Practices - Practical – 7

