

Heartfulness Yoga TTC200

Learn to connect with your heart, learn to teach from the heart. Experience Heartfulness.



HEARTFULNESS YOGA TTC200 SYLLABUS

YOGA PRACTICE	ANATOMY & PHYSIOLOGY	FOUNDATION OF YOGA	THE HEARTFUL YOGA TEACHER
75	30	30	65
<p>Asanas: Many asanas and variations will be used in the daily practice and 18 of them will be studied in detail. Discover your 'Heart-space' as you practice. develop Ekagrata,</p> <p>Pranayama: Nadi Suddhi, Brahmari, Sitkali, Sitkari, Kapalabhati. Use your breath to go beyond the asanas.</p> <p>Experience Heartfulness Meditation with yogic transmission, Cleaning, Prayer, Learn to practice asanas while keeping your attention inside. Karma Yoga</p>	<p>Body Systems: Skeletal system, Muscular system, Digestive system, Respiratory, system, Cardiovascular system, Nervous system, Endocrine system.</p> <p>Introduction to Ayurveda, Yogic lifestyle and diet</p> <p>Alignments, benefits, contra-indications and modification of Asanas</p> <p>Yogic Anatomy, Spiritual Anatomy.</p>	<p>History and introduction to Yoga, Important literature in Yoga,</p> <p>Keynote speakers on Bhagavad Gita, 4 paths of Yoga, the Yoga Sutras, the Hatha Yoga Pradipika, the modern schools of Yoga,</p> <p>Reflection on the ethics of Yoga, Yama and Niyamas applied in your practice and your daily life.,</p> <p>Spiritual Yatra, Point and regions in Heartfulness.</p>	<p>Learn to make a flow, to prepare your classroom, know your students, adapt to audience, pace, queing, demonstrating,</p> <p>Teaching a class as the lead instructor, learn to give a feedback, find the teacher in you, specificity of Heartfulness Yoga,</p> <p>Collective development to find your own style</p> <p>Starting your activity, scope of yoga, going forward.</p>