



The IYT® 200-Hour Yoga Teacher Syllabus

An In-depth Exploration of Yoga's Historical and Philosophical Roots

IYT® International Yoga Teacher 200 Hours Syllabus Index

The IYT® International Yoga Teacher 200 hours syllabus is a comprehensive program that blends the historical and philosophical foundations of yoga with physical practices, mudras, therapeutic interventions, and teaching methodologies. It is designed to provide an immersive and well-rounded yoga education.

Module 1: The Foundations and Philosophy of Yoga

This module serves as a gateway for students to delve into the rich history and profound principles of the yogic path.

- **Meaning, History, and Development of Yoga:** Students explore the origins of yoga, tracing its roots from the ancient Indus Valley Civilization to its evolution and global expansion through the guidance of modern gurus.
- **The Texts of Yoga:** An overview of essential yogic texts, including the Vedas, the Upanishads, the Bhagavad-Gita, and the Hatha Yoga Pradipika, offers students a foundational understanding of yogic literature.
- **Patanjali's Yoga Sutras & The Eight Limbs:** This section covers the step-by-step path outlined by Patanjali, emphasizing the Yamas (restraints) and Niyamas (observances).
- **The Different Forms of Yoga:** Students explore various styles such as Hatha, Raja, Jnana, Karma, Bhakti, Tantra, Mantra, Ashtanga, and Iyengar Yoga, understanding their unique approaches and benefits.

Module 2: Preparation, Guidelines, and Yogic Lifestyle

Focusing on lifestyle, safety, and nutrition, this module equips students with the essentials before they step onto the mat.

- **The Fundamentals of Yoga:** Introduces basic movements aimed at preparing the body and mind for deeper yogic practices.

- **Guidelines for Yogic Practice & Safety:** Covers important rules for safe practice, including consulting with a physician, maintaining environmental cleanliness (Shaucha), and adapting routines for pregnancy or older age.
- **Preparing for Your First Session:** Guidance on selecting the right style of yoga, finding suitable classes and teachers, and choosing appropriate props and attire.
- **Yogic Principles of Food:** Examines the yoga diet, emphasizing pure (Sattvik) foods, and explores the connection between food and mind.

Module 3: Asanas (Physical Postures)

This module provides a comprehensive breakdown of physical postures, categorized by orientation.

- **Standing and Balancing Asanas:** Includes poses like Mountain Pose (Tadasana), Triangle Pose, and Warrior Pose, focusing on balance and alignment.
- **Lying Prone and Inverted Asanas:** Features Rest Asanas like Corpse Pose (Savasana) and strength-building poses like Cobra Pose, as well as inversions such as Shoulder Stand.
- **Sitting Asanas:** Offers Basic Seats like Easy Pose and Active Stretches, along with Animal/Nature Poses like Camel Pose and Child Pose.

Module 4: Pranayama, Mudras, and Meditation

This module forms a bridge between the physical and mental aspects of yoga, focusing on energy regulation and mental clarity.

- **Breathing (Pranayama):** Students learn about the anatomy of breath and practice techniques such as the Complete Breath and Alternate Nostril Breathing.
- **Yoga Mudra Workshop:** Introduces hand gestures that regulate the five elements (Panchatattva) in the body, including Gyanamudra and Vayumudra.
- **Meditation Training:** Covers techniques for Pratyahara (sensory withdrawal), Dharana (concentration), and Dhyana (contemplation), working towards achieving Samadhi (enlightenment).

Module 5: Marma Therapy and Disease Management

This module explores therapeutic yoga and Marma points to address common physical and lifestyle ailments.

- **Introduction to Marma Therapy:** Provides an overview of the history and objectives of the 107 Marma life-giving energy points.
- **Targeted Therapies:** Includes specific interventions for conditions such as back pain, heart disease, eye disease, headaches, leg pain, and insomnia.
- **Lifestyle & Respiratory Diseases:** Discusses management techniques for diabetes, blood pressure, and respiratory issues, including preventative measures for conditions like H1N1 and Covid-19.

Module 6: Practice Sequences and Teaching Methodology

This final module focuses on applying the elements learned into structured, goal-oriented routines.

- **The Sun Salutation:** An invigorating morning sequence designed to awaken and energize the body.
- **A Relaxing Evening Routine:** Sequences that calm the mind and body before sleep.
- **Strengthening Exercises:** Includes isometric and isotonic routines for overall body strength.
- **Weight-Control Exercises:** Features aerobic-paced yoga routines and mindful eating practices.
- **Flexibility Exercises:** Dedicated routines for improving flexibility across various body parts.
- **Personalizing Your Practice:** Offers guidelines for creating unique routines, balancing dynamic vs. static poses, and utilizing pose-counterpose principles.