



# IYT® STUDIES

## **IYT®-INTERNATIONAL YOGA TEACHER 500 HOURS**

*Upon completion of this course, IYO® International Yoga Organisation provides 500 hours, 8 certifications to IYT®-International Yoga Teacher, which is beneficial in getting the job of International Leading Yoga Instructor in Yoga Faculty, Government Sector and Private Sectors as well. Additionally, the IYT® certification is valid in 195 countries.*

*For more information, please read the IYT® Benefit Presentation Manual from the IYO® International Yoga Organisation.*

### **What Is Yoga?**

The Subtle Bodies and the Chakras  
The Physical Body  
The Astral Body  
The Causal Body  
The Soul  
The Chakras: Your Inner Universe  
Locating the Chakras

### **Yama**

Ashtanga Yoga: The Eight Limbs of Yoga  
The Relationship between Yama and Niyama  
The Principles and Practice of Yama  
Ahimsa: Non-violence, Non-injury, Non-harming  
Satya: Non-lying, Truthfulness  
Asteya: Non-stealing  
Brahmacharya: Non-sensuality  
Aparigraha: Non-attachment, Non-greed

### **Niyama**

Saucha: Cleanliness, Purity  
Santosha: Contentment  
Tapas: Austerity  
Svadhaya: Self-study  
Isvarapranidhana: Surrender to God

### **Asana**

What is Hatha Yoga  
Purification  
Fasting for Purification  
The Yogic Diet  
Bandhas  
Mudras

### **Pranayama**

Prana, the Vital Energy of the Universe  
The Five Life—Forces of the Body  
Guidelines for the Practice of Pranayama  
Swara Yoga  
Four Different Methods of Breathing  
Hand Mudras for controlling the breath  
Pranayama Techniques  
Pranic Healing

### **Pratyahara**

The Senses  
The Practice of Pratyahara

### **Dharana**

Achieving Dharana  
Interiorizing and Concentrating the Mind  
Other Techniques that Help Concentration

### **Dhyana**

Why We Need to Meditate  
The Practice of Meditation  
Kriya Yoga: An Advanced Spiritual Accelerator

### **Samadhi**

The Difference Between Meditation (Dhyana) and Samadhi  
The Stages of Samadhi



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Want more support? Contact our Member Support Team at [yoga@iyoworld.com](mailto:yoga@iyoworld.com) or at +91 9964029333