

MODULE

1



Introduction and Foundations

IYT® International Yoga Teacher 100 hours by IYO®

- **Welcome & Orientation:** Introduction to IYS®-International Yoga Schools and Group Rules.
- **What is Yoga?:** Exploring yoga as a philosophy, science, and practice.
- **Defining the Practice:** Understanding what Yoga IS and what it IS NOT.
- **The History of Yoga:** An overview of the Vedic (1500 to 500 B.C.E.), Pre-Classical (500 to 200 B.C.E.), Classical (200 B.C.E to 500 C.E.), and Post-Classical periods.
- **Yoga Demographics:** Who is doing yoga and the primary reasons people cite for practicing.

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MODULE

2



Yoga Philosophy & Lifestyle

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- **Yogic Philosophy:** Understanding the True Self (Atman) and Universal Consciousness (Brahman).
- **The Mind:** An introduction to Chitta Vritti Nirodha and The Yoga Sutras.
- **Developing a Personal Practice:** Guidelines on optimal timing, environment, food, and consistency.
- **Preparation & Gear:** Equipment for yoga, including mats, proper clothing (yoga pants), towels, blocks, straps, shoes, and maintaining a yoga journal.

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MODULE

3



Health, Anatomy, and Benefits

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- **Holistic Health Benefits:** The internal, external, and emotional benefits of yoga, alongside its effects on body chemistry.
- **Physical Fitness:** The fitness benefits of yoga and its role in disease prevention.
- **Preventative Care:** Understanding yoga as a comprehensive health management system.

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MODULE

4



Styles and Schools of Yoga

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- **The 17 Schools of Yoga:** Exploring distinct styles such as Hatha, Vinyasa, Ashtanga, Bikram, Kundalini, Iyengar, Power Yoga, Yin Yoga, and more.
- **Guiding Students:** Identifying the best yoga styles for beginners and how to choose the right fit.
- **Beginner Considerations:** Assessing safety, utilizing a beginner's checklist, and choosing the right instructor.

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MODULE

5



Core Yoga Techniques (The 5 Ingredients of Vinyasa Flow)

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- **Introduction:** Overview of the five main ingredients essential to Vinyasa Flow Yoga.
- **Ingredient 1 - Asana (Physical Postures):** Exploring the 4 basic asanas, standing poses, seated poses, lying poses, and best practices for alignment.
- **Ingredient 2 - Vinyasa (Linking Poses):** The origins of Surya Namaskara (Sun Salutations), corresponding mantras, and the Ode to Patanjali.
- **Ingredient 3 - Pranayama (Breath Control):** Understanding the 5 types of Prana (Vayus) and practicing techniques like Ujjayi, Deep Abdominal Breathing, Full Yogic Breath, Kapalabati, Anuloma Viloma, Sitkari, Sitali, and Bramari.

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- **Ingredient 4 - Bandhas (Energy Locks):** How to engage Mula Bandha (Root Lock), Uddiyana Bandha (Abdominal Lock), Jalandhara Bandha (Throat Lock), and Maha Bandha.
- **Ingredient 5 - Drishti (Gaze):** The 9 traditional gazing points and their benefits for mental focus.

9 Traditional Drishti Points

- Nasagrai (Nose Tip)
- Bhrumadhya (Third Eye)
- Hasta (Thumb)
- Nabhi (Navel)
- Padayoragrai (Big Toes)
- Parsva (Sideways)
- Urdhva (Upward)
- Adho (Downward)
- Shunya (Space)

MODULE

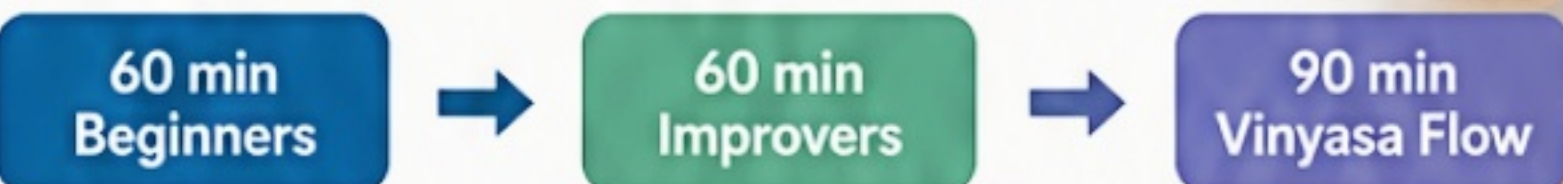
6



Teaching Methodology & Sequencing

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- **Class Structure:** How yoga classes work, what to expect, and how to learn effectively.
- **Sequence A:** Teaching the Beginners Modified Primary Sequence (60-minute class structure).
- **Sequence B:** Teaching the Improvers Modified Primary Sequence (60-minute class structure).
- **Sequence C:** Turning the Modified Primary Sequence into a 90-minute Vinyasa Flow Class.



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