



IYT[®] INTERNATIONAL YOGA TEACHER



200-HOUR SYLLABUS

MODULE

1



The Foundations and Philosophy of Yoga

This module grounds the student in the rich history and underlying principles of the yogic path.

- **Meaning, History, and Development of Yoga:** Exploring the roots of yoga from the ancient Indus Valley Civilization to its expansion by modern gurus.
- **The Texts of Yoga:** An overview of the Vedas, the Upanishads, the Bhagavad-Gita, and the Hatha Yoga Pradipika.
- **Patanjali's Yoga Sutras & The Eight Limbs:** Understanding the step-by-step path, including the Yamas (restraints) and Niyamas (observances).
- **The Different Forms of Yoga:** Exploring varied styles such as Hatha, Raja, Jnana, Karma, Bhakti, Tantra, Mantra, Ashtanga, and Iyengar Yoga.



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MODULE

2



Preparation, Guidelines, and Yogic Lifestyle

This section covers the essentials needed before stepping onto the mat, focusing on lifestyle, safety, and nutrition.

- **The Fundamentals of Yoga:** Basic movements to prepare the body and mind for deeper practices.
- **Guidelines for Yogic Practice & Safety:** Rules for practicing safely, including checking with a physician, environmental cleanliness (Shauch), and modifying routines for pregnancy or older age.
- **Preparing for Your First Session:** Choosing the right style of yoga, finding a class and teacher, and selecting appropriate props (mats, cushions, straps, blocks) and clothes.
- **Yogic Principles of Food:** The yoga diet, focusing on pure (Sattvik) foods, digestion, and the connection between food and mind.



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MODULE

3



Asanas (Physical Postures)

A thorough breakdown of the physical postures, categorized by orientation.

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Standing and Balancing Asanas:

- Mountain Pose (Tadasana), Chest Expansion, Standing Sun Pose.
- Triangle Pose, Twisting Triangle, Archer Pose.
- Warrior Pose (I & II), Tree Pose, Dancer Pose.



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Lying Prone and Inverted Asanas:

- **Rest Asanas:** Corpse Pose (Savasana), Crocodile Pose, Knee Squeeze.
- **Strengthening:** Cobra Pose, Half-Locust, Full Locust, Fish Pose.
- **Inversions:** Easy Bridge, Leg Raises, Shoulder Stand, Plow Pose.



Sitting Asanas:

- **Basic Seats:** Easy Pose, Auspicious Pose, Hero Pose, Lotus Pose, Pelvic Pose.
- **Active Stretches:** Alternate Leg Stretch, Stick Pose, Posterior Stretch Pose.
- **Animal/Nature Poses:** Camel Pose, Child Pose, Cat's Breath, Lion Pose, Dog Pose.



MODULE

4



Pranayama, Mudras, and Meditation

Breathing (Pranayama):



- Understanding the anatomy of breath
- The Complete Breath
- Cleansing Breaths
- Alternate Nostril Breathing

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Yoga Mudra Workshop:



Hand gestures that regulate the five elements (Panchatattva) in the body.

Specific mudras covered:
Gyanamudra (Meditation), Vayumudra, Shunya, Prithvimudra, Pranamudra, Apanamudra, Apanavayumudra, Suryamudra, Varunmudra, Linga Mudra, and Persistence Mudra.

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Meditation Training:



- Pratyahara (Sensory withdrawal): Narrowing the field and withdrawing the senses.
- Concentration (Dharana): Focusing on sounds, breathing, or physical activities.
- Contemplation (Dhyana) and achieving Samadhi (Enlightenment).

MODULE

5



Marma Therapy and Disease Management

An exploration of therapeutic yoga and Marma points to heal common physical and lifestyle ailments.

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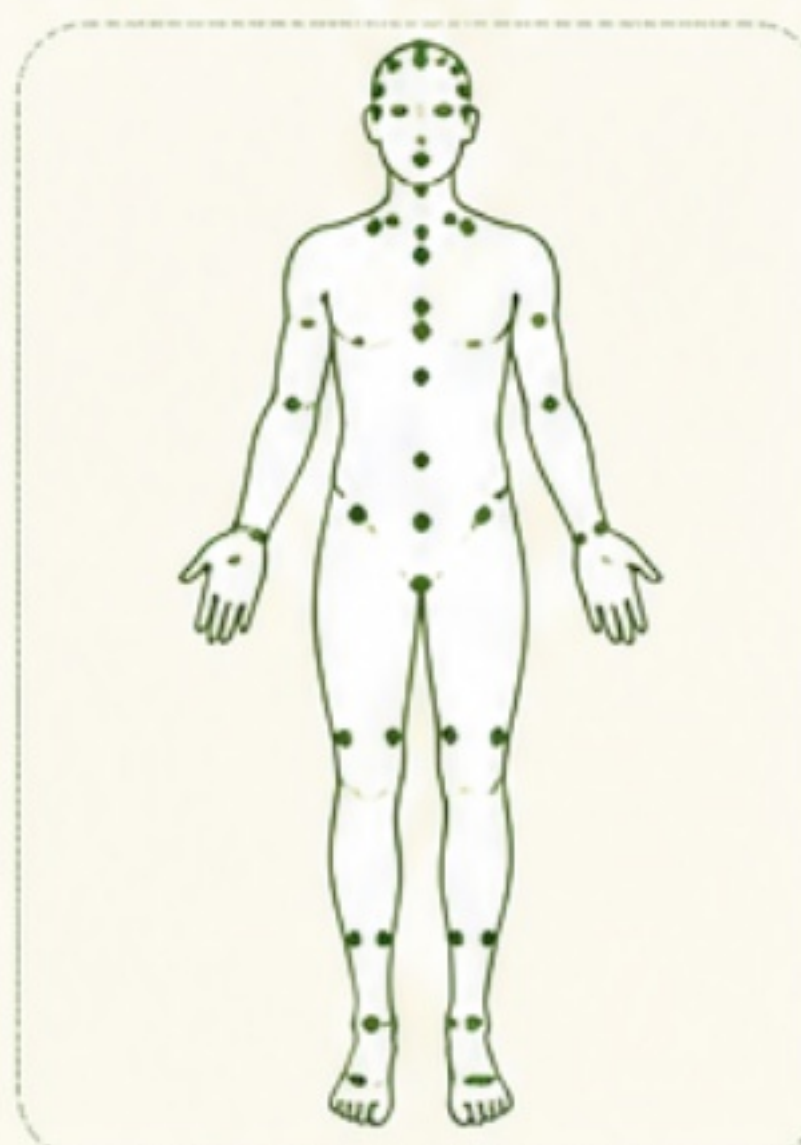
Introduction to Marma Therapy:

History and objective of the 107 Marma life-giving energy points.

Targeted Therapies:

- **Back Pain:** Causes and specific back/leg Marma points.
- **Heart Disease:** Addressing coronary issues via hand, foot, and chest points (Surya Chakra).
- **Eye Disease:** Massaging points around the eyes, nose bridge, and toes.
- **Headache/Migraine:** Stimulating the third eye, bright lights points, welcome fragrance, wind mansion, and temples.
- **Leg Pain & Swollen Ankles:** Techniques for manipulating kidney and bladder meridians.
- **Trouble Sleeping / Insomnia:** Spirit gate, bubbling spring, and wind pool techniques.

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Lifestyle & Respiratory Diseases:

- **Diabetes and Blood Pressure management.**
- **Lungs & Respiratory Issues:** Preventative measures for H1N1 (Swine Flu), Covid-19, and managing Asthma.



MODULE

6



Practice Sequences and Teaching Methodology

Applying the elements learned into structured, goal-oriented routines.

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The Sun Salutation:



An invigorating morning sequence to awaken the body.

A Relaxing Evening Routine:



Sequences designed to calm the mind and body before rest.

Strengthening Exercises:



Isometric and isotonic routines for building back, leg, knee, abdominal, and upper body strength.

Weight-Control Exercises:



Aerobic-paced yoga routines (like the modified Sun Salutation) and awareness eating.

Flexibility Exercises:



Routines dedicated to opening the upper body, lower body, midsection, and back.

Personalizing Your Practice:



Guidelines for creating unique routines, balancing dynamic vs. static poses, and utilizing pose-counterpose principles.

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