

# IYT® International Yoga Teacher

*500 Hours Master Level - Index Program*

# Phase I: Foundations of Yoga Theory & Lifestyle

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*This phase covers the fundamental philosophies, lifestyle guidelines, and beginner practices.*

## Part 1: Let's Get Into Yoga

- Why Practice Yoga? (Stress management, whole-body fitness, and healing)
- Yoga Fitness Power: Beyond Stretching (Mind-body connection and maximizing performance)
- How Comfortable Are You in Your Body? (Body types: Ectomorph, Endomorph, Mesomorph)
- Yoga Mind Power: Go with the Flow (Concentration, relaxation, and meditation)

## Part 2: Let's Get Spiritual: Growing with the Tree of Yoga

- The Yoga Tradition & Different Branches (Hatha, Raja, Kriya, Karma, Bhakti, Jnana, Tantra, Mantra, Kundalini)
- Walking Yoga's Eightfold Path (Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi)
- Can You Breathe? (Prana, universal life force, and specific breathing exercises)
- Hatha Yoga: May the Force Be with You (Balancing opposing forces and the five sheaths of existence)

## Part 3: Starting Your Yoga Practice

- Where, How, and When to Practice Yoga
- Crafting Your Personalized Yoga Practice

## Part 4: Living Your Yoga & Specialized Practices

- Chakras, Mudras, Mantras, and Mandalas
- Diet and Nutrition: You Are What You Eat
- Yoga for Everyone: Partner Yoga, Women's Health, Family Yoga, and Yoga for Seniors

## Phase II: Advanced Therapeutics & Clinical Application

*This phase bridges traditional yoga with modern medical science, focusing on anatomy, injuries, and healing.*

### The Tradition of Hatha Yoga in a Modern Context

- Historical lineages and the introduction of Patanjali's Eight Limbs into modern practice

### Yoga Therapy & Yoga Forma™

- Distinguishing between a Yoga Teacher and a Yoga Therapist
- Yoga Forma™: Building precision and alignment to keep the body safe and pain-free
- Research on the Benefits of Yoga for clinical conditions

### Spine Health & Anatomy

- Concepts of General Back Pain and Key Movements of the Spine (Flexion, Extension, Rotation)
- Commonly Asked Questions about the Spine and Lower Back

### Common Injuries and Conditions

- Addressing Muscle Tightness, Lumbar Strain/Sprain, and Sciatica
- Piriformis Syndrome vs. Sacroiliac Joint Dysfunction
- Modifications for Herniated Discs, Spondylolisthesis, and Spondylosis
- Targeted therapeutic sequencing for Scoliosis, Kyphosis, and Osteoporosis/Osteopenia

### Restoration & Sequencing

- Pranayama, Meditation & Restoratives: The Foundation for Relaxation (Koshas and Vayus)
- Recommended Self-Practice and Sequencing Tips for the Spine and Lower Back

## Phase III: Biomechanics & The Bandha Yoga Codex

*This phase delves into the deep physiological mechanics of mastering yoga postures.*

### Key Concepts in Biomechanics

- Agonist/Antagonist Relationships and Reciprocal Inhibition
- Key Muscle Isolations and Co-Activations
- Facilitated Stretches to unlock advanced flexibility

### The Bandha Yoga Codex

- The five-step process to decode any pose: Joint positions, prime movers, antagonist muscles, chest expansion, and creating a Bandha

### Deep Dive: Pose Mechanics

- **Hip Openers:** Sukhasana, Baddha Konasana, Upavistha Konasana, Supta Padangusthasana (A, B, and Reclining variations), Kurmasana, Parighasana, Hanumanasana, and Padmasana
- **Forward Bends:** Dandasana, Janu Sirsasana, Paschimottanasana, Triang Mukhaikapada Paschimottanasana, Krounchasana, Ardha Baddha Padma Paschimottanasana, Navasana, and Ubhaya Padangusthasana
- **Restorative Poses:** Viparita Karani and Savasana

### Anatomy & Movement Indices

- Detailed Movement Index, Anatomy Index, and Glossary of Muscles and Ligaments

# Phase IV: Master Level Asana Compendium

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*The comprehensive visual and instructional index of the 158 Master Level Asanas.*

## Sun Salutation (Surya Namaskar)

### Standing Poses

- Mountain, Chair, Tree, Extended Triangle, Revolved Triangle, Extended Side Angle, Revolved Side Angle, Half Moon, and Warrior I, II, & III

### Seated & Forward Bends

- Staff, Easy Sitting, Hero, Lotus (and variations), Forward Bend (Seated & Standing), Garland, Head to Knee, and Wide Angle

### Backbends & Core

- Cobra, Upward-Facing Dog, Bow, Bridge, Camel, Full Wheel, Locust, Sphinx, and Full Boat

### Twists

- Bharadvaja's Twist, Spinal Twist, Half Lord of the Fishes, and Sage variations (Durva, Galava, Kasyapa)

### Arm Balances

- Crow (and variations), Peacock, Firefly, Eight Angle, Elephant's Trunk, Scale, and Shoulder Press

### Inversions

- Downward-Facing Dog, Headstand, Handstand, Shoulder Stand, Plow, Scorpion I & II, and Peacock Feathers

### Restoratives & Mudras

- Child's, Corpse, Reclining Bound Angle, Happy Baby, Yogic Sleep, and Noble Sealing (Maha Mudra)