



IYT® STUDIES

IYT®-INTERNATIONAL YOGA TEACHER 300 HOURS

Upon completion of this course, IYO® International Yoga Organisation provides 300 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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