



महर्षि पतंजलि योग एवं प्राकृतिक चिकित्सा परिषद

Naturopathy & Yoga Recognized by The Government of India

website: www.mpypcp.com

Syllabus for 50 Hours Yoga Course (CONTACT - 45 HOURS & NON CONTACT - 5 HOURS)

KRIYA - Cleansing Practices (3 Hours)

- ✓ Jala neti (water neti)
- ✓ Kapalbhati

ASHTANGA YOGA (9 Hours)

- ✓ Introduction of Ashtanga Vinyasa Yoga
- ✓ Ashtanga traditional Sun Salutation (Surya Namaskar A&B)
- ✓ Ashtanga Vinyasa Yoga Asanas & refinement of posture
- ✓ Concept of Ashtanga Vinyasa Yoga

PRANAYAMA - Introduction to 6 Kumbhakas (6 Hours)

- ✓ Breath awareness & correction
- ✓ Breathing exercises
- ✓ Posture alignment for pranayama practices
- ✓ Three phases in breathing (purak, kumbhak, rechak)
- ✓ Kapalbhati kriya
- ✓ Nadishudhi pranayama
- ✓ Surya Bhedana pranayama

MEDITATION (6 Hours)

- ✓ Preparatory practice (meditative asana, breathing correction)
- ✓ Mind-body awareness
- ✓ Ashtanga Vinyasa Yoga Asanas & refinement of posture
- ✓ Cyclic meditation

CLASSICAL HATHA YOGA (9 Hours)

- ✓ Sahityakaran practices (loosening and stretching)
- ✓ Joint movement to improve flexibility and strength
- ✓ Traditional Sun salutation
- ✓ Traditional Hatha postures

ANATOMY (6 Hours)

- ✓ Preparatory practice (meditative asana, breathing correction)
- ✓ Introduction to human anatomy
- ✓ Divisions, regions, planes
- ✓ Human skeletal system
- ✓ Muscular System

YOGA PHILOSOPHY (6 Hours)

- ✓ History and origin of yoga
- ✓ Definition of yoga in light of various text references
- ✓ Schools of Yoga

- ✓ Yoga styles
- ✓ Introduction to yoga of Patanjali and eight limbs of yoga
- ✓ Explanation to selected verses from Phys, Hyp & Shrimad Bhagavad Geeta

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