



Patanjali Yog Peeth
An institution for Patanjali Yog
Assistant Teacher's Training
Foundation Course (level 1)

THEME

The primary aim of this course is to provide the basic foundation for anyone who wishes to 'learn and teach' Yog (pranayam, acupressure, asanas, lifestyle and ayurveda), both spiritually and voluntary.

DURATION OF COURSE:

50 hours, which includes:

- Attendance of PP Swami Ramdevji's Yog shivers / live Aastha Channel./ Pranayam DVD (25hrs)
- Attendance of workshop with certified teachers of PYPT. (25hrs)

REGISTRATION DONATION :

Registration donation of the course £101 (Sterling Pounds) to be paid by cash or cheque.
(Please make the cheque in favour of **"Patanjali Yog Peeth (UK) Trust"** or Cash of equivalent amount (against receipt).

WHO CAN APPLY:

Applicant must be over 18 years old, both physically and mentally sound and healthy, dedicated and financially stable, learned and knowledgeable person who is willing to teach and help masses, both independently and voluntarily and ready to do selfless services.

TUTORS:

All tutors are appointed by the PYPT according to existing PYPT's operating rules and procedures.

BASIC RULES & REGULATIONS:

1. Students will be assessed throughout observation
2. Confirmation of attendance will be awarded to student on completion of the course.
3. Once qualified yog assistant teacher must take a minimum of two hours of weekly class.
(Details monthly reporting of the classes to the national Yog coordinators)
4. Must practise Yog regularly (Pranayam, Acupressure, Asanas, Lifestyle & Ayurveda)
5. To complete training successfully and become a brilliant yog teacher, students should make notes and remember the entire instructions given to them.
6. Any donation given by the participants of the Yog class should go to Local Trust of PYPT.
7. Medical History and disclaimer from the participants and record keeping
8. Insurance and travelling cost will be teachers' responsibility
9. Level –I permits you to teach Yog to your family & friends. In order to teach to the community you must complete level –II training. At level – I to teach in community there must be two teachers.

Course Content

Health & Safety

Precautions before doing Pranayam, Asanas, Yogic Jogging.

Pranayam and Breathing

1. Pranayam to include the following; BHASTRIKA, KAPAAL BHAATI, BAAHYA, UJJAI, ANULOM-VILOM, BHRAAMRI, UDGEETH, PRANAV
2. Breath and movement co-ordination

Asana

It is recommended that the appended list of Asanas will also be covered.

1. Surya-Namaskara
2. Asanas–Dandasan, Naukasana, Padangustha-Bhujangasana, Pavan- muktasana, Markatasana, Padavrittasana, Dvicakrikasana, Shavasana, Vajrasana, Mundukasana, Sasakasana, Sinhasana, Makarasana, Bhujangasana, Purnabhujangasana, Salbhasana, Dhanurasana, Gomukhasana, Vakrasana, ArdhMatsyendrasana, Tadasana,
3. Sukhshma Vayam

Mudras and Bandhas

The use of principle Mudras:

1. Dhayan.
2. Mulabandha, Uddiyanabanddha, Jalandharabanddha.

RELAXATION

Relaxation Techniques:

1. Tension and relaxation of the muscles of the body.
2. Body/Breath awareness
3. Yog Nidra – rotational awareness through parts of the body.

Mantra

1. Chanting and silent Mantra
2. To include OM and component parts.

Acupressure

Introduction to basic principles and philosophy of acupressure

Philosophy

Introduction to Yog philosophy, including the different Yog paths, and Patanjali Ashtaang YOG.

Anatomy

Introduction to human anatomy, physiology in relation to the practice of Yoga.

TALKS/DISCUSSIONS

- Introduction to and a brief history of Yog.
- How to plan a balanced and/or appropriate personal and group practice and keep a relevant diary/record of progress.
- Going on to teacher Training Course with PP Swami Ramdev Ji for the Master Teachers Training.

Intended learning Outcomes

At the end of the course the student will be able to:

1. Practice Yog with confidence
2. Practice a range of Pranayam and Asanas safely.
3. Gain familiarity with appropriate Mudras (finger posture) and Bandhas (internal locks) relevant to the practice of Pranayam and Asanas.
4. Practice a variety of relaxation techniques.
5. Chant Mantra as described in syllabus.
6. Have an overview of what Yog is (the Yog paths and Patanjali's Eight steps of Yog including Yam and Niyams).
7. Understand the basics of human anatomy, physiology in relation to the practice of Yog.
8. Understand the basic principle and practice of Acupressure.
9. Understand the basic principle and practice of Ayurved.
10. Keep a diary of regular personal practice and briefly record effects and/or feelings about it.

Recommended Reading List

Students accepted onto the Foundation Course will receive a reading list.

Yog in Synergy with Medical Science – Scientific Document

Yog Its Philosophy & Practice

Pranayam Its Philosophy & Practice

Ayurved Its Principles & Philosophies

Watching Aastha Channel of Swami Ramdev Ji's Health Yog Workshop

Aushadh Darshan

Yog Sandesh – monthly magazine