



*25 Hours Yog teachers training camp organized Patanjali Yog Samiti.*

## **Syllabus**

### **First day of camp**

**Time 6 PM TO 9 PM**

#### **EVENING SESSION**

#### **WELCOME**

#### **1. INTRODUCTION OF YOG & PRANAYAM**

**6.15 pm to 8.00 pm**

#### **PRACTICE SESSION OF PRANAYAM, ASANAS AND MEDITATION**

#### **YOG EXCERSISES**

PRANAYAM, MICRO EXERCISES, COMPLETE BODY EXERCISE (YOGIC JOGGING AND STANDING EXERCISES) MAIN AASANAS AND COMPLETE YOG PACKAGE INSTRUCTED AND DOCUMENTED BY PATANJALI YOG SAMITI.

**8.00 pm to 9.00 pm**

#### **2. HEALTHY LIVING**

#### **3. TEACHER'S HAND BOOK - RULES AND REGULATIONS / HEALTH AND SAFETY**

#### **4. TEACHER'S TEACHING SYLLABUS**

## **Second day of camp**

**7.00 AM to 7.00 PM**

**MORNING SESSION**

**7AM TO 9 AM**

**PRACTICE SESSION OF PRANAYAM, ASANAS AND MEDITATION**

**YOG EXERCISES**

PRANAYAM, MICRO EXERCISES, COMPLETE BODY EXERCISE (YOGIC JOGGING AND STANDING EXERCISES) MAIN ASANAS AND COMPLETE YOG PACKAGE INSTRUCTED AND DOCUMENTED BY PATANJALI YOG SAMITI.

**9.00 am to 9.30am**

**BREAK – BREAK FAST**

**9.30 am to 12.30 am**

- 1. YOG, ITS PHILOSOPHY AND PRACTICE**
- 2. *MUDRA - GROUP WORK***
- 3. PRANAYAM- ITS PHILOSOPHY AND PRACTICE**

**12.30 pm to 1.30 pm**

**BREAK – LUNCH**



## AFTERNOON SESSION

**1.30 pm to 3.00 pm**

- 1. BASICS OF ANATOMY AND PHISIOLOGY**
- 2. CHAKRA SYSTEM AND PLEXES**

**3.00 pm to 5.00 pm**

- 1. TALENT SHOW**
- 2. GROUP WORK – Taking Classes**
- 3. BHAJAN - CD**

**5.00 pm to 7.00 pm**

## **PRACTICE SESSION OF PRANAYAM, ASANAS AND MEDITATION**

### **YOG EXERCISES**

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## **Third day of camp**

**Time 7AM to 7 PM**

## MORNING SESSION

**7.00 am to 9.00 am**

## **PRACTICE SESSION OF PRANAYAM, ASANAS AND MEDITATION**

### **YOG EXERCISES**

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**9.00 am to 9.30am**

**BREAK – BREAK FAST**

**9.30 am to 11.00 am**

- 1. AYURVEDA – ITS PRACTICE AND PHILOSOPHY**
- 2. ACCUPRESSURE**
- 3. ASANS**

**11.00 am to 12.30 pm**

**GROUP WORK – Taking Classes**

**12.30 pm to 1.30 pm**

**BREAK – LUNCH**

**1.30 pm to 2.30 pm**

- 1. ORGANISING SKILLS FOR CLASSES**
- 2. RECAP OF TRAINING**
- 3. BHAJAN (CD)**

**2.30 pm to 5.00 pm**

**GROUP WORK – Taking Classes**

**5.00 pm to 7.00 pm**

**PRACTICE SESSION OF PRANAYAM, ASANAS AND MEDITATION**

**YOG EXERCISES**

PRANAYAM, MICRO EXERCISES, COMPLETE BODY EXERCISE (YOGIC JOGGING AND STANDING EXERCISES) MAIN AASANAS AND COMPLETE YOG PACKAGE INSTRUCTED AND DOCUMENTED BY PATANJALI YOG SAMITI.