



200 Hour Yoga Teacher Training Course (YTT 200) – Syllabus Overview



Learn from Experts

Anatomy & Physiology from experienced doctors

Yoga Philosophy & Lifestyle from certified nutritionists

Asanas, Pranayama & Methodology from yoga professionals with 6+ years of teaching experience

Exclusive Workshops: Face Yoga, Shatkriyas, Ayurveda, Yoga Business & mentorship,

Guest lecturers: Exclusive quality experience sharing.

Access: Lifetime recordings + Personal mentorship



7-Week Course Structure

WEEK 1 — Foundations of Yoga & Human Body Basics

Introduction to Yoga: History, Paths & Purpose

Yogic Philosophy: Yamas, Niyamas, and Yogic Lifestyle

Anatomy: Skeletal Structure, Postural Awareness, Joints & Range of Motion

Sukshma Vyayama (Subtle Body Warm-ups)

Basic Asanas for Stability & Alignment

Pranayama: Breath Awareness, Diaphragmatic Breathing



Focus: Awareness of body, breath & posture foundation.

WEEK 2 — Anatomy in Motion & Fundamental Asanas

Anatomy: Muscular System & Functional Movements

Surya Namaskar A & B (Sun Salutation Variations)

Standing Poses: Tadasana, Trikonasana, Virabhadrasana Series

Introduction to Bandhas & Mudras

Pranayama: Anulom Vilom, Kapalabhati

Yogic Diet & Daily Routine (Ahara & Dinacharya)



Focus: Physical precision, muscle activation & breath rhythm.

WEEK 3 — Energy, Flexibility & Core Development

Anatomy: Nervous System & Spine Health

Seated Poses & Twists: Paschimottanasana, Ardha Matsyendrasana

Shatkarma (Cleansing Techniques) — Jal Neti, Trataka

Energy Awareness: Chakras & Kundalini Basics

Pranayama: Bhastrika, Ujjayi, Bhramari

Meditation: Pranadharana & Breath Observation

 *Focus: Inner energy awareness through asana and pranayama.*

WEEK 4 — Strength, Backbends & Mental Balance

Anatomy: Joints, Tendons & Injury Prevention

Asana Practice: Bhujangasana, Dhanurasana, Chakrasana, Navasana

Teaching Methodology: Sequencing, Cueing, Voice & Adjustments

Pranayama: Nadi Shodhana, Sheetali, Sheetkari

Bandhas: Moola Bandha, Uddiyana Bandha

Mudras: Chin Mudra, Jnana Mudra, Hridaya Mudra

 *Focus: Strengthen back & core while integrating safe alignment.*

WEEK 5 — Advanced Practice & Teaching Skills

Anatomy: Endocrine & Circulatory Systems

Balancing & Inversions: Sarvangasana, Shirshasana, Bakasana

Teaching Skills: Class Planning, Student Safety & Prop Use

Philosophy: Patanjali Yoga Sutras — Mind & Meditation Concepts

Meditation: Om Chanting, Yoga Nidra, Sound Meditation

Workshop: Yoga Career & Business Building

 *Focus: Transition from practitioner to confident instructor.*

WEEK 6 — Integration & Teaching Practicum

Full Morning Practice: Asana + Pranayama + Meditation Flow

Teaching Practicum: Peer-led Classes & Feedback

Anatomy Recap: Mind-Body Coordination

Yogic Psychology: Understanding Ego, Mind & Awareness

Lifestyle: Ethics of a Yoga Teacher

Workshops: Ayurveda, Face Yoga & Sound Healing

 *Focus: Integrate, embody & prepare for real-world teaching.*

WEEK 7 — Assessment & Certification

Practical Exam: Teaching Demo + Asana Evaluation

Written Exam: Anatomy, Philosophy, Methodology

Viva & Feedback Session with Lead Trainers

Certification Ceremony – 200 Hour Yoga Teacher

🎓 *Focus: Transformation from student to teacher.*

🌸 Detailed Practice Overview

🧘 Asana Practice (70+ Asanas)

Standing Poses:

Tadasana, Trikonasana, Parivritta Trikonasana, Virabhadrasana I–III, Utkatasana, Parsvakonasana, Prasarita Padottanasana

Seated Poses:

Sukhasana, Padmasana, Vajrasana, Paschimottanasana, Ardha Matsyendrasana, Gomukhasana, Janu Shirshasana

Forward Bends:

Hastapadasana, Uttanasana, Balasana, Kurmasana

Backbends:

Bhujangasana, Dhanurasana, Ustrasana, Chakrasana, Matsyasana, Setu Bandhasana

Twists:

Vakrasana, Marichyasana, Parivrtta Janu Shirshasana

Balancing Poses:

Vrikshasana, Garudasana, Natarajasana, Bakasana

Inversions:

Sarvangasana, Halasana, Shirshasana, Viparita Karani

Restorative/Relaxation:

Makarasana, Shavasana, Supta Baddha Konasana

🧘 Pranayama Techniques (10 Practices)

Anulom Vilom

Kapalabhati

Bhastrika

Bhramari

Ujjayi

Nadi Shodhana

Sheetali

Sheetkari

Surya Bhedana

Chandra Bhedana

Major Shatkarma / Kriya & more

Jal Neti

Trataka

Kapalabhati

Nauli (Introduction & Theory)

Major Bandhas & more

Moola Bandha (Root Lock)

Uddiyana Bandha (Abdominal Lock)

Jalandhara Bandha (Throat Lock)

Major Mudras & more

Chin Mudra, Jnana Mudra, Hridaya Mudra, Yoni Mudra, Prana Mudra, Apana Mudra, Vishnu Mudra, Dhyana Mudra

Popular Meditation & Yogic Practices & more

Breath Awareness Meditation

Pranadharana (Concentration on Breath Flow)

Om Chanting Meditation

Mantra Japa Meditation

Yoga Nidra (Yogic Sleep)

Sound Healing & Mindfulness

Additional Perks

#Guest lecturers and experience sharing

#Lifetime access to class recordings

#Post-course mentorship support

#Access to exclusive alumni group

#Yoga business & teaching workshop