



## **SYLLABUS - GAYATRI YOGA TENERIFE**

### **1. Philosophy and Yogic Lifestyle**

#### **1/1 Title: Overview - Yoga**

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will understand the term yoga in the correct way, and what it includes according to union and opposite forces. How Hatha Yoga is used as a powerful tool for self-transformation, finding a way out of suffering, which should be one of the main reasons why practicing yoga. Yoga is no workout or sport. Asanas and Pranayama are just tools to control the mind. Trainees will also learn and understand the meaning of the following key terms: Atman / Paramatman / Moksha / Dharma / Maya / Karma / Reincarnation / 108 The Auspicious Number / Kundalini Yoga / Om - AUM / Ethics and Code of Conduct for a Yoga Teacher / The four main spiritual paths: Karma / Bhakti / Raja / Jnana Yoga.

#### **1/2 Title: Ashtanga Yoga & The Yoga Sutras of Patanjali**

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will understand the eight path way, and the real meaning of the term Ashtanga Yoga. This includes the study of the Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Our trainees will understand that the practices of Asana and Pranayama are just two tools to control our mind and emotions, with the benefit to strengthen the physical body and respiratory system. Trainees will learn about the Yoga Sutras and Patanjali, and that all yoga styles which we practice today are based on the Yoga Sutras.

#### **1/3 Title: What is Asana according to Patanjali / Ashtanga Yoga**

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will understand the meaning of Asana and that they have to be done with slow movement and with full control. That Asana need to be accompanied with correct breathing, and held steady for certain period of time, concentrating the mind on infinity, as mentioned in the Yoga Sutras of Patanjali: 'Steady and Comfortable Posture is Asana'. This way, Asanas become a tool for the mind and an active meditation. Trainees will learn about the 5 different stages of practicing Asana according to Ashtanga Yoga, and what is the difference between beginner, restorative, intermediate (including the spiritual and physical awareness) and advanced level of practicing Asanas.

#### **1/4 Title: The Vedas, Upanishads, Tantras, Bhagavad Gita, Upanishads, Hatha Yoga Pradipika**

**Description:** Theoretical lesson.

**Learning Objective:** In this topic we will explain the basics of the most important text books of India. Where this knowledge is coming from, who gave this knowledge, their meaning, and how the techniques of Yoga have their source in this universal knowledge.

## **2. Techniques, Training, and Practice**

#### **2/1 Title: The Safe Practice of Asana and Pranayama**

**Description:** Theoretical and guided lesson.

**Learning Objective:** Do's and don'ts, props, adjustments and corrections will be used to learn how to reduce and avoid risk of injury. How to adapt postures according to the different needs and levels of students. Developing the correct language while guiding, taking care and correcting. Trainees will learn how to guide safe into and out of asanas with slow movement and with full control, using the correct breathing. These techniques are used for beginner and intermediate students of Hatha and the Vinyasa traditions.

#### **2/2 Title: Benefits and Contraindications of Asanas**

**Description:** Theoretical lesson.

**Learning Objective:** Benefits and contraindications of every single asana and groups of asanas in our teaching manual will be covered and used later by our trainees in their own teaching sessions. This include the benefits and contraindications of the following groups of asanas:

- Basic and Prep Movements
- Asanas for Abdomen and Digestion
- Surya and Chandra Namaskar
- Asanas in Vajrasana
- Dynamic Movements
- Asanas in Padmasana
- Forward and Backward Bending Asanas
- Spinal Twisting Asanas
- Standing Asanas
- Balancing Asanas
- Inverted Asanas
- Meditation Asanas
- Relaxation Asanas

#### **2/3 Title: Asanas Specific Poses**

**See the separate pdf: Overview of Asanas, Pranayama & Bandha**

**Description:** Guided lesson.

**Learning Objective:** Trainees will learn, adjust and understand asanas.

## **2/4 Title: Structure of a Beginner Asana Class**

**Description:** Theoretical and guided lesson.

**Learning Objective:** Trainees will understand the structure of a beginner asana class which include the following principals:

\*SHORT INTRODUCTION / STOP IF DISCOMFORT

- OMKAR & MANTRA
- TIME TO ARRIVE ON THE MAT / A SHORT MEDITATION

\*PRANAYAMA

- EXPLANATION / MEANING OF PRANAYAMA
- NAME OF PRANAYAMA IN SANSKRIT AND ENGLISH
- BENEFITS AND CONTRAINDICATIONS
- DEMONSTRATION
- GUIDE AND CONTROL STUDENTS
- CORRECT AND HELP STUDENTS IF NEEDED

\*SURYA NAMASKAR - EXPLANATION OF SURYA NAMASKAR

- BENEFITS AND CONTRAINDICATIONS OF SURYA NAMASKAR
- 1. DEMONSTRATION WITH BREATH AND ENGLISH NAMES
- 2. DEMONSTRATION WITH SANSKRIT NAMES
- GUIDE STUDENTS WITH BREATH AND SANSKRIT NAMES
- CONTROL STUDENTS / CORRECT AND HELP STUDENTS IF NEEDED

\*SHAVASANA

\* ASANAS

- EXPLANATION / MEANING OF ASANA
- TIME INFORMATION
- NAME OF ASANA IN SANSKRIT AND ENGLISH
- BENEFITS AND CONTRAINDICATIONS
- DEMONSTRATION WITH BREATH AND STEP
- GUIDE STUDENTS WITH BREATH AND STEP
- CONTROL STUDENTS / CORRECT AND HELP STUDENTS IF NEEDED
- TIME OF ASANA CONTROLLED

\*SHAVASANA / END RELAXATION / OMKAR & MANTRA

- AWARENESS ON WHEN TO GIVE AN EXTRA RELAXATION
- AWARENESS ON ORDER OF ASANAS CORRECT THROUGHOUT THE CLASS
- AWARENESS ON HOW TO CHANGES CORRECTLY ASANAS / TRANSITIONS

## **2/5 Title: Structure of an Intermediate Asana Class**

**Description:** Theoretical and guided lesson.

**Learning Objective:** Trainees will understand the structure of an intermediate asana class which include the following principals:

- \* SHORT INTRODUCTION / STOP IF DISCOMFORT
- OMKAR & MANTRA
- TIME TO ARRIVE ON THE MAT OR SHORT MEDITATION
  
- \*PRANAYAMA
- NAME OF PRANAYAMA IN SANSKRIT AND ENGLISH
- GUIDE AND CONTROL STUDENTS
- CORRECT AND HELP STUDENTS IF NEEDED
  
- \*SURYA NAMASKAR
- GUIDE STUDENTS WITH BREATH AND SANSKRIT NAMES
- CONTROL STUDENTS / CORRECT AND HELP STUDENTS IF NEEDED
- \*SHAVASANA
  
- \*ASANAS
- TIME INFORMATION
- NAME OF ASANA IN SANSKRIT AND ENGLISH
- GUIDE WITH BREATH AND STEP
- CONTROL STUDENTS / CORRECT AND HELP STUDENTS IF NEEDED
- \*SHAVASANA
  
- \*ASANAS
- TIME INFORMATION
- NAME OF ASANA IN SANSKRIT AND ENGLISH
- GUIDE WITH BREATH AND STEP
- CONTROL STUDENTS / CORRECT STUDENTS IF NEEDED
- TIME OF ASANA CONTROLLED
  
- \*SHAVASANA / END RELAXATION \*OMKAR & MANTRA
  
- AWARENESS ON: EXTRA RELAXATION, ORDER OF ASANAS, TRANSITIONS

## **2/6 Title: Teaching Lessons**

**Description:** Practical lesson.

**Learning Objective:** After learning the structure of beginner and intermediate yoga classes, our trainees will teach full lessons to the other students and receive feedback.

## **2/7 Title: Restorative Yoga Classes**

**Description:** Theoretical lesson.

**Learning Objective:** This lesson includes basic knowledge and example classes for the following topics. Trainees will learn how to choose asanas for this specific classes:

- Yoga and Menstruation
- Prenatal Yoga
- Yoga for Children
- Yoga for Seniors and Chair Yoga
- AyurYoga for Vata / Pitta / Kapha
- Restorative Yoga for Thyroid Disorders / Obesity / Arthritis / Asthma & Respiratory Disorders / Diabetes & Digestive Problems / Gynaecological Disorders & Menopause / HBP & Heart Disease / Back Pain & Stiffness / Anxiety & Depression

## **2/8 Title: The Meaning of Pranayama**

**Description:** Theoretical and guided lesson.

**Learning Objective:** How to guide and control students in a class.

Our trainees will understand the meaning of the term Pranayama.

Prana (vital force behind life activities) and Ayama (to control) and that this force includes physical, mental, emotional, intellectual and spiritual aspects, which is needed to control. We teach the 5. different aspects of Pranayama:

1. Pooraka / Inhalation
2. Rechaka / Exhalation
3. Antar Kumbhaka / Internal breath retention
4. Bahir Kumbhaka / External breath retention
5. Kevaka Kumbhaka / Spontaneous breath retention

Trainees will understand the versatility of Pranayama, and why these techniques are powerful tools for inducing a healthy life and for spiritual awakening, or awakening of Kundalini Shakti. This includes lessons on the pranic body and how to adjust pranayama in different ratios to students. Trainees will learn about the general guidelines of Pranayama, and the effect on the physical and subtle body, etc.

## **2/9 Title: The different techniques of Pranayama**

**See the separate pdf:** Overview of Asana, Pranayama & Bandha.

**Description:** Theoretical and guided lesson.

**Learning Objective:** Trainees learn different Pranayama techniques.

Once under control they will teach, guide and correct other group members in specific classes.

**2/10 Title: What is Meditation?**

**Description:** Theoretical and guided lesson.

**Learning Objective:** Trainees will understand the versatility of Meditation, which provides understanding of the benefits of meditation as a powerful tool for inducing a healthy life, calmed mind and for spiritual awakening.

Our trainees will understand the difference between Pratyahara, Dharana and Dhyana. This difference is important to understand to get personal benefits while practicing the different stages and to visualize in which stage they are in their practice of Meditation. They will learn how to teach and explain others the difference of these practices. Pratyahara or Yoga Nidra helps the student to withdraw the senses from external world and prepare and stabilise Chitta (the mind) for Dharana (one pointed concentration), which will lead to Dharana or Meditation. Students will learn that they have to follow the stages of Ashtanga Yoga to reach Samadhi, the union between Atma (the Individual Soul) and Paramatma (the Universal Soul), which is the goal of the practice.

**2/11 Title: How to Meditate / How to get started**

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will learn how to get started with mediation and how to teach others. Structure and lessons for Jnana Yoga and Dhyana are given and cover the following points:

- Get started / Enjoy Meditation.
- Best time to meditate / Are you a morning or evening meditator?
- Posture / Different meditation Postures.
- Eyes / open and closed eyes meditation techniques.
- Focus the mind / How to stabilize the mind.
- The breath / Use the breath itself as a meditation or let it flow freely.
- Thoughts / Use the breath and Dharana to control the thoughts.
- Emotions / become aware of the body not on the story behind emotions.
- Length of the meditation / Start short and lengthen step by step.
- Place of the meditation / a space with positive and calmed energy.

**2/12 Title: Meditation Techniques**

**Description:** Guided lesson.

**Learning Objective:** Trainees will learn the following techniques:

- Japa Meditation
- Chakra Meditation
- Breathing Meditation
- Meditation on OM / AUM
- Walking Meditation
- Kundalini Meditation
- Prana Meditation
- Buddhist Meditation ..... and other techniques.

**2/13 Title: Mudras**

**Description:** Theoretical and guided lesson.

**Learning Objective:** Trainees will learn, practice and understand about the meaning and benefits of different Mudras, and why they are essential for the flow of pranic energy within the pranic body or Pranamaya Kosha.

Trainees will learn that Mudras are important gestures to link our individual pranic force with the universal or cosmic force.

**2/14 Title: Bhakti Yoga**

**Description:** Theoretical and practical lesson.

**Learning Objective:** Our trainees will learn the correct pronunciation, practice and understand about the meaning and benefits of different Mantras, and why they are essential for the flow of pranic energy within the pranic body / Pranamaya Kosha. Trainees will learn that Mantras are vibration or Naad, which link our individual pranic force with the universal or cosmic force. They will understand that vibration have healing qualities, boosting the nervous system and balance body and mind. Trainees will use mantras to start and finish yoga classes to bring students on the same energetic level. They will understand that Mantras set corresponding effect on body, mind and prana. We cover the following Mantras:

Surya Mantra / Maha Mrityunjaya Mantra / Gayatri Mantra / Jaya /  
Guru Vedanta Mantra / Tara Mantra / Durga Mantra / Devi Devi Devi /  
Govinda Jaya Jaya / Deva Deva Sivananda / Prayer for Universal Peace /  
Mantras for Japa Meditation.

**2/15 Title: Bandhas**

**Description:** Theoretical and practical lesson.

**Learning Objective:** Trainees will understand the meaning, benefits and contraindications of the Bandhas, and that they are powerful tools to awaken Kundalini Shakti, through the elevation of Prana from the lower to the higher Chakras. Trainees will understand the relation and benefits for the Endocrine System, while practicing Bandhas. We teach:

- Jalandhara Bandha / Throat Lock
- Uddiyana Bandha / Abdominal Lock
- Moola Bandha / Pelvic Lock
- Maha Bandha / The Great Lock

**2/16 Title: The Pranic Body**

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will learn how the practice of Pranayama, Bandhas and Mudras effects the pranic body, and how to use these techniques to create harmony between Ida and Pingala Nadi, and their effect on body and mind according to Swara Yoga. Students will understand why these techniques are important and how to use them to release tightness and to initiate relaxation of body and mind. They will clearly understand the different groups of Pranayama (heating, cooling, activating and calming) and how to use them according to each situation and student.

**2/17 Title: Koshas - Chakras - Nadis - Marma Points**

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will understand the Koshas, Nadis, Chakras, Marma Points and Prana. The Chakras, their nature, localization points and corresponding nerve plexuses in the physical body. The trainees will understand the meaning of Prana, its interaction and effect on the Chakras and on Pranayama Kosha. Students will understand how to use corresponding yogic techniques to balance body and mind, bringing the pranic energy to a flow, and storing it in the Chakras and Marma Points. This include the three groups of Chakras (lower, middle and upper), Bindu and Sahasrara. Their positive and negative characteristics, exact location and meaning, names and corresponding mantras and elements. The difference between Chakras and Marma Points, the number of marma Points and Nadis in the body. The connection between the Chakras and the Endocrine System, and how to use Chakra Meditation to balance body and mind. We will study in detail Ida, Pingala and Sushumna Nadi and their meaning. We also will study the Koshas and how the 5 bodies function together forming an integral whole.

**2/18 Title: Ayurveda**

**Description:** Theoretical lesson.

**Learning Objective:** Our trainees will learn about the basics of Ayurveda, according to the Samkhya Philosophy. Trainees will understand the meaning of the term and where it is coming from. Why Ayurveda, Tantra and Yoga are sister sciences and closely connected to each other, and the purpose of Ayurveda. Our Trainees will understand clearly the following topics:

- Ayurveda and the Human Potential
- The Gunas / Satva / Rajas / Tamas
- The Five Elements of Creation / Ether / Air / Fire / Water / Earth
- Ayurvedic Test
- The Doshas / Vata / Pitta / Kapha
- Specific Dosha Disorders
- Emotional Release
- Sattvic Diet
- Ayurvedic Diet
- Yoga and Ayurveda
- Easy Ayurvedic Remedies

Trainees will know about constitutional types, and learn about their own constitution, which will help them to keep body and mind balanced, or restore balance if needed.

### 3. Anatomy and Physiology

#### 3/1 Title: Bone

**Description:** Theoretical Lesson.

**Learning Objective:** Trainees will learn about bone, red and yellow bone marrow and in which bones blood cells are made. This class also includes an overview about the most important bones in the human skeleton, numbers of bones in the body, divided into the axial and appendicular skeleton. This lesson also includes the three different types of cartilage; Hyaline, Fibrous and Elastic Cartilage, and where we can find the different form of cartilage in the body. Trainees will understand the structure, form, and sections of the spine, the different types of ribs and how they are attached to the spine.

#### 3/2 Title: Joints

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will understand the different types and function of joints in the human body. The focus is held on synovial joints which are the most common joints. Students will understand the difference between; Ball and Socket Joints, Hinge Joints, Pivot or Swivel Joints, Plane or Gliding Joints, Ellipsoidal or Condyloid Joints, and Saddle Joints.

#### 3/3 Title: Tendons and Ligaments

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will understand ligaments and tendons, their function and location in the body.

#### 3/4 Title: Muscles and Types of Muscle Contraction

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will learn about different muscle types, and of which tissue they are made. This include knowledge about: Voluntary or Skeleton Muscle, Involuntary or Smooth Muscle, and the Heart Muscle. Trainees will understand the difference between Isotonic and Isometric Movement. How they influence the muscle tension, circulatory and respiratory system, and which training action is involved in it. Trainees will learn about Flexor and Extensor Muscles. We will give an overview on the most important muscles in the arms, legs and torso, muscle tone or tension, in the form of Hypertonic and Hypertonic Conditions, and their effect on the body while exercising. Examples of flexion, extension, supination, pronation, abduction, adduction, external rotation, internal rotation. Trainees will understand the difference between hypo extension and hyper extension, how to adjust asanas to the needs of their future students and how to avoid injuries. Trainees will learn about the relationship to other systems in the body and the yogic few of anatomy, which includes: How Yoga Helps - Suggested Yoga Techniques - Negative Influences - Beneficial Foods.

### **3/5 Title: The Nervous System**

**Description:** Theoretical lesson.

**Learning Objective:** Topics of this lesson are the spinal cord and the brain, including the basics of their function. Trainees will understand how the body's control and communication system works. Trainees will understand the meaning of nerve plexus, and how they are connected to our glands and chakras. We also will learn the relationship to other systems, and the yogic few of anatomy, which includes: How Yoga Helps - Suggested Yoga Techniques - Negative Influences - Beneficial Foods.

### **3/6 Title: The Circulatory, Endocrine and Digestive Systems**

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will understand the basics of this systems.

\* The Circulatory System and blood vessels. The Pulmonary and Systemic Circulation, the Heart, Arteries, Veins and Capillaries.

\* The Endocrine System, the different glands, and their function.

How the different glands are connected to nerve plexuses and the chakras. This includes an overview on the following glands: The Pituitary and Pineal Gland, the Hypothalamus, the Thyroid, Thymus and Adrenal Gland, Metabolism, Male and Female Hormones.

\* Digestive System and the basic knowledge about the location and function of these different organs which form the digestive system: Stomach, Liver, Gall Bladder, Pancreas, Small and Large Intestine.

\* This topic includes the yogic few of anatomy in relation to these systems:  
- How Yoga Helps - Suggested Yoga Techniques - Negative Influences - Beneficial Foods.

### **3/7 Title: The Respiratory System**

**Description:** Theoretical lesson.

**Learning Objective:** Trainees will understand the basic knowledge of the airways, which includes the nasal cavity, mucous membrane, the pharynx, larynx, trachea, and bronchi. The process of breathing will be explained, including the functioning of the diaphragm and the intercostal muscles to make the expansion and contraction of the rib-cage possible. Trainees will learn about the gas exchange of oxygen and carbon dioxide. This topic includes the yogic few of anatomy in relation to pranayama and the respiratory system, this includes and covers: - How Yoga Helps  
- Suggested Yoga Techniques - Negative Influences - Beneficial Foods.

