



PATANJALI YOG PEETH (UK) TRUST

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Prospectus - Level 1 Assistant Yog Teachers Training

Objective:

“To develop knowledge and gain practice in Yog Asana, Pranayam, Ayurved, Acupressure, Naturopathy and Balanced living to take Yog class in the community to improve health and well being of people.” “Excellent Course for Self Development.”

Process:

The programme is designed to give basic level class based training over three days and self study.

Duration:

Level 1 training is for 60 hrs which includes:

- 25 hrs class based training session
- 10 hrs self study
- 25 hrs Yog and pranayam practice from DVD and Yog classes

Materials:

- Patanjali Yog Part – 1
- Hand outs
- Aushadh Darshan
- Assessment booklet
- Pranayam Rahasya

Level 1 - Syllabus

Introduction to Yog: Patanjali Eight Limbs - Have an overview of what Yoga is and its benefits.

Micro exercises – Practice a range of small exercise which massages joints and warms up muscles.

Pranayam- practice and learn techniques of a range of breathing exercise.

Human Anatomy- Basic knowledge of human body.

Yog Asana- Practice a range of Yog asanas.

Mudras and Bandhas – be familiar with appropriate Mudras and Bandhas as relevant to the practice of Pranayam and Asana

Yog Kriya – learn and practice a variety of Yogic kriyas.

Introduction to Ayurveda- what is Ayurveda and how it helps to improve health and wellbeing?

Introduction to Acupressure- apply pressure on different parts of body to improve health.

Balance Living – Healthy eating and changing life style to improve health.

Naturopathy – Following the rules of nature and curing diseases with help of the elements of nature.

Yog Class preparation

Understand what the PYPT Course entails in terms of content, timescale and commitment.

LEARNING OUTCOMES:

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

1. Have an overview of what Yog is, its benefits and Patanjali Eight steps.
2. Practice a range of Pranayam and Asana safely and to have an understanding of various ailments.
3. Gain familiarity with appropriate Mudras (finger posture) and Bandhas (internal locks) relevant to the practice of Pranayam and Asana.
4. Practice a variety of relaxation techniques.
5. Chant Mantra as described in syllabus.
6. Understand the basic principle and practice of Acupressure.
7. Understand the basic principle and practice of Ayurved.
8. Gain knowledge in the area of Naturopathy and Balance living.