



PATANJALI YOG PEETH (UK) TRUST

40 Lambhill Street, Kinning Park, Glasgow G41 1AU

Tel: 0141 427 7510 Fax: 0141 419 0348

Email: info@pypt.org Web: www.pypt.org

Level 2 Assistant Yog Teachers Training

Objective:

“To develop knowledge and gain practice in Yog Asana, Pranayam, Ayurved, Acupressure, Naturopathy and Balanced to control and avoid various health problems and take Yog class in the community to improve health and well being of people.”

Process:

The programme is designed to raise awareness on various health problems and how practice of yog and use of Ayurveda can help. Level 2 is a self study course which requires practitioners to watch 33 DVDs on various health issues.

Duration:

- There is no set time for Level 2 training. Practitioners are expected to watch all 33 DVDs and at the end complete a workbook to test their acquired knowledge.

Materials:

- A set of 33 DVDs
- Assessment booklet

Level 2 - Syllabus

Following are the list of DVDs

1. Yog for high blood pressure	19.Yog for cancer
2. Yog for eye diseases	20.Yog for childless couples
3. Yog for Asthma	21.Yog for obesity and diabetes
4. Yog for Parkinson and paralysis	22.Yog Eight practice their benefits
5. Yog for skin diseases	23.Yog for renal diseases
6. Yog for children	24.Yog for vertebral column
7. Yog for youth	25.Yog for constipation and piles
8. Yog for conscious sleep	26.Yog for musculoskeletal diseases
9. Yog for active meditation	27.Yog for Leucoderma
10.Yog for muscular dystrophy	28.Yog for Women
11.Yog for Meditation	29.Pranayam Yog Aasan
12.Yog for practice and life style	30.Yog for various ailments
13.Yog for migraine and epilepsy	31.Yog for Pregnant Women
14.Yog for hepatitis/jaundice	32.Patriotism & Self realisation
15.Yog for Monday and Tuesday	33.Yog for Physical elegance and heart diseases
16.Yog for Wednesday and Thursday	34.Yog for Stomach ailments
17.Yog for Friday and Saturday	
18.Yog for Sunday and sixteen ritual	

LEARNING OUTCOMES:

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

1. Have an overview of different health problems and specific Yog exercises of different people.
2. Practice a range of Pranayam and Asana safely and to have an understanding of various ailments.
3. Practice a variety of relaxation techniques.
4. Understand the basic principle and practice of Acupressure.
5. Understand the basic principle and practice of Ayurved.
6. Gain knowledge in the area of Naturopathy and Balance living.