

**RURAL URBAN COUNCIL OF SKILLS & VOCATIONAL STUDIES**

**Diploma in Yoga Teacher Training Course Syllabus**

<b>Yoga Teacher Training</b>	<b>6 Months Course</b>
<b>Subject Code</b>	<b>Subject Name</b>
DYTT 101	Principles & Method of Yoga
DYTT 102	Anatomy & Physiology for Yoga
DYTT 103	Health & Safety for Yoga
DYTT 104	Planning Series of Yoga Sessions

<b>Yoga Teacher Training</b>	
<b>Practical 1</b>	<b>Practical Demonstration:</b> Practical Demonstration of Asanas, Shudhi Kriya (Practical Note Book)- Supine Asanas, Standing Asanas, Prone Asanas, Advanced Asanas, Inverted Asanas, Sitting Asanas, Meditative Asanas, SHUDDHI KRIYA, .
<b>Practical 2</b>	<b>Practice of Teaching</b> five lessons Plan on any skill (three asanas one pranayama & one kirya) on lesson format with chart.
<b>Practical 3</b>	<b>Meditation and Mantra Chanting</b>
<b>Practical 4</b>	<b>Breathing &amp; Pranayama Demonstration &amp; File</b>
<b>Practical 5</b>	<b>Viva &amp; Internal Assessment</b>