



Yoga Ministry of
Canada



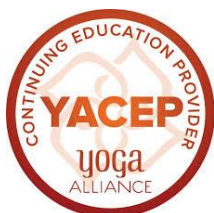
"YOGA MINISTRY OF CANADA" Inc. (BN: 705014470)

"CANADIAN YOGA ASSOCIATION" Inc. (BN: 766925937)

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ASHTANGA YOGA

200-300H MULTI-STYLE FOUNDATION
"TEACHERS TRAINING COURSE"



ELIGIBILITY TO JOIN THE TTC. -

Age – No limit

Medical Fitness: Candidates should be medically fit and sound as certified by competent authority.

INSTITUTIONAL GOALS:

After the completion of course program in yoga therapy, the students must:

1. Be able to design a Yoga Module based on the severity of the condition with consultation with medical doctors.
2. Be proficient in the Yoga Therapy Techniques he/ she prescribes for health issues.
3. Develop a humane attitude towards the patients and never give burden to a patient in terms of financial affordability.
4. Enjoy an urge for self-improvement, directed towards advanced expertise or research in the field of yoga.
5. Be able to give spiritual counselling and explain the manifestation of a disease in the context of yogic scriptures and spiritual lures.
6. Explore and understand the cause of his / her problem for which the patient has been suffering
7. Be able to work successfully in a variety of health care settings
8. Develop integrity, responsibility, reliability, dependability and compassion which are characteristics required for successful professional life.
9. Develop leadership and communication skills to work as leading therapist in health care teams.

OBJECTIVES OF THE PROGRAM:

The post-graduation program in Yoga Therapy has been designed with the following objectives

1. To train students in Yoga Therapy so as to enable the students to become well versed in Yoga Therapy.
2. To integrate Yoga Therapy with other systems of medicine to speed up the process of recovery .
3. To explore the possibilities of promoting Yoga Therapy integrating medical practice at conventional medical facilities attached to the institute.



Address: 1A-2488 Clearbrook rd. Abbotsford-BC- Canada, V2T2Y2, Contact: +1-778-982-0550

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- To produce Yoga Therapists with in-depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
- To bring all round personality development of the students at all levels of their personality.
- To produce the therapists of high calibre who could work efficiently as a yoga therapist in the hospitals, spa, wellness centre, start their yoga centre and join the yoga department of the universities as an assistant professor.



PROPOSAL FOR EDUCATION

Languages:

English, Punjabi, Hindi.

SYLLABUS THEORY

Subjects 1.

- Yoga Philosophy
- Research Methodology
- Anatomy & Physiology
- Yoga for prevention and promotion of health
- Yoga practice for Emotion Culturing
- Yoga Practice for Personality development
- Yoga Practice for prevention and promotion of health
- Yogic Counselling Practical subjects

Teachers training with yoga asana practise in very professional yoga classes and full study with practical knowledge in traditional and rhythmic ways like:

Hatha Yoga Detox

- Yoga Therapy
- Meditation & Yoga Nidra
- Sivananda Yoga
- Ashtanga yoga
- Yoga Vinyasa
- Massage & Stretch Therapy.

COURSE CONTENT: No. 1 Yoga-Theory:

1. Introduction to Subject Yoga

Introduction of yoga, Types of Yoga, Definition of Yoga, Precautions for the practitioner, importance of place, seat, time sequence, Combination with other exercise, Bath, Food, Limitation for female etc.



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2.Traditional Yoga (Ashtanga Yoga)

1.Yama, 2. Niyama, 3.Asana:

Types: Padmasana, Ardha Padmasana, Siddhasana, Vajrasana, Sukhasana,

Surya Namaskar, Sarvangasana, Matsyasana, Hal asana, Bhujangasana, Shalabhasana, Nabhasana, Pawanuktasana, Naukasana, Marudandhasana, Setubandhasana, Uttan-Tadasana, Vakrasana, Janusirasana, Paschimottanasana, Ustrasana, Bhadrasana, Chakrasana, Tadasana, Vrikshasana, Utkatasana, Makarasana.



4.Pranayama and Types of Pranayama:

1. Surya Bhedan Pranayama,
2. Chandra, Bhedan Pranayama,
3. Anuloma Viloma Pranayama,
4. Bhastrika Pranayama,
5. Sitali Pranayama,
6. Seetkari Pranayama,
7. Bhramari Pranayama,
8. Ujjayi Pranayama.

5. Pratyahara. 6. Dharana. 7.Dhayana. 8. Samadhi.

Course content: no. 2 : Study of health problem By Yogic Therapy

1. Backache,
2. Constipation,
3. Migraine,
4. Obesity,
5. Stress,



Course In-charge.

Yoga-Acharya Dr. Aman Sood

(Ph.D. in Yoga)

Guinness World Record Holder



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