



AYURVEDA PURA[®] — ACADEMY —

Excellence through exceptional training

Ayurveda Pura's Yoga Teacher Training Course

Requirements:

Ayurveda Pura Academy requires that the students enrolling should have a basic understanding and minimum personal practise of yoga for at least two years.

Course tutor: Dr Deepa Apte – a fully qualified medical doctor, a qualified Yoga and a qualified Ayurvedic practitioner.

LENGTH OF COURSE

The course is a one-year long programme divided into 6 blocks of 5 days each. The contact hours of the whole course – 200 hours.

AIMS and Course Outline

The aim of the course is to train the students so that they will be able safely to:

- Practise, learn and teach a range of Yoga Asanas
- Practise, learn and teach a range of Pranayama techniques.
- Practise, learn and teach a range of Mudras and Bandhas.
- Understand, practise and teach a range of relaxation techniques.
- Understand, practise, learn and teach a range of meditation techniques.
- Understand Mantras, practise them and be able to teach their students a range of classical mantras.
- Introduction, understand and become familiar with the Shat Kriyas so that they are able to adapt and teach according to the necessity.
- Plan a balanced class including all the important elements of teaching including Asana, Pranayama, Dharana, Dhyana, relaxation.
- Plan a scheme of work and keep records.
- Teaching standard classes.
- Introduction to understanding how to incorporate a pregnant woman in a general class.
- Introduction and handling an emergency first aid situation.
- Understand and learn the physical anatomy of the body including the skeletal, muscular, nervous, circulatory, digestive systems etc
- Understand and learn the effects of Yoga and its various aspects on the anatomy and physiology of the body.
- Understand and learn the various ways a body responds to stimuli of Yoga practises.
- Understand, learn and communicate the Philosophy of Yoga and its practical application into daily life.
- Understand and learn how to design a yoga class for various levels

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- Introduction to yoga for pregnancy, yoga for children
- Introduction, understand, learn and teach yoga to people suffering from various common ailments like stress, lower back problems etc.