



# 200 Hour, Foundation Yoga Teacher Training

Syllabus 2024





GURUKULA  
SANATAN YOGA

**CREATING INSIGHTFUL AND  
VERSATILE YOGA TEACHERS  
through the study of Authentic Yoga  
Since 2008**



# 01 Course Syllabus details

## Module 1

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

##### -Nadi Suddhi and Sadhana Pranayama

#### Samayama:

- Koham – Who Am I as self-enquiry
- **Homework:** Pr+ Sa Demonstration

#### Yoga Darshana:

- (Recording) 6 Major Darshana
- Discussion
- (Recording): Ashtanga Yoga, or the eight limbs
- Discussion
- **Homework:** YD Comment

#### The Business of Yoga

- The Yoga World

#### Anatomy & Physiology

- Revision

#### Teaching Skills:

- Hathenas
- Palavini Kriyas advance sequence
- Rishikesh Surya Namaskar Vinyasa
- **Homework:** TS Demonstrate

#### Sanskrit

#### Weekly classes Attendance



Yogachariya Jnandev Giri teaching Prajnananda in his advanced course



# 02 Course Syllabus details

## Module 2

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

- Loma, Viloma, Loma-Aloma and Loma-Viloma Pranayamas

#### Samayama:

- Loma-Viloma Kriyas
- **Homework: Pr+ Sa Demonstration**

#### Yoga Darshana:

- (Recording) Yoga Sutras General Overview Lesson 1
- Discussion
- (Recording) Yamas, Niyamas
- Discussion
- **Homework: YD Comment**

#### The Business of Yoga

- Discussion

#### A&P

- (Recording) General terms and yogic terms
- Revision & Discussion

#### Teaching Skills:

- Loma Viloma Advance Sequences for polarity and balance
- Vedic Surya Namaskar Variations
- **Homework: TS Demonstrate**

#### Sanskrit

#### Weekly classes Attendance

## The Hathenas

You will learn the Hathenas, a sequence taught by our teachers from the Gitananada tradition, which focuses on developing your mechanical breath and calming your spirit.

You will incorporate the whole sequence or parts of it in your teachings.

Our tradition's primary practice is preparing for the Pranayama advanced practices.





# 03 Course Syllabus details

## Module 3

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama -Bhastrikas

#### Samayama:

- Surya Nadi Jnana Kriya
- **Homework:** Pr+ Sa Demonstration

#### Yoga Darshana:

- (Recording) Yoga Sutras Lesson 2
- Discussion
- (Recording): Asana, Pranayama (Pratyahara?)
- Discussion
- **Homework:** YD Comment

#### The Business of Yoga

- Group & Private Classes

#### A&P

- (Recording) Human body structure and Yogic View
- Revision & Discussion

#### Teaching Skills:

- Pelvic Loosener for pelvic and sexual health
- **Homework:** TS Demonstrate

#### Sanskrit

#### Weekly classes Attendance

## Pranayama

After learning about using the breath to expand your ribcage function and calm the mind, you will now go beyond the breath and focus on the energy, polarity and balance obtained from these techniques.

We now use the breath as a marker of the quality of our personality and the connection between internal and external environments.





## Module 4

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

- Mandala Pranayamas

#### Samayama:

- Mandala Dharnas
- **Homework: Pr+ Sa Demonstration**

#### Yoga Darshana:

- (Recording) Yoga Sutras Lesson 3
- Discussion
- (Recording): Samayama- Dharna, Dhyana and Samadhi
- Discussion
- **Homework: YD Comment**

#### The Business of Yoga

- Discussion

#### A&P

- (Recording) Key Life Functions and Yoga
- Revision & Discussion

#### Teaching Skills:

- Veera-Vajra Kriyas and Pranic Flow
- **Homework: TS Demonstrate**

#### Sanskrit

#### Weekly classes Attendance



Yogachariya Jnandev Giri teaching at a Yoga retreat



# 05 Course Syllabus details

## Module 5

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

- Bandhas and Kapalbhathi

#### Samayama:

- Panchakosha Meditation
- **Homework:** Pr+ Sa Demonstration

#### Yoga Darshana:

- (Recording) Bhagavad Gita – Important Teachings Lesson 1
- Discussion
- (Recording): Pancha-kosha
- Discussion
- **Homework:** YD Comment

#### The Business of Yoga

- Retreats

#### A&P

- (Recording) Key Body System and Yoga
- Revision & Discussion

#### Teaching Skills:

- Hatha Yoga for Pancha Kosha
- **Homework:** TS Demonstrate

#### Sanskrit

#### Weekly classes Attendance

## Sequencing

You've learned the art of sequencing in your foundation course.

In your advanced course, you will carry on building on this knowledge and start associating the benefits of this knowledge into your own feeling, development and mastery.

This will slowly start you on the therapeutic side of yoga which you can further develop with out Yoga Therapy courses.

You will be challenged to write and teach your own sequences.



Students working through the sequences



# 06 Course Syllabus details

## Module 6

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

- Surya and Chandra Bhedana

#### Samayama:

- Pancha Pranayama Vayu Meditation
- **Homework:** Pr+ Sa Demonstration

#### Yoga Darshana:

- (Recording) Bhagavad Gita – Important Teachings Lesson 2
- Discussion
- (Recording): Pancha Prana Vayu
- Discussion
- **Homework:** YD Comment

#### The Business of Yoga

- Discussion

#### A&P

- (Recording) Respiratory System and Yoga
- Revision & Discussion

#### Teaching Skills:

- Hatha Yoga for Pancha Prana Vayus
- **Homework:** TS Demonstrate

#### Sanskrit

#### Weekly classes Attendance

## Loma-viloma

As first taught by our teachers at the Gitananda Tradition, this sequence is more than a sequence that helps create the "diamond body," which is solid and responsive.

You will learn about the influences of the polarities, the balance between the left and right, sun and moon, and other beautiful ideas which will shift your body, mind and spirit (or personality) to a different level of understanding and existence.

You will learn this sequence and incorporate all or parts in the sequences you teach with your students.





# 07 Course Syllabus details

## Module 7

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

- Swara Kriyas, Chandra and Surya Nadi Pranayamas

#### Samayama:

- Nadi Jnana Kriyas
- **Homework: Pr+ Sa Demonstration**

#### Yoga Darshana:

- (Recording) Bhagavad Gita – Important Teachings Lesson 3
- Discussion
- (Recording): 3 Major Nadis
- Discussion
- **Homework: YD Comment**

#### The Business of Yoga

- Workshops

#### A&P

- (Recording) Digestive System and Yoga
- Revision & Discussion

#### Teaching Skills:

- Hatha Yoga for Three Nadis and Balance
- **Homework: TS Demonstrate**

#### Sanskrit

#### Weekly classes Attendance



Keeping the links with our tradition in India



# 08 Course Syllabus details

## Module 8

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

- Chakra Pranayamas

#### Samayama:

- Chakra Meditation -Blindu Dharna
- **Homework: Pr+ Sa** Demonstration

#### Yoga Darshana:

- (Recording) Yoga Vashistha – Important Teachings Lesson 1
- Discussion
- (Recording): 7 Chakras
- Discussion
- **Homework:** YD Comment

#### The Business of Yoga

- Discussion/Presentation

#### A&P

- (Recording) Circulatory System and Yoga
- Revision & Discussion

#### Teaching Skills:

- Hatha Yoga Sequence for Chakras 1
- Hatha Yoga Sequence for Chakras 2
- **Homework:** TS Demonstrate

#### Sanskrit

#### Weekly classes Attendance

## Yoga Darshana

Darshana represents the theory, scriptures, treatises, research, and other essential documents which will work on your personal development and understanding of your profession.

We all love physical practice, but you need to know the essence of your work to be a real Yoga teacher.

In your advanced course, you will learn and reflect on the terms and messages from the different scriptures, such as Patanjali Sutras, Yoga Vashitha, Bhagavad Gita, and others.



Students chanting bhajan and learning about Yoga



## Module 9

### Hatha Yoga - Guided Classical Sanatan Class

-Kshatriya Kriyas and Vinyasa

### Pranayama

- Bhramari and Bhramara Pranayama

### Samayama:

- Sabda Dharna

- **Homework:** Pr+ Sa Demonstration

### Yoga Darshana:

- (Recording) **Yoga Vashista – Important Teachings Lesson 2**

- Discussion

- (Recording): Understanding Yogic Psychology

- Discussion

- **Homework:** YD Comment

### The Business of Yoga

- Social Media & Rich Content

### A&P

- (Recording) Circulatory System and Yoga

- Revision & Discussion

### Teaching Skills:

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- **Homework:** TS Demonstrate

### Sanskrit

**Weekly classes Attendance**



Yogacharya Jnandev Giri speaking at a Yoga festival



# 10 Course Syllabus details

## Module 10

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

- Cooling Pranayamas

#### Samayama:

- Chakra Bija Mantras
- **Homework:** Pr+ Sa Demonstration

#### Yoga Darshana:

- (Recording) 9 Classical Yoga Paths – Important Teachings Lesson 1
- Discussion
- (Recording): 9 Obstacles and How to deal with them
- Discussion
- **Homework:** YD Comment

#### The Business of Yoga

- Discussion

#### A&P

- (Recording) Endocrine System and Yoga
- Revision & Discussion

#### Teaching Skills:

- Advance Vinyasa and Inversions
- **Homework:** TS Demonstrate

#### Sanskrit

#### Weekly classes Attendance

## Anatomy & Physiology

You will carry on from the Foundation Course. We will explore movement, posture correction and how Yoga affects your body and brain.

You will explore all the systems in the body in preparation for the Yoga Therapy courses, where you can deepen your knowledge of holistic Yoga practices and their medical interventions.



Students working through their postures with awareness



## Module 11

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

- Sama Vritti and Visam Vritti Pranayama

#### Samayama:

- Sat-Chit-Ananda
- **Homework: Pr+ Sa** Demonstration

#### Yoga Darshana:

- (Recording) 9 Classical Yoga Paths – Important Teachings Lesson 2
- Discussion
- (Recording): 5 states of Consciousness
- Discussion
- **Homework:** YD Comment

#### The Business of Yoga

- Yoga Studio

#### A&P

- (Recording) Nervous System and Yoga
- Revision & Discussion

#### Teaching Skills:

- Mahasuariya Surya Namaskar
- Twisting Sequences level 1 and 2
- **Homework:** TS Demonstrate

#### Sanskrit

#### Weekly classes Attendance

## Teaching Skills

This course is not as focused on teaching you about leading a class. We expect you to be proficient in this by now, or at least that you are working on your proficiency.

This course is about your development as a person. For that, we will ask you to share the teaching with your colleagues so you can build your confidence and talent as a competent, versatile Yoga teacher.

## Samayama

In your foundation's course, we presented you with simple exercises that are especially beneficial to your yoga students.

Now, in your advanced source, we present you with more challenging meditations for personal growth. You are welcome to teach these to more advanced students who are ready for the challenges of introspection.



# 12

# Course Syllabus details

## Module 12

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

- Solar Vritti Pranayamas

#### Samayama:

- Surya Nadi Jnana Kriya
- Homework: Pr+ Sa Demonstration

#### Yoga Darshana:

- (Recording) 9 Classical Yoga Paths – Important Teachings Lesson 3
- Discussion
- (Recording): Yoga Life – a virtuous way to live
- Discussion
- Homework: YD Comment

#### The Business of Yoga

- Discussion

#### A&P

- (Recording) Nervous System and Yoga
- Revision & Discussion

#### Teaching Skills:

- Vedic Suriya Namaskar Gitananda Variation
- Twisting sequences level 3 and 4
- Homework: TS Demonstrate

#### Sanskrit

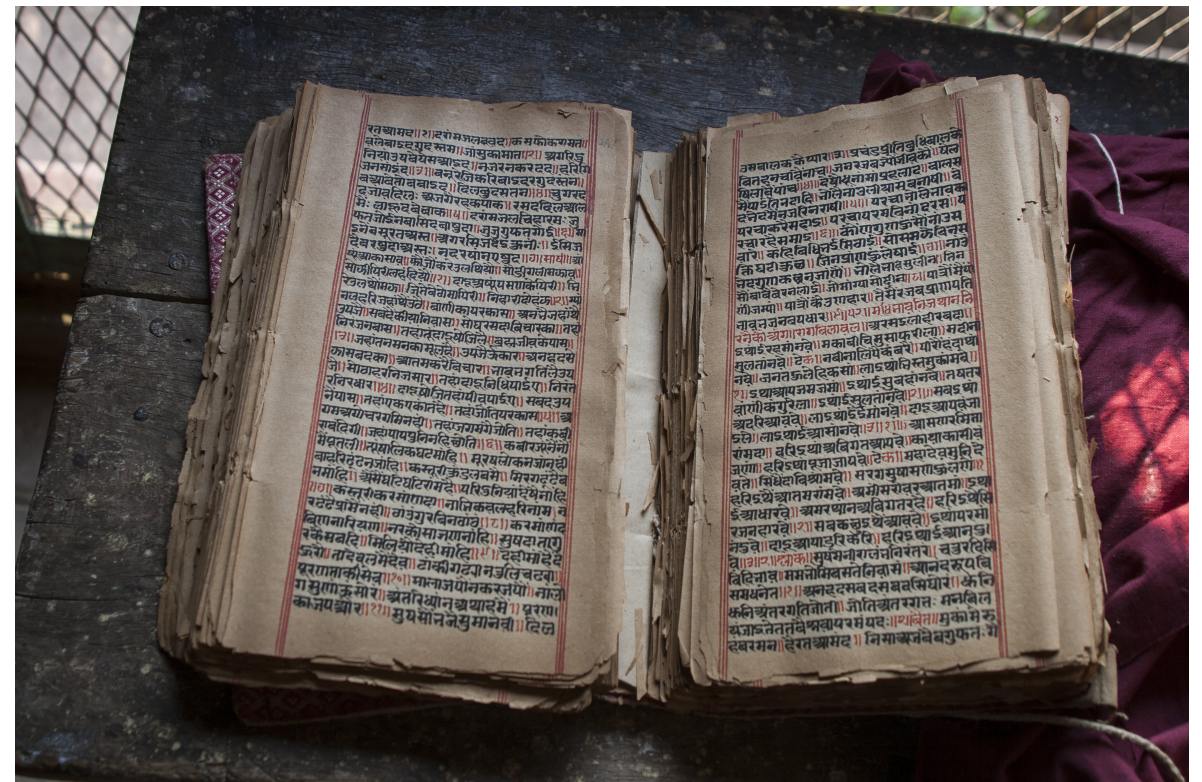
#### Weekly classes Attendance

## Sanskrit

In your Foundation Course, we said we would love you to learn a few terms and find in your heart a love for this ancient language, which provides the philosophy, names of postures and sequences and the power of sound.

For your advanced course, we expect you to develop an interest in the Rishis language and learn the terms that will help you evolve.

Knowing those terms means you are channelling that ancient knowledge and the transformation will come faster and be more robust.





# 13 Course Syllabus details

## Module 13

### Hatha Yoga - Guided Classical Sanatan Class

#### Pranayama

- Ujjayi Pranayama

#### Samayama:

- Shiva-Shakti Visualization
- **Homework: Pr+ Sa Demonstration**

#### Yoga Darshana:

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- **Homework: YD Comment**

#### A&P

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#### Teaching Skills:

- Sarvanga and Halasana series
- Sirsha Asana series
- **Homework: TS Demonstrate**

#### Sanskrit

#### Weekly classes Attendance





# 14 Course Syllabus details

## Module 14

**Monday, Tuesday, Wednesday, Friday, Saturday**

*(Note: It is compulsory to take part in each of the sessions unless you are not well)*

### Daily Schedule :

6 - 8AM : Morning Prayer, Guided Meditation, Hatha Yoga and Relaxation

8 - 10AM Collective Karma Yoga & Breakfast (Cleaning, Cooking, Gardening etc)

11 - 12:45PM Pranayama (twice a week - teaching skills)

1PM Collective Karma Yoga & Lunch (Cleaning, Cooking, etc)

**break** - rest, teaching practice, homework, social time

4 - 5 PM Yoga Theory

5 - 6PM Developing Teaching Skills (Partner/assisted Yoga; teaching practice)

6PM Collective Karma Yoga & Supper (Cleaning, Cooking, etc)

7 - 7:15PM Mantra, Bhajans & Satsanga till 9:30 PM

(tea break around 8:30PM)

**(Thursday** morning off light fruit breakfast or half day fast optional followed by

9:30 to 11AM Hatha Yoga and Yogic Life Sadhana Class)

11:30 Thursday Special Meal collective cooking, music, bhajans and celebration)

4PM onward usual structure.

**Sundays** off (morning Sadhana optional, local visits, etc)

Breakfast : 8AM

5PM Special supper collective cooking, Bhajans and Stories



Yogachariya Jnandev Giri & Students in our school in Wales



