



GSPSS



Yoga Alliance Ltd Registered Trade Marks



YTT Curriculum in Summary

1. Introduction
2. History & Philosophy
3. Yoga Scriptures
4. Anatomy
5. Preparation
6. Warming up
7. Asana
8. Pranayama
9. Mudra
10. Meditation
11. Therapeutic Yoga
12. Sanskrit and yoga
13. Teaching discipline
14. Marketing and business set up
15. Chakra
16. Natural therapy
17. Ayurveda
18. Ethics
19. Vedic Astrology
20. Vastu Engineering
21. Public Speaking
22. English Speaking
23. Sanskrit Speaking
24. Technology
25. Research