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**GENERAL CONTENT**  
**BHUMI's YOGA TEACHER TRAINING**  
**CERTIFICATION COURSE**

**(Subject to modification, expansion)**

<p>1.Course introduction        How to be        Course objectives        Requirements        Reading Assignments</p> <p>2. Philosophy        Introduction        Yamas &amp; Niyamas        Yoga Sutras        Stages of Yoga        Metaphor for Life        Holistic Health Paradigm        Communication Skills        Art of Teaching</p> <p>3. Concept of Hara</p> <p>4. Anatomy and Physiology and Chakras        Body Reading        Hands on Adjustments</p> <p>5. Warm Ups        Families of warm ups        Back care        Doubles yoga        Tie Stretches        Hara exercises</p> <p>6. Asanas (Postures)        Standing        Balancing        Belly Downs        Sitting        Kneeling        Shoulder Squeezes        Inversions        Points of focus (press points and dristis)        Routines        Alternative postures, modifications        Props        Benefits and contraindications        (e.g. high blood pressure, hypertension)        Contraindications for women: menstruation,        pregnancy, menopause        Yoga therapy for multiple conditions</p> <p>7. Pranayama (Breathing) and Kriyas (Purifications)        Art of Breath        Energizing        Balancing        Relaxing        Special Situations</p>	<p>8. Relaxation        Basic principles        Mechanics of Yoga Nidra        Benefits</p> <p>9. Meditation, Visualization, and Affirmations        Slow motion prana        Chakra        Mantra</p> <p>10. Teaching methodologies        Focus mind on body        Use of Conscious Language        Creating environment        Centering a group        Point of focus - press points        How to teach a new posture        Demonstrations        Partners, props, ties, wall        Simple massage        Summary outline for facilitating a class</p> <p>11. Planning a yoga class        How to create a complete experience        Lesson plans        Questions students may ask</p> <p>12. Professional Practice        Principles of promotion        Publicizing        How to give a lecture/demo</p> <p>13. Resources        Books        Tapes</p> <p>14. Inspiration and personal notes        Purpose of the practice        How to be effective        Quotations        Prayer to the Body</p> <p>15. Integration of coursework</p> <p>16. Practice Teaching        Roles : teacher, student, student facilitator,        teacher facilitator        Observation questions        Facilitator format        Simple lesson plans</p> <p>17. Group Sharing and Personal Growth Reflections        Journalling</p> <p>18. Karma Yoga        The Yoga of Service</p>
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