

MASTERY YOGA TEACHER TRAINING – 500 Hours (200+300 Hours)

S.No	Core Area	Sub-Topics Covered
1	Multi-Styles of Yoga	Ashtanga Yoga, Vinyasa Yoga, Hatha Yoga, Aerial Yoga, Iyengar Yoga Props (<i>Belt, Brick, Chair, Wall Rope & more</i>), Power Yoga
2	Asana Practice & Alignment	Foundational to advanced asanas, Correct alignment principles, Variations & modifications, Injury prevention & safety, Body-specific verbal adjustments
3	Asana Sequencing	Logical class structuring, Theme-based sequencing, Energy-based sequencing, Therapeutic sequencing, Group & personal session design
4	Pranayama & Breathwork	Breath awareness & mechanics, Classical pranayama practices, Nervous system regulation, Therapeutic applications, Contra-indications & precautions
5	Meditation	Concentration practices, Breath-based meditation, Awareness & mindfulness, Mental stability techniques, Daily meditation discipline
6	Anatomy & Physiology	Musculoskeletal system, Spine & joint anatomy, Respiratory system, Nervous & endocrine basics, Anatomy for yoga teachers
7	Biomechanics & Functional Movement	Range of motion principles, Muscle engagement vs overstretching, Joint load & safety, Functional movement patterns, Injury-free movement awareness
8	Yoga Therapy Foundation	Back, knee & joint issues, Lifestyle disorder support, Stress, anxiety & sleep management, Therapeutic class planning, Case-study based approach
9	Ayurveda Basics for Yoga	Tridosha understanding, Dinacharya (daily routine), Ritucharya (seasonal routine), Diet awareness for yogic life, Lifestyle balance concepts
10	Yoga Philosophy	Yoga Sutra concepts, Yama & Niyama application, Mind-ego-discipline understanding, Yogic lifestyle principles, Practical philosophy for teachers
11	Teaching Methodology	Class planning & structure, Clear cueing techniques, Online teaching skills, Student observation & correction, Assessment & progression
12	Professional Ethics & Responsibility	Teacher conduct & boundaries, Student safety & trust, Ethical teaching practices, Responsibility of a yoga teacher
13	Communication & Student Psychology	Handling beginners & advanced students, Motivation & consistency building, understanding student behavior, Managing resistance & dropouts
14	Practical Teaching Experience	Practice teaching sessions, Teaching demonstrations, Observation & feedback, Real-time teaching exposure
15	Personal Sadhana	Self-practice discipline, Mental strength & focus, Inner growth of teacher, Long-term consistency

