



500 HOURS - OVERALL LEVEL

200 HOURS — FOUNDATION

Learn Yoga → Understand Yoga → Begin Teaching

300 HOURS — ADVANCED

Deepen Practice → Advanced Techniques → Specialisation → Advanced Teaching

500 HOURS — COMPLETE PATH

Practice → Understand → Analyse → Modify → Sequence → Adjust → Specialise → Teach → Assess →

Master

500 HOURS — ADVANCED MULTI-STYLE YOGA TEACHER TRAINING

1. YOGA FOUNDATIONS — ADVANCED

A. Introduction to Yoga

- Meaning and definition of Yoga
- Aim and purpose of Yoga
- Yoga as a philosophy
- Yoga as a lifestyle
- Yoga as a spiritual discipline
- Yoga as a physical practice
- Yoga and holistic wellbeing
- Traditional Yoga vs Modern Yoga



- Evolution of Yoga
- Role of Yoga in modern society

B. History & Development of Yoga

- Pre-Vedic Yoga
- Vedic Yoga
- Upanishadic Yoga
- Classical Yoga
- Patanjali Yoga
- Hatha Yoga tradition
- Tantric Yoga
- Bhakti tradition
- Modern Yoga
- Development of modern Hatha Yoga
- Development of Ashtanga Vinyasa
- Development of Iyengar Yoga
- Development of modern Vinyasa
- Contemporary Yoga styles

C. Major Yoga Traditions

- Hatha Yoga
- Ashtanga Yoga
- Vinyasa Yoga
- Iyengar Yoga
- Yin Yoga
- Restorative Yoga
- Kundalini Yoga concepts
- Raja Yoga
- Karma Yoga
- Bhakti Yoga
- Jnana Yoga
- Mantra Yoga
- Aerial Yoga



D. Eight Limbs of Yoga

- Yama
- Niyama
- Asana
- Pranayama
- Pratyahara
- Dharana
- Dhyana
- Samadhi
- Practical application of all eight limbs

E. Four Main Paths

- Karma Yoga
- Bhakti Yoga
- Jnana Yoga
- Raja Yoga
- Integration of different paths
- Yoga in daily life

F. Professional Foundation

- Role of a Yoga teacher
- Qualities of an effective teacher
- Teacher ethics
- Teacher-student relationship
- Professional boundaries
- Consent
- Cultural sensitivity
- Safe teaching environment
- Personal Sadhana
- Developing personal teaching philosophy



2. ASANA PRACTICE — FOUNDATION TO ADVANCED

A. HATHA YOGA

Foundational Practices

- Joint movements
- Pawanmuktasana Series
- Sukshma Vyayama
- Surya Namaskar
- Basic standing asanas
- Basic seated asanas
- Forward bends
- Backbends
- Twists
- Hip openers
- Core strengthening
- Balance
- Relaxation
- Meditative postures

Intermediate Hatha

- Deeper standing postures
- Advanced hip opening
- Deeper twists
- Intermediate backbends
- Arm-strengthening
- Balance development
- Preparatory inversions
- Advanced variations
- Breath integration



- Bandha integration

Advanced Hatha

- Advanced backbends
- Advanced hip openers
- Arm balances
- Advanced balancing
- Advanced inversions
- Deep forward bends
- Advanced twists
- Advanced transitions
- Long-hold practices
- Advanced modifications

B. ASHTANGA VINYASA

Primary Series

- Surya Namaskar A
- Surya Namaskar B
- Standing sequence
- Fundamental postures
- Seated sequence
- Forward bends
- Twists
- Hip openers
- Core work
- Finishing sequence
- Ujjayi
- Bandha
- Drishti
- Tristhana



Primary Series Understanding

- Purpose of Primary Series
- Yoga Chikitsa concept
- Breath-led movement
- Vinyasa counting
- Correct transitions
- Modification of postures
- Safe progression
- Self-practice

Intermediate Concepts

- Nadi Shodhana concept
- Intermediate Series introduction
- Deeper backbends
- Advanced hip opening
- Arm balances
- Advanced transitions
- Advanced inversions
- Intermediate sequencing

Teaching

- Led Ashtanga
- Self-practice
- Mysore-style methodology
- Individual modifications
- Verbal counting
- Adjustment principles

C. VINYASA YOGA

Fundamentals

- Breath-to-movement



- Vinyasa principles
- Linking asanas
- Transitions
- Movement efficiency
- Breath coordination

Sequencing

- Beginner sequencing
- Intermediate sequencing
- Advanced sequencing
- Peak-pose sequencing
- Anatomical sequencing
- Themed sequencing
- Mandala sequencing
- Wave sequencing
- Progressive sequencing
- Counter-pose sequencing

Specialized Vinyasa

- Strength Vinyasa
- Mobility Vinyasa
- Hip-opening Vinyasa
- Backbend Vinyasa
- Core Vinyasa
- Arm-balance Vinyasa
- Inversion Vinyasa
- Slow Vinyasa
- Dynamic Vinyasa
- Meditation-based Vinyasa



D. IYENGAR YOGA

Iyengar Principles

- Introduction to B.K.S. Iyengar's methodology
- Precision in asana
- Alignment
- Stability
- Awareness
- Correct sequencing
- Timing
- Observation
- Anatomical understanding

Iyengar Asana Practice

- Standing asanas
- Seated asanas
- Forward bends
- Backbends
- Twists
- Inversions
- Restorative postures
- Preparatory postures
- Advanced variations

Iyengar Props

- Blocks
- Straps
- Bolsters
- Blankets
- Chairs
- Wall
- Ropes



- Bolster variations
- Prop-supported inversions
- Prop-supported backbends

Iyengar Teaching Method

- Precise verbal instructions
- Step-by-step teaching
- Alignment observation
- Correcting posture
- Prop-based modification
- Progressive sequencing
- Holding techniques
- Safe progression
- Therapeutic applications — introductory

Important: Students are taught Iyengar-inspired alignment and prop methodology within the course; the curriculum should not imply authorization to represent themselves as certified Iyengar teachers unless separately certified by the appropriate Iyengar organization.

E. AERIAL YOGA

Aerial Yoga Foundations

- Introduction to Aerial Yoga
- History and development
- Benefits and limitations
- Aerial equipment
- Hammock/sling setup
- Height adjustment
- Equipment inspection
- Safety protocols
- Studio safety
- Student briefing



Basic Aerial Asanas

- Standing aerial postures
- Seated aerial postures
- Supported forward bends
- Supported backbends
- Hip-opening postures
- Core exercises
- Balance practices
- Relaxation
- Supported meditation

Intermediate Aerial

- Aerial transitions
- Deeper inversions
- Hip wraps
- Shoulder opening
- Core sequences
- Strength sequences
- Dynamic movement
- Supported backbends
- Aerial flow

Advanced Aerial

- Advanced inversions
- Advanced transitions
- Aerial backbends
- Aerial balances
- Advanced conditioning
- Flow choreography
- Partner-supported aerial — where appropriate
- Safe dismounting



Aerial Teaching

- Student spotting
- Entry and exit techniques
- Common mistakes
- Equipment safety
- Contraindications
- Modifications
- Beginner aerial class
- Intermediate aerial class
- Advanced aerial class

F. YIN YOGA

- Principles of Yin Yoga
- Yin vs Yang practices
- Functional approach
- Long-held postures
- Relaxed muscular engagement
- Fascia concepts
- Joint mobility
- Hip-opening Yin
- Spine-focused Yin
- Lower-body Yin
- Upper-body Yin
- Meridian concepts
- Use of props
- Yin sequencing
- Teaching Yin



G. RESTORATIVE YOGA

- Principles of Restorative Yoga
- Nervous-system relaxation
- Supported asanas
- Bolster work
- Blanket work
- Chair-supported practice
- Wall-supported practice
- Restorative backbends
- Restorative forward bends
- Restorative inversions
- Restorative sequencing
- Yoga Nidra integration

3. ALIGNMENT & ADJUSTMENT — ADVANCED

A. Alignment

- Anatomical alignment
- Functional alignment
- Structural differences
- Individual anatomy
- Joint positioning
- Weight distribution
- Stability
- Mobility
- Flexibility
- Range of motion
- Compression
- Tension
- Muscle engagement



- Joint protection

B. Asana-Specific Alignment

- Standing postures
- Forward bends
- Backbends
- Twists
- Hip openers
- Shoulder-opening postures
- Arm balances
- Inversions
- Balancing postures

C. Advanced Adjustments

- Verbal adjustments
- Visual corrections
- Demonstration
- Hands-on adjustments
- Partner adjustments
- Prop-assisted corrections
- Adjusting beginners
- Adjusting intermediate students
- Adjusting advanced students
- When NOT to adjust
- Consent-based adjustments

D. Props

- Blocks
- Straps
- Bolsters
- Blankets
- Chairs



- Walls
- Ropes
- Yoga wheels
- Aerial hammock
- Advanced prop combinations

E. Safety

- Contraindications
- Injury awareness
- Injury prevention
- Modifications
- Safe progression
- Regression techniques
- Working with limitations
- Post-practice recovery

4. PRANAYAMA — ADVANCED

A. Breathing Foundations

- Prana
- Breath awareness
- Natural breathing
- Abdominal breathing
- Thoracic breathing
- Clavicular breathing
- Complete yogic breathing
- Breath observation
- Breath coordination with movement

B. Classical Pranayama

- Nadi Shodhana
- Kapalabhati



- Bhastrika
- Bhramari
- Ujjayi
- Surya Bhedana
- Chandra Bhedana
- Sheetal
- Sheetkari
- Sama Vritti
- Vishama Vritti

C. Kumbhaka

- Puraka
- Rechaka
- Antar Kumbhaka
- Bahya Kumbhaka
- Sahita Kumbhaka
- Kevala Kumbhaka — theoretical/advanced concept
- Breath ratios
- Progressive retention
- Bandha integration

D. Advanced Application

- Pranayama before Asana
- Pranayama after Asana
- Pranayama for meditation
- Pranayama for relaxation
- Pranayama for concentration
- Breath and nervous system
- Advanced Pranayama sequencing
- Contraindications
- Safety
- Teaching methodology



5. MEDITATION — ADVANCED

A. Meditation Foundations

- Dharana
- Dhyana
- Samadhi
- Concentration
- Awareness
- Witness consciousness
- Mindfulness

B. Meditation Practices

- Breath meditation
- Mindfulness
- Trataka
- Mantra meditation
- Japa
- Chakra meditation
- Guided meditation
- Body scan
- Sound meditation
- Nada meditation
- Walking meditation

C. Advanced Meditation

- Antar Mouna
- Pratyahara
- Advanced concentration
- Silence practice
- Self-inquiry
- Witness awareness



- Yoga Nidra
- Meditation retreats
- Meditation sequencing
- Teaching meditation

6. ANATOMY & PHYSIOLOGY — ADVANCED

A. Functional Anatomy

- Anatomical terminology
- Planes of movement
- Joint mechanics
- Range of motion
- Stability
- Mobility
- Flexibility
- Strength
- Balance
- Proprioception

B. Skeletal System

- Spine
- Cervical spine
- Thoracic spine
- Lumbar spine
- Sacrum
- Pelvis
- Shoulder girdle
- Hip
- Knee
- Ankle
- Foot



- Wrist
- Elbow

C. Muscular System

- Major muscle groups
- Muscle actions
- Agonist
- Antagonist
- Synergist
- Stabilizers
- Muscle engagement
- Stretching
- Strengthening

D. Biomechanics

- Spinal biomechanics
- Hip biomechanics
- Shoulder biomechanics
- Knee biomechanics
- Foot mechanics
- Joint loading
- Compression
- Tension
- Fascia
- Kinetic chains

E. Physiology

- Respiratory system
- Cardiovascular system
- Nervous system
- Endocrine system
- Digestive system



- Musculoskeletal system
- Immune system
- Autonomic nervous system
- Stress response
- Relaxation response

F. Applied Anatomy

- Anatomy of inversions
- Anatomy of backbends
- Anatomy of forward bends
- Anatomy of twists
- Anatomy of hip openers
- Anatomy of arm balances
- Anatomy of Aerial Yoga
- Anatomy of Iyengar-based alignment
- Anatomy of breathing
- Common injuries
- Injury prevention
- Modifications

7. YOGIC ANATOMY — ADVANCED

A. Pranic Anatomy

- Prana
- Pancha Prana
- Pancha Vayu
- Prana Vayu
- Apana Vayu
- Samana Vayu
- Udana Vayu
- Vyana Vayu



B. Nadis

- Ida
- Pingala
- Sushumna
- Major Nadis
- Pranic flow
- Nadi Shodhana
- Relationship between Prana and mind

C. Chakras

- Seven major Chakras
- Chakra locations
- Elements
- Bija Mantras
- Associated qualities
- Meditation
- Chakra-based practices

D. Pancha Koshas

- Annamaya Kosha
- Pranamaya Kosha
- Manomaya Kosha
- Vijnanamaya Kosha
- Anandamaya Kosha

E. Subtle Body

- Kundalini concept
- Energy centres
- Sushumna pathway
- Prana and consciousness
- Subtle-body practices
- Meditation and energy awareness



8. YOGA PHILOSOPHY — ADVANCED

A. Patanjali Yoga Sutras

Samadhi Pada

- Chitta
- Vritti
- Abhyasa
- Vairagya
- Samadhi

Sadhana Pada

- Kriya Yoga
- Kleshas
- Karma
- Ashtanga Yoga

Vibhuti Pada

- Dharana
- Dhyana
- Samadhi
- Samyama
- Siddhis

Kaivalya Pada

- Purusha
- Prakriti
- Consciousness
- Liberation
- Kaivalya

B. Bhagavad Gita

- Karma Yoga
- Jnana Yoga



- Bhakti Yoga
- Dharma
- Detachment
- Selfless action
- Gunas
- Mind
- Consciousness

C. Hatha Yoga Texts

- Hatha Yoga Pradipika
- Gheranda Samhita
- Shiva Samhita
- Asana
- Pranayama
- Mudra
- Bandha
- Samadhi
- Hatha Yoga philosophy

D. Advanced Philosophy

- Sankhya philosophy
- Purusha
- Prakriti
- Three Gunas
- Karma
- Samskara
- Vasana
- Dharma
- Moksha
- Self-inquiry
- Consciousness



9. KRIYA / MUDRA / BANDHA — ADVANCED

A. Shatkarma

- Jala Neti
- Sutra Neti — theory
- Trataka
- Kapalabhati
- Agnisara
- Nauli
- Dhauti — theory
- Basti — theory
- Shankhaprakshalana — theory
- Purpose of cleansing
- Contraindications
- Safety

B. Mudras

Hasta Mudras

- Gyan Mudra
- Chin Mudra
- Chinmaya Mudra
- Adi Mudra
- Merudanda Mudra
- Prana Mudra
- Apana Mudra
- Surya Mudra
- Shuni Mudra
- Anjali Mudra

Advanced Mudra Application

- Mudra and Prana
- Mudra and meditation



- Mudra and Pranayama
- Mudra sequencing
- Meditation applications

C. Bandhas

- Mula Bandha
- Uddiyana Bandha
- Jalandhara Bandha
- Maha Bandha
- Bandha in Asana
- Bandha in Pranayama
- Bandha in Meditation
- Energetic application
- Contraindications
- Advanced practice

10. TEACHING METHODOLOGY — MASTER LEVEL

A. Class Design

- Beginner Yoga
- Intermediate Yoga
- Advanced Yoga
- Mixed-level Yoga
- Hatha Yoga
- Vinyasa Yoga
- Ashtanga Yoga
- Iyengar-inspired alignment classes
- Yin Yoga
- Restorative Yoga
- Aerial Yoga
- Pranayama



- Meditation
- Yoga Nidra

B. Advanced Sequencing

- Intelligent sequencing
- Peak-pose sequencing
- Counter-pose sequencing
- Anatomical sequencing
- Energy-based sequencing
- Chakra-based sequencing
- Breath-based sequencing
- Progressive sequencing
- Themed sequencing
- Mandala sequencing
- Vinyasa Krama

C. Advanced Teaching Skills

- Layered cueing
- Verbal cueing
- Visual demonstration
- Hands-off teaching
- Hands-on teaching
- Voice modulation
- Sanskrit terminology
- Timing
- Pacing
- Classroom presence
- Reading students
- Managing class energy
- Creating safe learning environments



D. Student Management

- Beginners
- Intermediate students
- Advanced students
- Seniors
- Athletes
- Desk workers
- Flexible students
- Stiff students
- Students with limitations
- Mixed-level groups

E. Professional Teaching

- Private sessions
- Group classes
- Workshops
- Retreats
- Corporate Yoga
- Online Yoga
- Studio classes
- Aerial classes
- Specialized classes
- Teacher mentoring
- Professional communication

11. SPECIALIZED YOGA — ADVANCED

A. Therapeutic Applications

- Yoga for back care
- Yoga for neck and shoulder care
- Yoga for knee care



- Yoga for posture
- Yoga for mobility
- Yoga for flexibility
- Yoga for strength
- Yoga for stress management
- Yoga for relaxation
- Yoga for sleep
- General wellbeing

B. Special Populations

- Beginners
- Seniors
- Athletes
- Desk workers
- Pregnant students — basic principles
- Postnatal students — basic principles
- Students with physical limitations

C. Specialized Practices

- Chair Yoga
- Restorative Yoga
- Yin Yoga
- Yoga Nidra
- Mobility Yoga
- Strength Yoga
- Breath-based relaxation
- Aerial Yoga
- Iyengar-inspired prop-based practice

D. Applied Yoga Therapy Concepts

- Basic assessment
- Student history



- Contraindications
- Modifications
- Individual practice design
- Personalized sequencing
- Progress tracking
- Referral boundaries
- Yoga teacher vs Yoga Therapist
- When to refer to a medical professional

12. TEACHING PRACTICUM — ADVANCED

Ye **500-hour program ka most important practical component** hona chahiye.

A. Basic Teaching Practice

- Beginner Hatha class
- Intermediate Hatha class
- Advanced Hatha class
- Beginner Vinyasa
- Intermediate Vinyasa
- Advanced Vinyasa
- Ashtanga class
- Yin class
- Restorative class

B. Specialized Teaching

- Iyengar-inspired alignment class
- Prop-based class
- Aerial beginner class
- Aerial intermediate class
- Pranayama session
- Meditation session
- Yoga Nidra session



- Chair Yoga session
- Mobility session
- Strength-based Yoga session

C. Advanced Teaching

- 30-minute class
- 60-minute class
- 90-minute class
- Peak-pose class
- Themed class
- Workshop
- Private session
- Mixed-level class
- Corporate class
- Online class
- Retreat session

D. Adjustment Practicum

- Standing asanas
- Forward bends
- Backbends
- Twists
- Hip openers
- Shoulder openers
- Arm balances
- Inversions
- Prop-assisted adjustments
- Aerial adjustments
- Safe spotting
- Consent-based adjustments



E. Teaching Assessment

- Class planning
- Demonstration
- Cueing
- Sequencing
- Alignment
- Adjustments
- Voice
- Timing
- Safety
- Student observation
- Modifications
- Professional conduct

F. Final 500H Assessment

- Written theory examination
- Anatomy examination
- Philosophy examination
- Asana practical
- Pranayama practical
- Meditation practical
- Teaching methodology assessment
- Alignment assessment
- Adjustment assessment
- Aerial practical
- Final teaching class
- Final lesson plan
- Personal Sadhana assessment
- Final teaching project