

## 200 HOUR ONLINE/OFFLINE YOGA TEACHER TRAINING –

<b>Aerial Yoga</b>	<b>Not in Online</b>
<b>Shatkarma</b>	Not in Online

<b>S.No</b>	<b>Core Area</b>	<b>Sub-Topics Covered (Basic Level)</b>
<b>1</b>	Multi Styles yoga	Ashtanga, Vinyasa, Hatha, Power Yoga – Basic Iyengar props & Aerial (Aerial Yoga Not for Online Students)
<b>2</b>	Asana Practice & Alignment (Basic)	Fundamental standing, sitting, supine & prone asanas, Basic alignment principles, Common mistakes & corrections, Safety awareness, Beginner-friendly modifications
<b>3</b>	Asana Sequencing (Basic)	Basic class structure, Warm-up to cool-down sequencing, Simple flow creation, Group class sequencing fundamentals
<b>4</b>	Pranayama & Breathwork	Breath awareness, Basic breathing techniques, Introduction to classical pranayama, Benefits & basic precautions
<b>5</b>	Meditation	Introduction to meditation, Breath awareness practices, Concentration techniques, Developing daily meditation habit
<b>6</b>	Anatomy & Physiology (Basic)	Introduction to musculoskeletal system, Spine basics, Major joints overview, Basic respiratory system understanding
<b>7</b>	Yoga Therapy (Introduction Level)	Basic understanding of back pain, knee discomfort, stress & fatigue, Safe yoga approach for beginners, When not to teach yoga
<b>8</b>	Yoga Philosophy (Foundation)	Introduction to Yoga Sutra, Meaning of yoga, Yama & Niyama basics, Yogic lifestyle awareness
<b>9</b>	Teaching Methodology (Basic)	How to structure a class, Basic verbal cueing, Online class etiquette, Managing beginners in online sessions
<b>10</b>	Professional Ethics & Responsibility	Role of a yoga teacher, Student safety & trust, Ethical boundaries, Responsible teaching approach
<b>11</b>	Communication & Student Psychology	Understanding beginner mindset, Motivation & consistency, Clear communication with students, Handling doubts online
<b>12</b>	Personal Sadhana	Importance of self-practice, Building discipline, Mental focus & consistency, Teacher's self-growth
<b>13.</b>	Career Orientation (Basic)	Introduction to yoga teaching career, Online teaching opportunities, Beginner-level professionalism, Next growth pathways