

First week

Day	Session: 1 (2 hour)	Session: 2 (2 hour)
1	Ethical concepts of yoga: Origin & Development, path of yoga	Loosening Exercises: Sookshma vyayamas
2	Ashtanga yoga	Darsana
3	Darsana	Asanas
4	Panchamahabhuta & Pancha Koshas	Psychosomatic diseases & yoga
5	Physiology of Yoga	Preparatory practice of pranayama & Breathing technique
6	Surya Namaskar	Shat Kriyas
7	Day Off	

Second week

Day	Session: 1 (2 hour)	Session: 2 (2 hour)
8	Shat Kriyas	Netra Yoga
9	Pranayama	Pranayama
10	Mind & Stress Management	Relaxation poses & Relaxation techniques
11	Asanas & Physical Exercises	Yogic diet : Mithahara
12	Mudras	Chakras
13	Management of Obesity & Constipation	Management of Hypertension & Diabetes
14	Day Off	

Third week

Day	Session: 1 (2 hour)	Session: 2 (2 hour)
15	Management of Insomnia & Hypo- Hyper Thyroidism	Yoga Nidra
16	Brain & Face Yoga	Lifestyle & Yogic applications
17	Triguna - Yogic concept of personality & Psychosomatic diseases	Anatomy: Respiratory system (Relevant Asanas & contraindications)
18	Anatomy: Circulatory system (Relevant Asanas & contraindications)	Anatomy: Nervous system (Relevant Asanas & contraindications)
19	Anatomy: Digestive system (Relevant Asanas & contraindications)	Anatomy: Musculoskeletal system (Relevant Asanas & contraindications)
20	Anatomy: Reproductive system (Relevant Asanas & contraindications)	Anatomy: Excretory system (Relevant Asanas & contraindications)
21	Day Off	

Fourth week

Day	Session: 1 (2 hour)	Session: 2 (2 hour)
22	Yoga in Pregnancy & Menopause	Yoga & Ear, nose, throat diseases
23	Yoga in Hyperactive kids & Autism	Mudras & Bandhas
24	Yoga Mantras	Yoga for Spine Strengthening
25	Pioneers of Modern Yoga	Demonstration by the students
26	Advanced Yoga postures	
27	Seminar presentation	Exam- Graduation
28	Day Off	