



YOGA TEACHERS TRAINING

SKM YOGA YTTC SYLLABUS

2024

JAN| APR| JULY|OCT






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INTRODUCTION

SKM YOGA is one of the most reputable yoga brands in both the B2B and B2C segments. Since its establishment in 2012 in Noida. Over the years, SKM YOGA has dedicatedly served our society, positively impacting the lives of numerous individuals. Our team of more than 50 highly skilled and experienced yoga teachers has been instrumental in delivering exceptional yoga training to our registered members, which currently stands at an impressive count of 14,000+.

As a brand committed to the growth and development of yoga, SKM YOGA conducts approximately 250 workshops every year. These workshops are offered free of charge, with the sole purpose of enhancing the skills and knowledge of yoga teachers. The workshops serve as a platform for continuous learning and improvement, ensuring that our yoga teachers are equipped with the latest techniques and practices.

Today, I am delighted to share with you the detailed syllabus of SKM YOGA's teacher's training program for the upcoming year. This comprehensive syllabus aims to provide a structured and holistic approach to yoga education, covering a wide range of topics and practices. Whether you are a seasoned yoga practitioner or a beginner looking to embark on a journey of self-discovery, our program caters to individuals of all levels. At SKM YOGA, we firmly believe in the transformative power of yoga and its ability to nurture both physical and mental well-being.

Our teacher's training program not only focuses on imparting technical knowledge but also emphasizes personal growth and self-awareness. We strive to create a nurturing and empowering environment, where each participant can unlock their full potential.

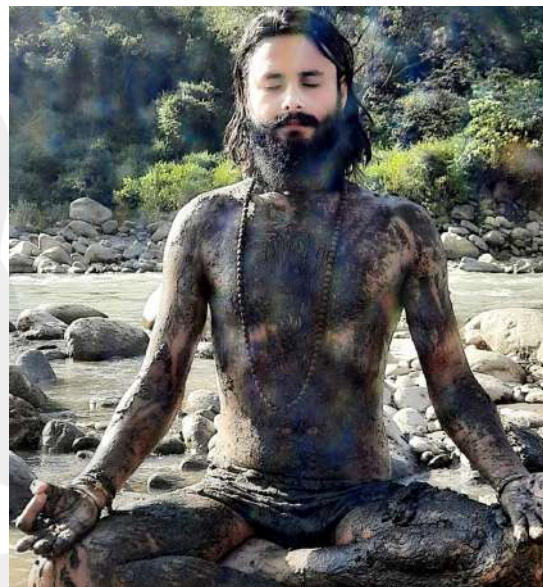
TEACHING PHILOSOPHY

As a leading yoga school, we firmly believe in the power of education and have built our philosophy on a strong foundation. One of the key pillars of our teaching philosophy is the emphasis on study. We believe that in order to truly understand and appreciate the practice of yoga, it is important to delve deep into its history, principles, and techniques. Our syllabus is designed to ensure comprehensive coverage, enabling our students to gain a holistic understanding of yoga. We place great importance on practical application. We recognise that yoga is not merely an intellectual pursuit, but a physical and experiential one. With an overall practical approach, we encourage our students to actively engage in the practice, allowing them to embody the teachings and experience the transformative power of yoga firsthand. At SKM Yoga, we prioritise our students' individual needs and learning styles. Our lectures are designed to be student-oriented, ensuring that the material is delivered in a manner that is easily understood and relatable. We also encourage note-making during classes, as we believe this aids in retention and reinforces learning. In addition, we actively promote an environment of interaction and dialogue. We encourage our students to ask questions and engage in open discussions, allowing for a deeper understanding and exploration of the practice. Our sessions often include dedicated question-and-answer segments, where students can seek clarification and expand their knowledge. We are confident that our teaching philosophy, rooted in these pillars of education, will provide you with a transformative and enriching yoga experience. Whether you are a beginner or an experienced practitioner, we are committed to guiding you on your yoga journey, helping you unlock your potential and achieve your goals.

MESSAGE FROM OUR DIRECTOR

In a country with over 10 thousand yoga teachers training schools, SKM Yoga stands out as an exceptional institution that tirelessly strives to make a difference in the industry. We take immense pride in our commitment to providing only four teachers training programs per year, ensuring a personalized and enriching experience for all participants. It is important to note that our teacher's training program is exclusively designed for those who are already yoga teachers, rather than newcomers. We believe that this approach enables us to delve deeper into the intricacies of yoga, fostering growth and development in a conducive environment. The duration of our course is three months, allowing for an immersive and comprehensive learning experience from the very beginning. My intention in writing this director's message is not to convince you to join our training program but rather to emphasize the unparalleled opportunities that lie ahead if you choose to shape your yoga journey with us. At SKM Yoga, we do not view yoga as a mere business, but rather as a way of life. We are passionate about imparting our knowledge and guiding you towards a fulfilling and authentic yoga practice. By joining our esteemed community, you will have the privilege of learning from experienced and dedicated yoga practitioners who are committed to nurturing your growth. Our comprehensive curriculum covers various aspects of yoga, including asanas, pranayama, meditation, philosophy, and anatomy. Moreover, we offer a supportive and inclusive environment that encourages personal exploration and self-discovery. I invite you to explore our website and familiarize yourself with our values, courses, and testimonials from previous participants. Should you have any queries or require further information, please do not hesitate to reach out to us. We are here to assist you every step of the way.

**If you truly desire
to shape your yoga
journey and take it
to new professional
heights, then I
admire you to join
SKM Yoga**



FACULTY MEMBERS

We have managed to assemble a group of nine outstanding teachers who are simply the best in India! We are truly proud to have these teachers on board, as they are not only experts in their field but also the owners of their own yoga centres. Their expertise and experience will undoubtedly enrich your learning journey and provide you with invaluable insights into the world of yoga. Each of these teachers brings a unique set of skills and knowledge to the table, ensuring that you receive a comprehensive and well-rounded education. From Hatha to Vinyasa, from meditation to pranayama, they excel in various yoga disciplines, giving you the opportunity to explore different aspects of yoga and find your own path within this ancient practice. We believe that such a diverse and talented group of teachers will create an environment that fosters growth, creativity, and a sense of community among all participants. Their passion for yoga is contagious, and I have no doubt that their teachings will inspire you to reach new heights in your own practice.



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GUEST LECTURERS



YOGA RESEARCH & PUBLICATIONS



ADVANCE YOGA POSES



ADVANCE YOGA POSES



YOGA BUSINESS KNOW HOW



YOGA IT SOLUTIONS



YOGA PRACTICAL



PRANIC HEALING



SOUND & MUSIC THERAPY



TEACHING METHODOLOGY



YOGA & PRACTICAL



YOGA & SPRITUALITY



YOGA & NATUROPATHY

YOGA PHILOSOPHY

Yoga philosophy is the very essence of what we do. It forms the foundation upon which we build our practice, shaping our mindset and approach to yoga. It is not just another subject to study; it is the key that unlocks the deeper meaning and purpose of yoga. I urge all students to be fully aware of the coursework related to yoga philosophy. Embracing this knowledge will enhance your experience and enable you to fully immerse yourself in the practice. Remember, yoga is not merely a physical exercise; it is a holistic journey that encompasses the mind, body, and spirit. In essence, yoga is a kind of darshan, a way of seeing and perceiving the world around us. By delving into yoga philosophy, we gain insights into the interconnectedness of all things and the profound wisdom that lies within each of us. It is through this understanding that we can truly embody the teachings of yoga and apply them to our everyday lives.



01. Yoga Darshan

Yoga is not just about physical postures or achieving flexibility; it is a holistic experience that encompasses the mind, body, and soul. By immersing ourselves in the wisdom of yoga philosophy, at SKM yoga we focus on all aspects of Yoga Darshan we can unlock its transformative power and cultivate a profound connection with ourselves and the world around us.



02. Yoga Types

There are a diverse range of yoga practices available. Each type offers its own unique benefits and can cater to different individual needs and preferences. Whether you are seeking physical fitness, mental clarity, spiritual growth, or a combination of all three, there is a type of yoga out there that can support you on your journey.



03. Yogic Approach in Life

The yogic approach to life encompasses a holistic perspective that goes beyond the physical practice of yoga asanas. It involves incorporating yogic principles into our daily routines, thoughts, and actions. By embracing this approach, we can experience profound transformations in our overall well-being.

YOGA PHILOSOPHY

- Meaning & Definition of Yoga
- History of Yoga
- Misconception of Yoga
- Yoga as Philosophy
- Concept of Chitta
- Yog Antraye & Chitta Prasadana
- Panchkalesh
- Karmashaya
- Concept of God in Yoga Darshan
- Concept of Samadhi
- Ashtanga Yoga
- Hatha yoga pradipika
- Gherand Samhita
- Yog Vasistha
- Yoga in Geeta
- Yoga in Upnishad
- Yoga in Veda
- Introduction to Mantra Yoga & Tantra Yoga
- Introduction to Gyan & Bhakti Yoga

YOGA ANATOMY & PHYSIOLOGY

At SKM Yoga, we pride ourselves on providing world-class training with a confident approach to anatomy and physiology. We understand the importance of a strong foundation in these areas when it comes to practising and teaching yoga effectively. Our training program focuses on three major formulas that set us apart from the rest.



01. Yoga Anatomy

we delve into the fascinating world of yoga anatomy. This module combines the teachings of Yogic terms with anatomical science, allowing our students to gain a comprehensive understanding of the human body and its connection to yoga.



02. Yoga Physiology

we place great emphasis on the physiology of Yoga. Understanding how our bodies respond and adapt to the various asanas and breathing techniques is crucial in maximizing the benefits of our practice. By delving into the physiological aspects, we gain a deeper appreciation for the transformative power of Yoga, both physically and mentally.



03. Yoga Therapy

we offer specialized Yoga therapy sessions. These sessions are designed to address specific physical or psychological challenges that individuals may face. Through a combination of targeted asanas, pranayama, and meditation techniques, we provide a holistic approach to healing and rejuvenation.

YOGA ANATOMY & PHYSIOLOGY

- Introduction to Anatomy & Physiology
- Cell
- Tissue
- Blood
- Bones
- Muscles
- Liver
- Pancreas
- Oesophagus & Stomach
- Small & Large Intestines
- Kidney
- Heart
- Lungs
- Endocrinology
- Nervous System
- Diet
- Report Analysis & measurements

YOGA PRACTICAL

At SKM YOGA, we take great pride in our practical approach to teaching yoga. Our aim is to provide our students with the most effective and immersive learning experience possible. We believe that incorporating various props into our yoga sessions enhances the practice and allows for a deeper understanding of the techniques. We would be honoured to have you join us for a Yoga Practical session at SKM YOGA. Our dedicated team of experienced instructors is ready to guide you through a transformative journey, where you can deepen your practice, expand your knowledge, and experience the numerous benefits of yoga.



01. Yoga Asana

we prioritize Yoga Practical, where students are encouraged to actively participate and engage in the practice. This hands-on approach not only helps in mastering the techniques but also promotes self-awareness and personal growth.



02. Yoga Using Props

we emphasize the use of Yoga props to enhance the effectiveness of each asana. These props assist in achieving proper alignment, providing support, and allowing for a more complete experience of each pose. Through the use of props, students can explore their practice at a deeper level and discover new dimensions in their yoga journey.

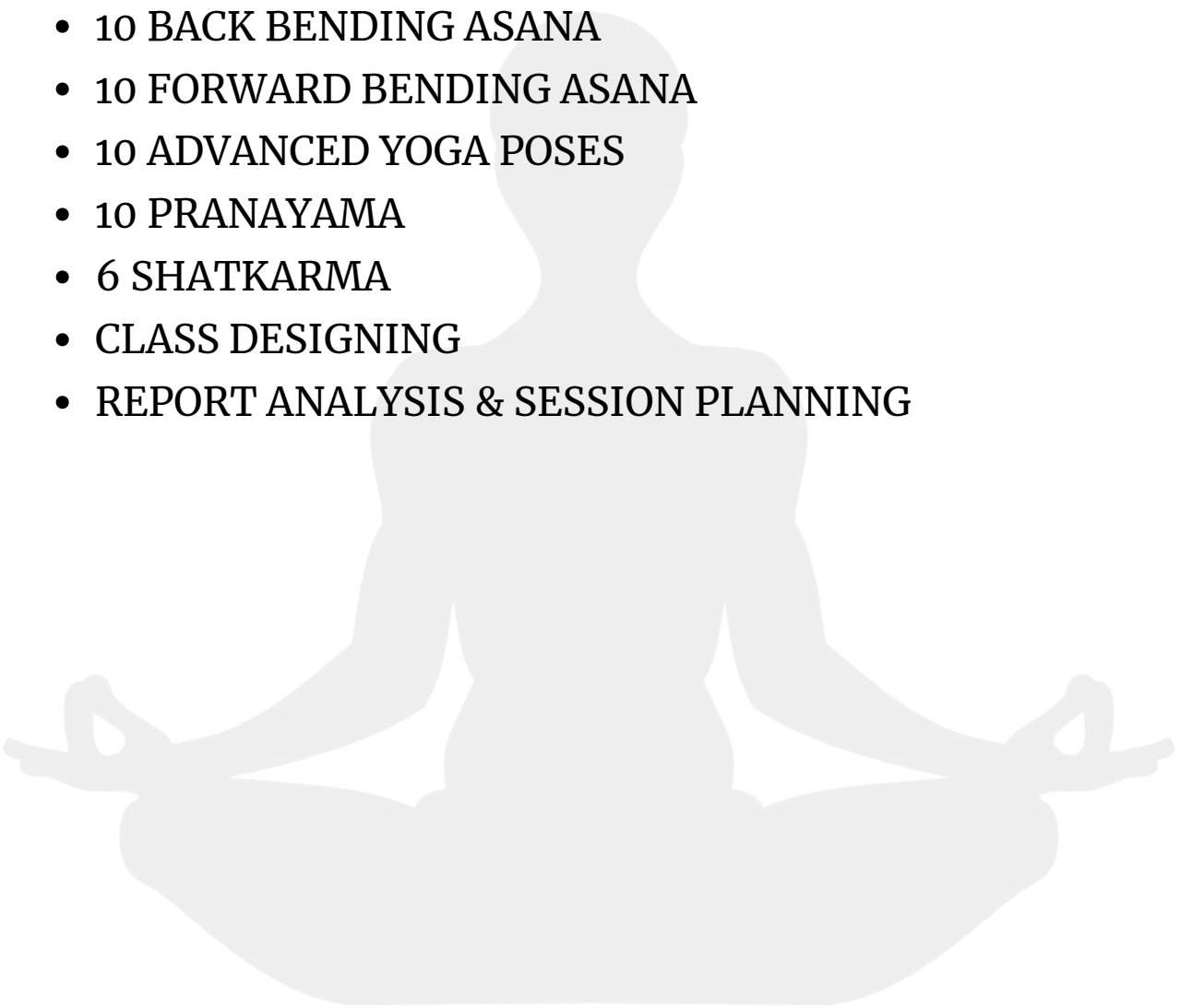


03. Yoga in Yogic Place

we believe in the importance of training in a yogic environment that fosters intense dedication and focus. Our classes are conducted in serene locations, such as mountains and natural surroundings, where students can truly immerse themselves in the practice and connect with nature. This environment helps in understanding and embracing Yoga Sadhana, allowing for a holistic approach to yoga.

YOGA PRACTICAL

- 50 ASANA POSTURES
- 10 TWISTING ASANA
- 10 BALANCING ASANA
- 10 BACK BENDING ASANA
- 10 FORWARD BENDING ASANA
- 10 ADVANCED YOGA POSES
- 10 PRANAYAMA
- 6 SHATKARMA
- CLASS DESIGNING
- REPORT ANALYSIS & SESSION PLANNING



YOGA TEACHING METHODOLOGY

At SKM Yoga, we firmly believe in providing our students with a well-rounded understanding of yoga through a variety of teaching methods. Our approach encompasses three major factors: Teacher-Centered Methods, Student-Centered Methods, and Need-Based Methods. At SKM Yoga, we are confident in the effectiveness of our teaching methodology. Our comprehensive approach allows us to empower our students to become proficient and confident yoga practitioners. We take pride in witnessing their transformation as they develop not only physical strength and flexibility but also mental clarity and emotional well-being.



01. Teacher Centred Methods

Our experienced and highly skilled instructors are dedicated to imparting their knowledge and expertise to our students. Through this approach, we ensure that our students receive thorough guidance and support throughout their yoga journey. Our teachers are committed to providing personalized attention, ensuring that each student's individual needs and goals are met.



02. Student Centred Methods

We understand that every student has unique preferences and requirements when it comes to learning yoga. To cater to these diverse needs, we employ student-centred teaching methods. By fostering a collaborative and interactive learning environment, we empower our students to actively participate in their own learning process. This approach encourages self-reflection and personal growth, allowing students to develop a deeper understanding of yoga.

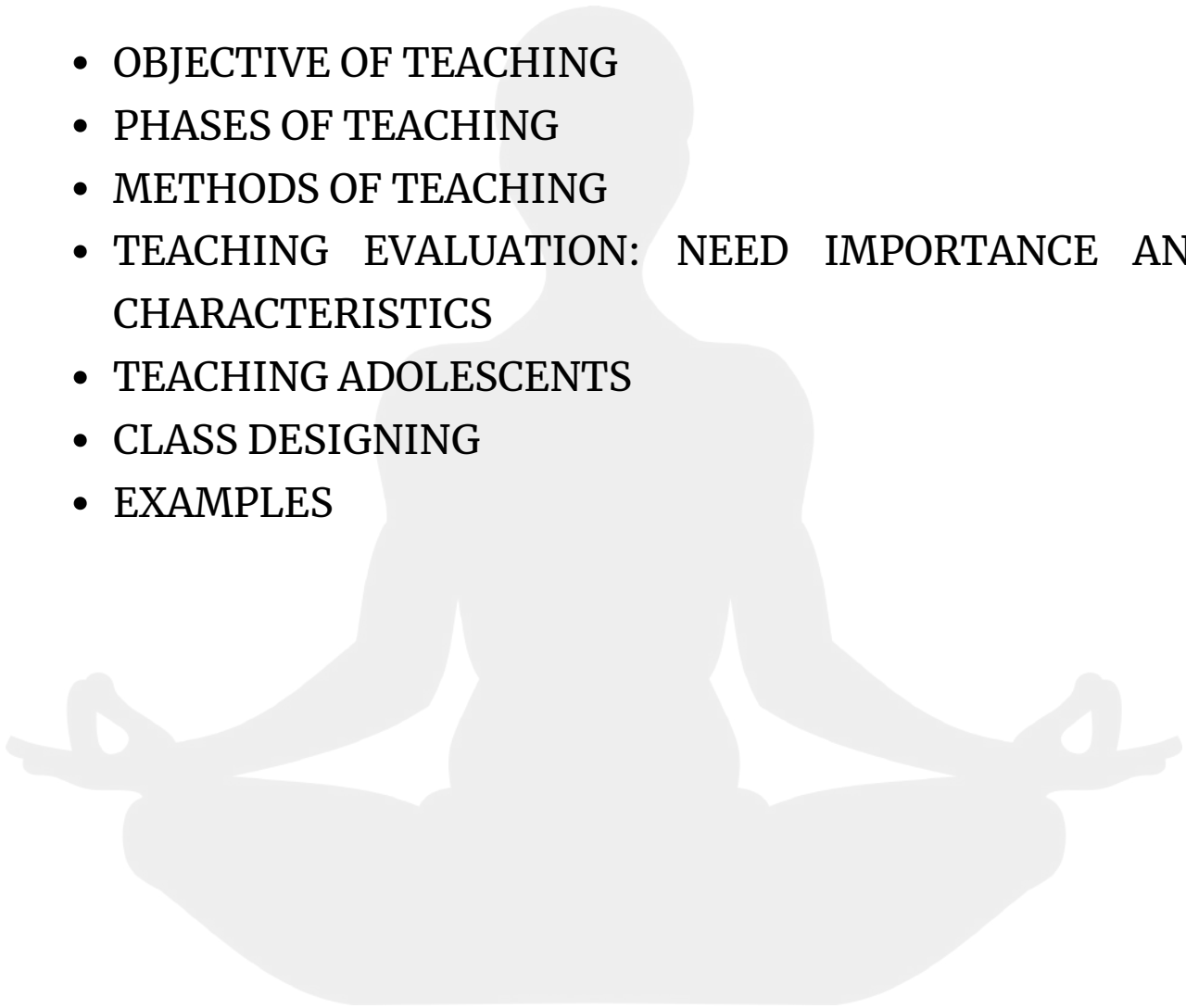


03. Need Based Content

Recognizing that different individuals have different learning styles and objectives, we offer need-based teaching methods. By tailoring our instruction to address the specific requirements of our students, we ensure that they receive the most relevant and effective training. Whether one seeks to deepen their physical practice, cultivate mindfulness, or overcome specific challenges, our need-based methods are designed to facilitate individual growth and progress.

YOGA TEACHING METHODOLOGY

- OBJECTIVE OF TEACHING
- PHASES OF TEACHING
- METHODS OF TEACHING
- TEACHING EVALUATION: NEED IMPORTANCE AND CHARACTERISTICS
- TEACHING ADOLESCENTS
- CLASS DESIGNING
- EXAMPLES



YOGA RESEARCH

At SKM Yoga, we firmly believe in the transformative power of yoga, not only from a physical perspective but also from a mental, emotional, and spiritual standpoint. It is this belief that drives us to continuously explore and delve deeper into the various facets of yoga through rigorous research. At SKM Yoga, we are committed to not only delivering exceptional yoga teacher training but also contributing to the body of knowledge surrounding yoga. As a result, our graduates emerge as well-rounded instructors who can confidently guide their students toward harnessing the transformative power of yoga.



01. Qualitative Research

Our dedicated team of researchers diligently examines the different aspects of yoga, seeking to deepen our understanding of its philosophical underpinnings, as well as its physical and mental effects. By conducting qualitative research, we aim to delve into the subjective experiences of yoga practitioners, exploring the profound impact it has on their overall well-being.



02. Survey Based Research

we employ survey-based research methods to gather quantitative data, allowing us to analyze trends and patterns within the yoga community. This approach enables us to identify the most effective techniques and practices that lead to optimal results for our students.



03. Fundamental Research

Fundamental research forms an integral part of our research initiatives. By studying the principles and foundations of yoga, we strive to provide a solid basis for our teachings, ensuring that our students receive a comprehensive education that combines both theory and practice.

YOGA REASEARCH

- FOUNDATION OF RESEARCH
- PROBLEM IDENTIFICATION
- RESEARCH DESIGN
- QUALITATIVE & QUANTITATIVE RESEARCH
- MEASUREMENT
- SAMPLING
- DATA ANALYSIS
- DATA INTERPRETATION
- USE OF TOOLS
- RESEARCH SUBMISSION



YOGA BUSINESS MANAGEMENT

At SKM Yoga, we believe in providing comprehensive training to individuals who are passionate about the yoga industry and wish to establish their own successful yoga businesses. Our Yoga Business Management training program encompasses three major elements. Our training program is designed and delivered by experienced professionals who have a deep understanding of the yoga industry and its unique challenges. With their guidance, participants will develop a strong foundation in business management principles and acquire practical tools to overcome obstacles and achieve success.



01. Business Management

This module focuses on equipping participants with the necessary skills and knowledge to effectively manage a yoga business. Topics covered include financial management, strategic planning, operational efficiency, and resource allocation.



02. Business Communications

Communication is key to running a successful yoga business. In this module, participants will learn effective communication techniques, both verbal and written, to enhance client relationships, marketing efforts, and team collaboration.



03. Business Marketing

Marketing plays a crucial role in attracting and retaining clients. This module delves into various marketing strategies and techniques tailored specifically for the yoga industry. Participants will gain insights into digital marketing, branding, social media management, and customer engagement.

YOGA BUSINESS MANAGEMENT

- YOGA BUSINESS
- MEANING AND DEFINITION OF MANAGEMENT
- TYPES OF YOGA BUSINESS
- FUTURE OF THE YOGA BUSINESS
- YOGA MARKETING
- YOGA HR MANAGEMENT
- YOGA SALES MANAGEMENT
- YOGIC FINANCE TECHNIQUES
- YOGA INTERNATIONAL BUSINESS



PROJECTS & INTERNSHIP

At SKM Yoga, we believe in providing a comprehensive training program that goes beyond the theoretical knowledge of yoga. As part of our certification process, we require our students to complete detailed projects that showcase their understanding and application of the concepts learned during the course. These projects are carefully designed to enhance their teaching skills and contribute to their overall development as yoga teachers. We also instruct our students to do internships and detailed report writing. We take great pride in our commitment to providing a comprehensive and well-rounded Yoga Teachers Training Course. Our projects, internships, and school visits are carefully designed to equip our students with the necessary skills and knowledge to excel in the field of yoga instruction.



01. Project

As part of our Yoga Teachers Training Course, we assign detailed projects to our students, which contribute towards the awarding of the Yoga Teachers Training Certificate. These projects are designed to enhance the practical understanding of our students and enable them to apply their knowledge in real-life scenarios.



02. Internship

We emphasise the importance of practical experience and encourage our students to complete a 20-hour internship at a reputed yoga institute, either in India or abroad. This internship allows them to gain real-life teaching experience, observe different teaching styles, and further refine their own teaching techniques. We believe that this hands-on experience is invaluable in shaping our students into well-rounded and confident yoga instructors.



03. Yoga Schools Visit

We provide modules dedicated to Yoga school visits and project creation, tailored to align with the educational approach of the respective schools. This allows our students to gain insights into different teaching methodologies and adapt their project work accordingly. We strongly believe that exposure to various teaching environments contributes to their growth and understanding of the diverse yoga community.

EXAM , SCORE CARD & CERTIFICATES

At SKM Yoga, we believe in maintaining high standards of education and ensuring a comprehensive evaluation of our students. Therefore, upon completion of the course, we conduct intense examinations to assess the knowledge and proficiency of our students.

The examination consists of a question paper with a total of 100 marks, comprising descriptive questions that test the theoretical and practical understanding of the subject matter. We carefully designed the questions to encompass all the essential aspects covered throughout the course. Once the exams are successfully completed, we promptly evaluate the answer sheets and generate individual scorecards for each student. These scorecards reflect their performance in the examination and provide an accurate representation of their achievements during the course. In addition to the scorecards, we also issue certificates of completion to all students who have successfully finished the Yoga Teachers Training course at SKM Yoga. These certificates serve as a testament to their dedication, hard work, and commitment to the study and practice of yoga. We take pride in the achievements of our students and strive to ensure that each one receives the recognition they deserve. The scorecards and certificates are invaluable documents that can enhance their professional journey as yoga teachers. We take pride in our rigorous examination process and believe it sets us apart from other yoga training institutions. It is our commitment to ensure that our students receive the best possible education and are well-prepared to embark on their journey as yoga teachers.

YTTC DATES

At SKM Yoga, we take pride in our exclusive approach to yoga teacher training. We conduct only four batches of the Yoga Teachers Training Course (YTTC) every year, both in India and abroad. Each course has a duration of three months and commences on the first week of January, April, July, and October. To ensure the highest quality of education, we employ a hybrid mode of training, combining both online and offline elements. This enables us to foster a collaborative learning environment, where approximately four to five experienced teachers are actively involved in your training. Our commitment to excellence ensures that you receive personalized attention and guidance throughout the course. Whether you are a beginner looking to deepen your practice or an experienced practitioner seeking a new career path, our YTTC at SKM Yoga is tailored to cater to all levels of proficiency. Our curriculum covers various aspects of yoga, including asanas, pranayama, meditation, philosophy, anatomy, and teaching methodology. By joining our training program, you will not only enhance your understanding of yoga but also develop the necessary skills to inspire and guide others on their own yoga journey. Our aim is to equip you with the knowledge and confidence to become a competent and compassionate yoga teacher.



- 01. JANUARY**
- 02. APRIL**
- 03. JULY**
- 04. OCTOBER**

HIGHLIGHTS

- 1. Daily 2 to 3 Hours Training: We believe in consistent practice and dedication. Our training sessions are conducted daily, ensuring that participants receive ample time to absorb and apply the teachings.
- 2. Online and Offline Training: We understand the need for flexibility in today's fast-paced world. Therefore, our program offers both online and offline training options, allowing participants to choose the mode that best suits their schedule and preferences.
- 3. Small Group Setting: To ensure personalized attention and an interactive learning environment, we limit the number of participants to a maximum of five teachers per group. This allows for enhanced interaction, individualized guidance, and a more focused learning experience.
- 4. Three Months Intense Training: Our program spans over three months, enabling participants to delve deep into the various aspects of yoga. We cover a wide range of topics, including asanas, pranayama, meditation, philosophy, anatomy, and teaching methodologies.
- 5. Exclusive for Yoga Teachers: Our program is specifically designed for existing yoga teachers who are seeking to deepen their knowledge and refine their teaching skills. This exclusive focus allows us to tailor the training to the specific needs and aspirations of yoga professionals.
- 6. Certificate Distribution and Exams: Upon completion of the training program, participants will be awarded a certificate of completion. To ensure the highest standards, the certificate is distributed after successful completion of examinations, which assess participants' understanding and application of the teachings.
- 7. Compulsory Certificate Distribution: We understand the importance of recognition and the value it adds to your professional journey. Therefore, we require all participants to attend a compulsory certificate distribution ceremony, either in person or online, to receive their well-deserved certification.
- 8. Minimum Fee Structure: We believe in making quality yoga education accessible to all. Hence, our training program offers a minimum fee structure, ensuring affordability without compromising on the quality of training and resources provided.

Contact

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