

Moksha Yoga | Teacher Training Syllabus

Teacher Training | Syllabus

Lesson	Asana 1	Vocabulary 2	Pranayama 3-4	More 5-6-7	Ayurveda 8	Anatomy 9
L01 01-04	Pratapana Warm-ups	Intro Terms	Intro Terms	History	Intro Terms	Tadasana
L02 01-05	Vinyasa Beginner	Kosha	Prana Nigraha	Meditation		Regions
L03 01-06	Namaskar Surya A	Guna	Kriyas	Masters 1	Key Concepts	Systems
L04 01-07	Namaskar Surya B	Bhuta	Sama vritti	Philosophy 1		Directions
L05 01-08	Namaskar Surya C	Dosha	Vinyasa	Philosophy 2	Key Concepts	Movements
L06 01-09	Standing Open Hip	Prana	Mechanics	Masters 2		Psoas
L07 01-10	Standing Closed Hip	Vayu	Bandhas	Philosophy 3	Key Concepts	Glutes
L08 01-11	Standing Twisting Hip	Nadi Chakra	Diaphragm 1	Masters 3		Quad/Hamstring
L09 01-12	Standing Side Str.	Bandha	Diaphragm 2	Mudras 1	Key Concepts	Bones - Legs
L10 01-13	Standing Balancing	Dristi	Mudras	Mantras		Review
L00 01-14	Teaching Skills					
L11 01-16	Shoulder Opening	Kriya	Conditions	Masters 4	Vata	Shoulders 1
L12 01-17	Shoulder Strength	Numbers	Cautions	Mudras 2		Shoulders 2
L13 01-18	Hip Opening	Styles	Bramari	Sankhya	Pitta	Bones - Arms
L14 01-19	Abs & Core	Teaching Skills	Bhedana	Tantra		Review
L15 01-20	Seated Twists	Sequencing	Pratiloma	Yamas	Kapha	Torso
L16 01-21	Seated Forward Folds		Nadi Shodhana	Niyamas		Diaphragm
L17 01-22	Backbends		Viloma	Meditation	Ahara & Vihara	Bones Spine
L18 01-23	Closing Poses		Benefits	Samadhi		ANS
L19 01-24	Arm Balances		Texts	Mudras 3		Pelvic Floor
L20 01-25	Inversions		Quotes	Yoga Nidra		Skull
L00 01-26	Teaching Skills	Topics, dates and times subject to change...				

