



200 Hours TTC credentials

Topic	Details	Hours
Asanas, Pranayama, Meditation	<ul style="list-style-type: none">• Primary Ashtanga Yoga Series:<ul style="list-style-type: none">- Comprehensive study of all asanas in the series- Variations of asanas- Alignment and Adjustment- Asana Analysis- Mudras- Bandhas• Pranayama:<ul style="list-style-type: none">- Introduction to Pranayama practice- Integration and guidance of Pranayama in class• Meditation:<ul style="list-style-type: none">- Introduction to Meditation practice- Integration and guidance of Meditation in class	100
Anatomy and Physiology	<ul style="list-style-type: none">• Basic Anatomy:<ul style="list-style-type: none">- Introduction to skeletal muscles and movement- Types of joints- Respiratory system- Nervous system• Movement Basics:<ul style="list-style-type: none">- Basic Kinesiology- Common injuries and prevention	30
Ayurveda	Doshas, nutrition, and how Ayurveda connects to yoga	5

<p>History, Philosophy, Yogic Tradition</p>	<ul style="list-style-type: none"> • Yogic History: <ul style="list-style-type: none"> - What is yoga - Vedas, Upanishads, Shramana - Evolution of modern yoga and its current branches • Philosophy: <ul style="list-style-type: none"> - Key texts: Patanjali's Yoga Sutra, Bhagavad Gita, and more - Introduction to Indian mythology • Chants: <ul style="list-style-type: none"> - Opening and closing mantras • Chakra System 	<p>40</p>
<p>Teaching Techniques</p>	<ul style="list-style-type: none"> • Sequencing asanas • Adapting classes for various skill levels • Techniques for individual and group class instruction 	<p>10</p>
<p>Practicum</p>	<p>Teaching practice within the course, with peer feedback</p>	<p>10</p>
<p>First Aid</p>	<p>According to Israeli standards</p>	<p>5</p>

Total: 200 Hours