

## General Course Notes:

- All hours in the 500-hour course refer to minimum mandatory hours instructed by a teacher.
- Total mandatory hours: 360
- Additional hours are allocated at the lead teacher's discretion, based on course focus and student level.

Topic	Details	Hours
Asanas, Pranayama, Meditation	<ul style="list-style-type: none"> <li>• <b>Primary Ashtanga Yoga Series (Yoga Chikitsa):</b> <ul style="list-style-type: none"> <li>- Sections from the Second Series (Nadi Shodhana)</li> <li>- Analysis of the first series postures</li> <li>- Basic alignment</li> <li>- Relevant Vinyasa</li> <li>- Modifications for different levels</li> <li>- Instruction</li> <li>- Hands-on adjustments</li> </ul> </li> <li>• <b>Pranayama and Meditation:</b> <ul style="list-style-type: none"> <li>- Preparing the body for Pranayama</li> <li>- Meditation - various techniques</li> <li>- How to conduct a meditation class</li> </ul> </li> <li>• <b>Vinyasa:</b> <ul style="list-style-type: none"> <li>- Study of Vinyasa sequences: Jivamukti, Shadow Yoga, WuDang Qigong</li> <li>- Theory of Asana sequencing</li> </ul> </li> </ul>	180
Anatomy and Physiology	<ul style="list-style-type: none"> <li>• <b>Extended Basic Anatomy:</b> movement muscles, respiratory system, nervous system, sympathetic and parasympathetic systems.</li> <li>• <b>Yoga Anatomy:</b> Asana, Breath, Bandhas, Functional Anatomy, Kinesiology</li> </ul>	40
Ayurveda	<ul style="list-style-type: none"> <li>• Basic Ayurveda (Indian Medicine)</li> <li>• Nutrition based on Dosha</li> <li>• Five-element theory and application to Asana and diagnosis</li> </ul>	15

<p>History, Philosophy, Yogic Tradition</p>	<ul style="list-style-type: none"> <li>• <b>History of Ancient and Modern Yoga:</b> <ul style="list-style-type: none"> <li>- Overview of yoga in Hindu culture</li> <li>- Body culture movement in India and Europe</li> <li>- Modern Yoga: Krishnamacharya, Vivekananda, Iyengar, Jois, and spiritual teachers over the past century</li> </ul> </li> <li>• <b>Psycho-Energetic System:</b> <ul style="list-style-type: none"> <li>- Energy channels, consciousness centers, Kundalini</li> <li>- Psychophysical and energetic theories according to Indian and Chinese traditions</li> <li>- Chakras as psychological tools</li> </ul> </li> <li>• <b>Chanting:</b> <ul style="list-style-type: none"> <li>- Classical chants from Vedic culture</li> <li>- Ashtanga Yoga mantra</li> <li>- Philosophy and historical background for selected chants</li> </ul> </li> <li>• <b>Yogic Cleanses according to Theos Bernard:</b> <ul style="list-style-type: none"> <li>- Yogic cleanses for the 21st century</li> </ul> </li> </ul>	<p>60</p>
<p>Teaching Techniques</p>	<ul style="list-style-type: none"> <li>• <b>Body and Posture Assessment:</b> <ul style="list-style-type: none"> <li>- Developing the ability to observe physical structure in 3D</li> <li>- Practical conclusions for students</li> <li>- Selecting techniques and asanas based on body reading - personal class planning</li> </ul> </li> <li>• <b>Teaching Techniques:</b> <ul style="list-style-type: none"> <li>- Experience, feedback giving and receiving</li> <li>- Class adaptation for group and individual settings</li> <li>- Theory of asana sequencing</li> </ul> </li> <li>• <b>Professional Ethics:</b> <ul style="list-style-type: none"> <li>- Setting teacher-student boundaries</li> <li>- The teacher's role in the student's life. The teacher's role in yoga.</li> <li>- Inner development as a condition for teaching becoming an art</li> </ul> </li> </ul>	<p>30</p>
<p>Practicum</p>	<ul style="list-style-type: none"> <li>• Observation classes</li> <li>• Assisting</li> <li>• Teaching practice within the course</li> </ul>	<p>30</p>
<p>First Aid</p>	<p>According to Israeli standards</p>	<p>5</p>

**Total Mandatory Hours: 360**