

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
History, Philosophy, Yogic Tradition	<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 	40

Teaching Techniques	<ul style="list-style-type: none"> • Sequencing asanas • Adapting classes for various skill levels • Techniques for individual and group class instruction 	10
Practicum	Teaching practice within the course, with peer feedback	10
First Aid	According to Israeli standards	5

Total: 200 Hours