

SIDDHANT SCHOOL OF YOGA



200 HOURS
KUNDALINI &
MEDITATION
YOGA TTC
SYLLABUS



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SYLLABUS OF 200 HOUR KUNDALINI YOGA TEACHER TRAINING COURSE

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ASHTANGA (A UNIQUE SERIES OF ASANAS)

- ❖ *Yoga is for internal cleansing, not external exercising. Yoga means true self-knowledge.*
- ❖ *Yoga is ninety nine percent practice and one percent theory.*

Sri Krishna Pattabhi Jois -

- ❖ WHAT IS ASHTANGA (A UNIQUE SERIES OF ASANA)
- ❖ THE IMPORTANCE OF ASHTANGA
- ❖ WHAT IS VINYASA: MOVEMENT BREATHING SYSTEM
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- ❖ DANDASANA (STAFF POSE)
- ❖ PASCHIMOTTANASANA (SEATED FORWARD BEND)
- ❖ PURVOTTANASANA (UPWARD PLANK POSE)
- ❖ ARDHA BADDHA PADMA PASCHIMOTTANASANA (HALF BOUND LOTUS FORWARD BEND)
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- ❖ SETU BANDHASANA (BRIDGE POSE)
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- ❖ PADMASANA (LOTUS POSE)
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ALIGNMENT AND ADJUSTMENT FOR KUNDALINI

- ❖ WHAT IS ALIGNMENT?
- ❖ WHAT IS ADJUSTMENT?
- ❖ THE IMPORTANCE OF ALIGNMENT AND ADJUSTMENT

KUNDALINI PRANAYAMA

- ❖ FIVE KOSHA
- ❖ SEVEN CHAKRAS
- ❖ NADIS
- ❖ WHAT IS PRANAYAMA
- ❖ ASPECTS OF PRANAYAMA
- ❖ WHAT IS KUNDALINI PRANAYAMA
- ❖ THE IMPORTANCE OF KUNDALINI PRANAYAMA
- ❖ THE SEQUENCE OF KUNDALINI PRANAYAMA
- ❖ PREPARATION OF KUNDALINI PRANAYAMA
- ❖ DIFFERENT TYPES OF KUNDALINI PRANAYAMA AND THEIR PRECAUTIONS
- ❖ YOGIC INHALATION
- ❖ YOGIC EXHALATION
- ❖ INNER RETENTION
- ❖ OUTER RETENTION
- ❖ YOGIC BREATHING
- ❖ UDGEETH PRANAYAMA
- ❖ KAPALBHATI
- ❖ ALTERNATE BREATHING
- ❖ BHASTRIKA
- ❖ SURYA BHEDI PRANAYAMA
- ❖ CHANDRA BHEDI PRANAYAMA
- ❖ BHRAMARI PRANAYAMA



- ❖ UJJAYI PRANAYAMA
- ❖ SHEETALI
- ❖ SHEETKARI
- ❖ INTRODUCTION OF NADI-SHODHANAM
- ❖ RULE AND REGULATIONS OF PRANAYAMA
- ❖ TEACHING METHODOLOGY
- ❖ TEACHING PRACTICE

BANDHA (YOGIC LOCK) FOR KUNDALINI

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- ❖ WHAT IS BANDHA
- ❖ IMPORTANCE OF BANDHA
- ❖ TYPES OF BANDHAS
- ❖ MOOL BANDHA
- ❖ UDIYANA BANDHA
- ❖ JALANDHARA BANDHA
- ❖ MAHA BANDHA

MUDRA (YOGIC GESTURE) FOR KUNDALINI

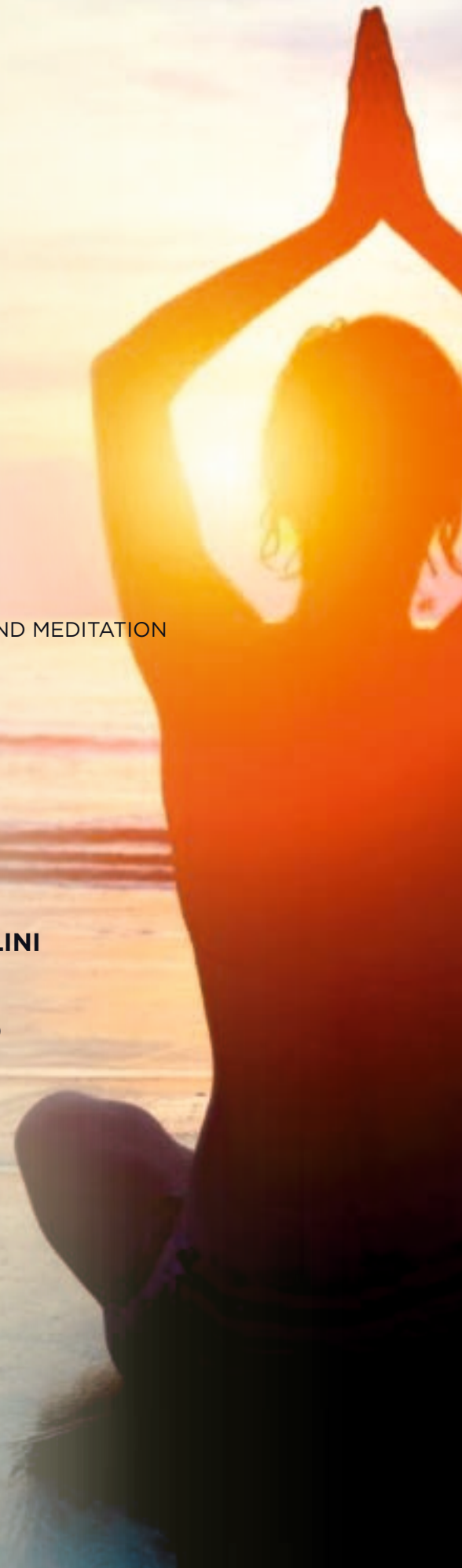
- ❖ WHAT IS MUDRA
- ❖ IMPLEMENTATION OF MUDRA IN MANTRA CHANTING AND MEDITATION
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- ❖ NASIKAGRA MUDRA
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SHATKARMA (YOGIC PURIFICATION) FOR KUNDALINI

- ❖ SHATKARMA (YOGIC PURIFICATION)
- ❖ INTRODUCTION OF YOGIC PURIFICATION (SHATKARMA)
- ❖ IMPORTANCE OF YOGIC PURIFICATION
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- ❖ AGNISAR KRIYA

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- ❖ UNDERSTANDING OF MEDITATION
- ❖ PRACTICAL ASPECTS OF KUNDALINI MEDITATION
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- ❖ WHAT IS KUNDALINI MEDITATION



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 - CANDLE TRATAK MEDITATION
 - ACTIVE MEDITATION
 - OM MEDITATION
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- ❖ THE IMPORTANCE OF RELAXATION
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- ❖ DEEP BREATHING RELAXATION
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YOGA NIDRA (CONSCIOUS SLEEP)

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- ❖ THE IMPORTANCE OF YOGA NIDRA
- ❖ BODY AWARENESS
- ❖ FINDING SENSATION
- ❖ FINDING BLIND SPOT
- ❖ YOGA NIDRA LABEL-1

MANTRA FOR DIFFERENT CHAKRAS

- ❖ WHAT IS MANTRA
- ❖ WHAT IS MANTRA CHANTING
- ❖ THE IMPORTANCE OF MANTRA CHANTING
- ❖ THE DIFFERENT KINDS OF MANTRA
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- ❖ UNIVERSAL PRAYER MANTRA
- ❖ SHANTI MANTRA

GRATITUDE

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- ❖ THE IMPORTANCE OF GRATITUDE
- ❖ THE RIGHT PRACTICE OF GRATITUDE

ANATOMY

- ❖ SKELETON SYSTEM
- ❖ BONES
- ❖ TYPES OF JOINTS



ANATOMY

- ❖ MAJOR MUSCLES
- ❖ EFFECT OF ASANA ON SKELETON SYSTEM
- ❖ TYPES OF CONCENTRATION ON SKELETON SYSTEM

PHYSIOLOGY

- ❖ MUSCULAR SYSTEM
- ❖ ENDOCRINE SYSTEM
- ❖ DIGESTIVE SYSTEM
- ❖ RESPIRATORY SYSTEM
- ❖ NERVOUS SYSTEM

BIOMECHANICS

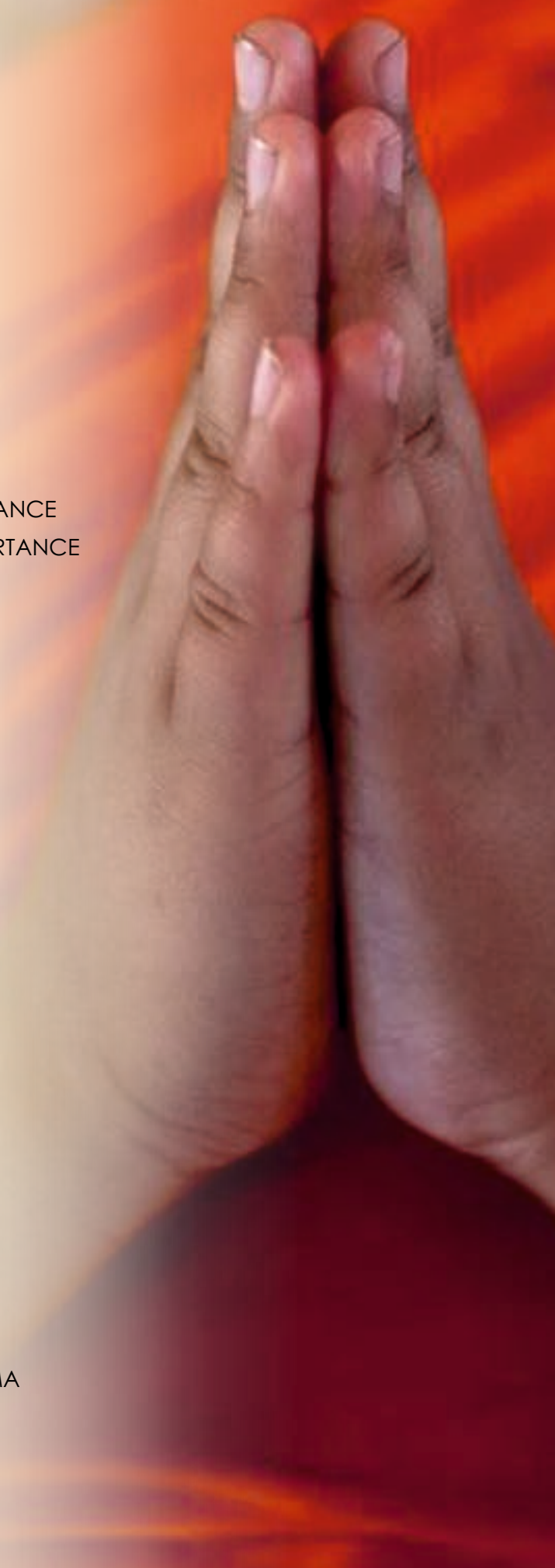
- ❖ JOINT MOVEMENTS (FLEXION, EXTENSION, ABDUCTION, ADDUCTION)
- ❖ JOINT STABILIZATION
- ❖ JOINT STABILITY AND YOGA

KUNDALINI YOGA PHILOSOPHY

- ❖ WHAT IS YOGA
- ❖ WHAT IS KUNDALINI
- ❖ HISTORY OF KUNDALINI YOGA
- ❖ ELIGIBILITY OF KUNDALINI YOGA
- ❖ THE BASIC 4 STEPS OF KUNDALINI YOGA
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 - ASANA – PREPARATION OF KUNDALINI YOGA
 - PRANAYAMA – PRECAUTION OF KUNDALINI YOGA
 - MEDITATION – METHOD TO AWAKEN KUNDALINI YOGA
- ❖ WHY DO YOU FAIL KUNDALINI AWAKENING?
- ❖ MYTHS OF KUNDALINI YOGA
- ❖ THE PURPOSE OF KUNDALINI YOGA
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 - AWAKENING THE CHAKRA
 - BALANCING THE CHAKRA
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- ❖ THE NAME AND LOCATION OF CHAKRAS
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 - AJNA CHAKRA
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- ❖ THE PRACTICAL QUALITIES OF EACH CHAKRA
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- ❖ DIFFERENT NADIS
- ❖ MAIN 3 NADIS
- ❖ THE STRUCTURE OF SUSHUMNA NADI
- ❖ THE LOCATION OF NADIS (SUBTLE BODY)
- ❖ THE IMPORTANCE OF 3 MAIN NADIS
 - THE IDA NADI AND ITS IMPORTANCE
 - THE PINGALA NADI AND ITS IMPORTANCE
 - THE SUSHUMNA NADI AND ITS IMPORTANCE
- ❖ WHY NADIS ARE ASUDHI (NOT PURIFIED)
 - WRONG FOOD
 - WRONG LIFESTYLE
 - WRONG SLEEPING HABIT
 - WRONG THOUGHTS
- ❖ FOUR ASPECTS OF PURIFICATION OF NADIS
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 - ASANA
 - SHAT KARMA
 - DAUTI
 - BASTI
 - NETI
 - NAULI
 - TRATAK
 - KAPALBHATI
 2. MANA SUDDHI
 - MEDITATION
 - MANTRA CHANTING
 - YOGA NIDRA
 3. PRANA SUDDHI
 - PRANAYAMA
 - NADI SODHANAM PRANAYAMA
 4. CHITTA SUDDHI
 - SEVA
 - SATSANG



DISCOVER YOUR CHAKRA

- ❖ THE IMPORTANCE OF DISCOVERING YOUR CHAKRA
- ❖ FIND THE EXACT POINT OF YOUR CHAKRA
- ❖ THE PROCESS DISCOVERING YOUR CHAKRA
- ❖ ELIGIBILITY OF DISCOVER YOUR CHAKRA
- ❖ PRECAUTIONS OF DISCOVERING YOUR CHAKRA
- ❖ RULES AND REGULATIONS OF DISCOVER YOUR CHAKRA

AWAKENING YOUR CHAKRA

- ❖ WHAT IS CHAKRA?
- ❖ WHY NEED TO AWAKEN CHAKRA
- ❖ THE LOCATION OF THE CHAKRA
- ❖ CHAKRA AND COLOR
- ❖ CHAKRA AND FIVE ELEMENT
- ❖ CHAKRA AND GLANDS
- ❖ CHAKRA AND MANTRA
- ❖ CHAKRA AND GEMS STONE
- ❖ CHAKRA AND DISEASES
- ❖ CHAKRA AND PASTELS
- ❖ KNOW YOUR WEAKEST AND STRONGEST CHAKRA
- ❖ THE PROCESS OF CHAKRA AWAKENING
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 - BANDHA
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 - KUMBHAKA (RETENTION)
 - BY MANTRA
 - BY ASANA
 - BY MEDITATION
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 - PRANIC BODY
- ❖ BENEFITS OF CHAKRA AWAKENING
 - PERSONAL BENEFITS
 - EMOTIONAL BALANCE
 - PROFESSIONAL BENEFITS
 - SPIRITUAL BENEFITS
- ❖ SYMPTOMS OF CHAKRA AWAKENING
- ❖ ELIGIBILITY OF CHAKRA AWAKENING
- ❖ PRECAUTIONS OF CHAKRA AWAKENING
- ❖ RULES AND REGULATIONS FOR CHAKRA AWAKENING
- ❖ OVER ALL ABOUT:
 - BALANCE YOUR CHAKRA
 - AWAKEN YOUR KUNDALINI



ETHICS

- ❖ YOGA AND ETHICAL TEACHING
- ❖ RELATION BETWEEN YOGA AND YOGA ALLIANCE
- ❖ RELATION BETWEEN PERSONAL GROWTH, PROFESSIONAL GROWTH, SPIRITUAL GROWTH, AND YOGA
- ❖ YOGA ETHICS RELATED TO PRACTICE AND TEACHING

BASIC AYURVEDA

- ❖ INTRODUCTION OF AYURVEDA
- ❖ WHAT IS AYURVEDA?
- ❖ FUNDAMENTALS OF AYURVEDA
- ❖ RELATION BETWEEN AYURVEDA AND YOGA
- ❖ RELATION BETWEEN AYURVEDA AND PRACTICAL LIFE
- ❖ INTRODUCTION TO 3 DOSHA
- ❖ ALL ABOUT VATTA DOSHA
- ❖ ALL ABOUT KAPHA DOSHA
- ❖ ALL ABOUT PITTA DOSHA
- ❖ BODY TYPES, BODY CONSTITUTION
- ❖ DISEASE AND HEALTH DEFINITION
- ❖ DISEASE PATHOGENESIS
- ❖ PREVENTION
- ❖ TREATMENTS

PROFESSIONAL DEVELOPMENT

- ❖ WHAT IS PROFESSIONAL DEVELOPMENT?
- ❖ YOGA AND PROFESSIONAL DEVELOPMENT
- ❖ ENCOURAGE THE TRAINEE TO SEEK RYT
- ❖ 200 HOURS YOGA TTC & THE PROFESSION OF YOGA (YOGA BUSINESS)
- ❖ CONTINUING THE YOGA EDUCATION
- ❖ MARKETING AND PROMOTION
- ❖ SUPPORT THE STUDENTS FOR THEIR YOGA BUSINESS AND YOGA EDUCATION

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Write us at: siddhantschoolofyoga@gmail.com

TEACHING METHODOLOGY

- ❖ TEACHING METHODOLOGY
- ❖ WHAT IS TEACHING METHODOLOGY?
- ❖ THE IMPORTANCE OF TEACHING METHODOLOGY
- ❖ THE FUNDAMENTAL QUALITIES OF TEACHING METHODOLOGY
- ❖ SEQUENCING
- ❖ PACE
- ❖ ENVIRONMENT
- ❖ CUEING
- ❖ CLASS MANAGEMENT
- ❖ CLASSROOM PREPARATION
- ❖ CLASSROOM ORGANIZATION
- ❖ POSITIVE AND CONSCIOUS COMMUNICATION
- ❖ CLEAR INSTRUCTION
- ❖ THE TONE OF THE VOICE
- ❖ HOW MUCH SAY!
- ❖ BE CONCISE
- ❖ OFFERING PROPS
- ❖ PASSIVE AND ACTIVE DEMONSTRATION
- ❖ OBSERVATION OF INDIVIDUAL STUDENT

PRACTICUM

- ❖ WHAT IS PRACTICUM
- ❖ THE IMPORTANCE OF THE RIGHT TEACHING PRACTICE
- ❖ TEACHING BY STUDENTS
- ❖ SUPPORT & FEEDBACK

CONCLUSION

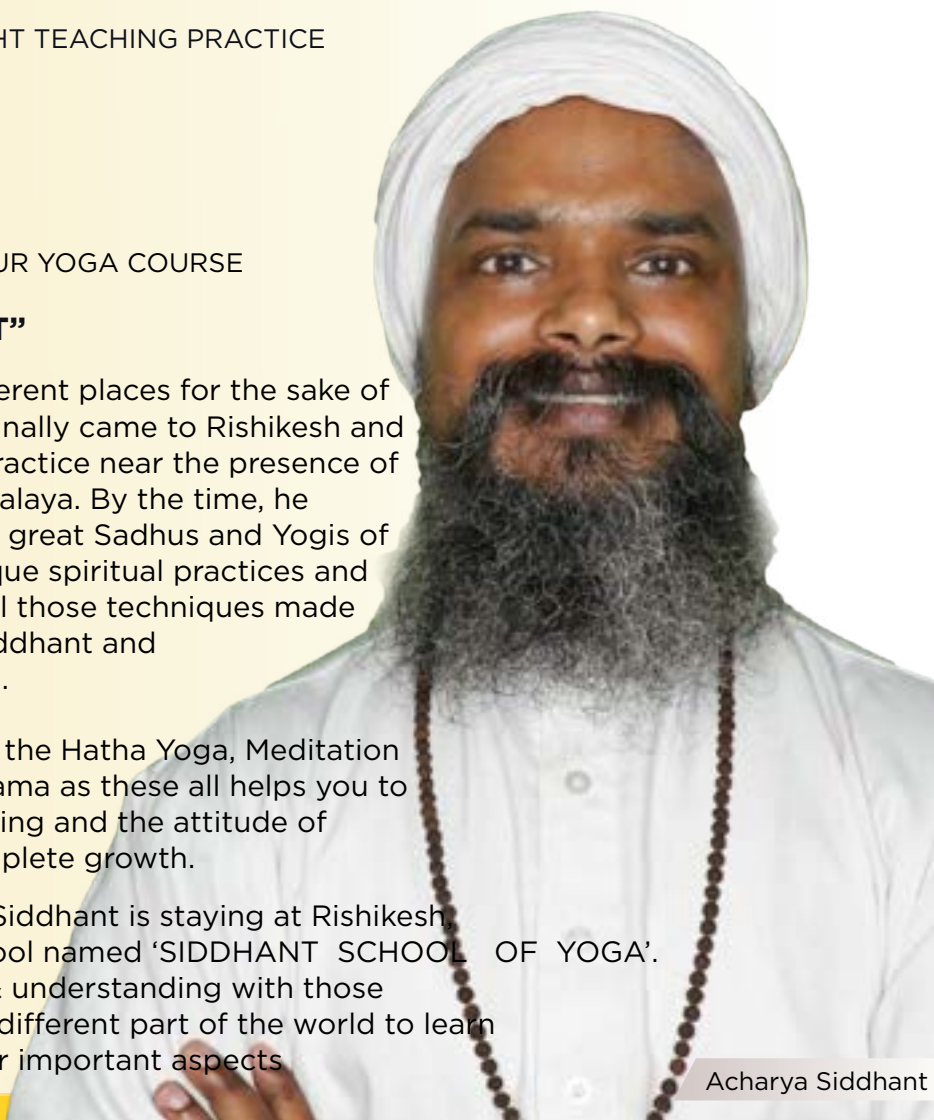
- ❖ THE RIGHT WAY TO FINISH YOUR YOGA COURSE

ABOUT “ACHARYA SIDDHANT”

- ❖ Acharya Siddhant visited different places for the sake of his Spiritual Awakening and finally came to Rishikesh and started his intense spiritual practice near the presence of holy river Ganga and the Himalaya. By the time, he frequently visited to different great Sadhus and Yogis of Himalaya to discover the unique spiritual practices and to unlock the secret of life. All those techniques made a very powerful impact on Siddhant and to his spiritual transformation.

Acharya Siddhant focuses on the Hatha Yoga, Meditation Yoga Philosophy, and Pranayama as these all helps you to develop the right Understanding and the attitude of Gratitude in you for your complete growth.

Now, in these days Acharya Siddhant is staying at Rishikesh, India and running a yoga school named 'SIDDHANT SCHOOL OF YOGA'. He is sharing his knowledge & understanding with those seekers who come from the different part of the world to learn Yoga, Spirituality and its other important aspects.



Acharya Siddhant

SOME UNIQUE CREATION OF "ACHARYA SIDDHANT"

ONLINE COURSES

- ❖ Meditation For Beginners Complete Course
- ❖ Discover Your Chakra Short Course
- ❖ Why Do You Fail To Do Meditation Short Course
- ❖ 21 Min. Sitting Silent Short Course
- ❖ Personality Development Complete Course
- ❖ Anulom Vilom Short Course

ONLINE CLASSES

- ❖ Live Meditation classes
- ❖ Live Pranayama classes

The YouTube channel [@aharyasiddhant](#) which is in English language and [@acharyasiddhant - hindi](#) is in Hindi language. Both channels are very useful to develop your right understanding and help you for your growth.

REORDERED MEDITATION TECHNIQUES

- ❖ Tratak Meditation
- ❖ 5 Senses Meditation
- ❖ Yoga Nidra - Level 1
- ❖ Traditional Breathing Meditation
- ❖ Spine Awareness
- ❖ Discover Your Muladhar Chakra
- ❖ Discover Your Swadhistan Chakra
- ❖ Discover Your Manipura Chakra
- ❖ Discover Your Heart Chakra
- ❖ Discover Your Visudhi Chakra
- ❖ Discover Your Ajna Chakra

PUBLISHED BOOKS

- ❖ Meditation For Beginners
- ❖ The Secret Of Complete Immunity

UPCOMING BOOKS

- ❖ Practical Practice Of Yoga Nidra
- ❖ Spiritual Practice Of Yoga Nidra
- ❖ 4 Step Of Kundalini Yoga

PROJECTS

- ❖ Siddhant School Of Yoga - A Professional Yoga Teacher Training School
- ❖ Practice Center - A Personal Growth Oriented Yoga Center



@acharyasiddhant - hindi



@acharyasiddhant



@acharyasiddhant



@acharysiddhant



@acharysiddhant



@acharysiddhant



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**200 HOURS
KUNDALINI & MEDITATION
TEACHER TRAINING COURSE
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