



The  
Inner Yoga  
Trust

# The Inner Yoga Trust

## IYT 500 Hour Teaching Diploma

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### Course Syllabus

### Year 1 The Structure and Practice of Yoga (Foundation Year)

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## Aims

The primary aim of this course is to provide space for students to explore and reflect on the effects of asana, pranayama and meditation on their own bodies and life. It also aims to give students a firm grounding in Anatomy and Physiology as it relates to yoga.

## Length of Course

Year 1 is a non-residential course comprising of a minimum of 60 contact hours. The course is usually delivered over six weekends, each with ten teaching hours, or five weekends each with twelve teaching hours.

Contact hours are taught by Diploma Course Tutors or Foundation Year Course Tutors. Some teaching is carried out, under the supervision of the course tutor, by course assistants on the IYT Apprenticeship Scheme.

## What is required of students

**Before the course:** at least two years dedicated practice of the postures of yoga together with some practice of pranayama and meditation.

Your application form asks you to outline your personal yoga history which remains confidential. All students must be an IYT Student Member, currently £15 per year.

**During the course:** you will have the opportunity to look honestly at yourself and to develop towards your own inner awareness. You are asked to complete the written work set at each weekend.

**At the end of the course:** you will receive a certificate showing that you have completed Year 1 The Structure and Practice of Yoga of the IYT 500 Hour Diploma.

## Course Objectives

The course objectives are that each student:

- draws on their understanding of Anatomy and Physiology to practice asana with greater awareness;
- draws on their understanding of Anatomy and Physiology, and asana to practice pranayama with greater awareness;
- explores various seated asanas in order to sit and to practice dharana, dhyana and Samadhi, the three stages of meditation;
- develops an understanding of the origins of yoga and Patanjali's Eight Limbs;
- develops their personal practice of asana, pranayama and meditation.
- keeps a reflective journal of their own practice and how it affects their life.

## Written Work

There is a study sheet for each weekend that details practical ideas to help you build on the weekend's teaching and to support the development of your practice.

Each study sheet also asks anatomy and physiology questions which form part of the Year 1 Teacher Training Diploma Course assessment. You are asked to submit answers to questions at each following weekend.

## Assessment

This course is not a pass/fail course as some people do the course purely for their own interest and development. Assessment consists of the tutor observing the students' participation and development over the whole course, during the Asana, Pranayama and Meditation sessions.

Students doing the course as part of the Teacher Training Diploma Course are expected to practise what they have learned at each weekend. At the end of this course you can have a meeting with the tutor to discuss your practice and progress and whether the next year's course (Year 2) is for you.

You are required to attend the 60 contact hours of the course and to submit the anatomy and physiology study sheets to complete the course. If you miss a weekend you can attend on a later course with the same tutor or on a course with a different tutor. You can complete some Year 1 weekends after starting year 2 of the course with the agreement of your tutor.

## Course Texts

It is important to have the recommended text books as they complement the teaching you will receive. The course texts are listed below. Some of the books can be obtained from the Rama Krishna Vedanta Centre, Blind Lane, Bourne End, Bucks. SL8 5LG [vedantauk.com](http://vedantauk.com). The Inner Bookshop is also very helpful 01865 245301 [innerbookshop.com](http://innerbookshop.com).

**Your Yoga Body Map for Vitality** - Jenny Beeken ISBN 0-9545389-1-9

**Don't Hold Your Breath** - Jenny Beeken ISBN 0-95452389-9-4

**Awakening the Spine** - Vanda Scaravelli ISBN 978-1-905177-264

**Anatomy of Movement** - Blandine Calais-Germain ISBN 0-939616-17-3

**The Muscle Book** – Paul Blakey ISBN 9780893892630

## Course Content

### Asana

A variety of standing, seated, and supine poses which will include:

- forward bends e.g. uttanasana, paschimottanasana
- back bends e.g. Virabhadrasana I, Setubandhasana
- twists e.g. trikonasana, bharadvajasana
- balances e.g. vrksasana, ardha chandrasana
- inversions e.g. adho mukha svanasana, sirsasana

## Anatomy

Each weekend focuses on the anatomy of a different area of the body, starting at the feet and moving up to the head. These aspects are then related to and explored through the practice of yoga.

## Chakras

The course gives a brief introduction to the energy system of the body, exploring the chakras and how they relate to the body-mind.

## Breathing and Pranayama

A variety of breath awareness practices and pranayama are explored during the course including:

relaxation; observation of the breath; movement of the breath; using the whole of your lungs (primary and secondary respiration); feeling the diaphragms of the body; the breath and sound; nadi sodhana pranayama; viloma pranayama; ujjayi pranayama; awareness of the breath in asana.

## Mudra and Bandha

During the course students are introduced to the diaphragms of the body and to develop an awareness of mula bandha, uddiyana bandha, and jalandhara bandha. The teaching also explores the hasta mudras of pranayama and bhairava hasta mudra.

## Relaxation

Practice of Savasana to include body/breath awareness, pratyahara, and rotation of consciousness.

## Concentration and Meditation

Practice of various seated asana to sit for concentration and the three stages of meditation: dharana, dhyana, samadhi. To include breath awareness, body awareness and use of objects e.g. candle and mantra.

## Mantra

Sounding OM

## Philosophy and Discussions

An introduction to yoga philosophy including an outline of its history, the various lineages, and different paths of yoga, as well as an introduction to Patanjali's Eight Limbs and how they relate to your life.

Each weekend looks at a different area of the body and this is covered with discussions using a skeleton and other visual aids e.g. PowerPoint presentations, books, posters and white board. These discussions are often led by the interests of the students.

Time is given to discuss students' personal practice and progress on the course.



## Course Focus

Although we look at the body through the different anatomical zones the focus in the asana teaching is on how the whole body moves as one and so how it affects the anatomy in focus on that particular weekend.

### **Weekend 1 – Feet and Ankles**

How the feet and ankles affect the rest of the body.

### **Weekend 2 – Hips and Pelvis**

The structure and anatomy and physiology of the pelvis. How the pelvis moves and enables movement. How it connects to the feet and how the movement and the life in the feet connects into the hips.

### **Weekend 3 – The Spine**

How the movement of the pelvis connects to the spine and how the spine will come to life and move from the freedom of the pelvis.

### **Weekend 4 – Chest and Breast Bone**

How the chest and breastbone connect into the sacrum and pelvis, and how the movement up into the breastbone and across the collarbone connects to the pelvis.

### **Weekend 5 – Shoulder Girdle, Arms and Hands**

The whole shoulder girdle, arms and hands, and how they connect to the neck and thoracic spine.

### **Weekend 6 – Neck and Head**

How the head, the skull and the neck connect into the rest of the body.