

# Curriculum

304 page manual written by Aadil Palkhivala

- **Introduction:** Purna Yoga introduction and lineage, Yoga Class Etiquette, Homework
- **Philosophy:** Key Sutras, Yamas and Niyamas, Kleshas, Saucha in Teaching, Savitri, Om, Mantras, Poetry, and much more
- **Meditation:** Purna Yoga Meditation introduction, Purna Yoga Meditation Snacks, Student/Teacher Relationships, Keeping Your Aura Clean, How to Teach Meditation
- **Nutrition and Lifestyle:** Nutrition Systems, Sunrider Basics, Ayurveda Basics, Ayurveda Recipes, What to Eat/What to Avoid, Alkalinity, Acidity, Digestive Health, What to Do/ What to Avoid, Daily Practices for Health and Hygiene
- **Anatomy:** Anatomy Principles in Yoga, Yoga Anatomy Muscle Sutras (“YAMS”), Asana and Anatomy, Anatomy of the Foot
- **Teaching Yoga:** Foundations for Living, Creating a Practice, Preparations for Teaching, Foundations of Teaching Asana, Relationships with Students, Method of Teaching, Delivery, Actions and Alignment (Duality, Breath, Pelvis/Head/Heart, Muscles and Joints, Spine), Adjustments, Props, Injuries and Healing, Setting Up a Class, Class Control, Professional Presentation Skills and Appearance, Voice and Verbal Presentation, Command Language
- **Asana:** In each section on Standing Poses, Inversions, Twists, Backbends, Abdominal Strengtheners, Seated Poses, Forward Bends, Reclining Poses, and Restorative Poses you receive information on the actions in the pose, what to look for (alignment), benefits, contraindications, moving into the pose, adjustments, and prop work
- **Prānāyama:** Purpose and Practice, Methodology, Supine Position, Seated Position, Program for Prānāyama Practice
- **Sequences and Series:** Guidelines for Sequencing, Basic Asana Reference Sequence, plus 22 detailed class sequences
- **Health and Healing:** Women’s Health, Menstruation Sequence, Pregnancy and Postpartum, General Considerations in Therapeutics, Therapeutic Topics – What to Do/ Avoid, Therapeutic References by Pose, Therapeutic References by Condition
- **Resources:** Recommended Reading and Products, Continuing Education, Business Basics