AYUSH LEVEL 2 SYLLABUS

THEORY

1. Introduction to yoga and Yogic practice.
2. History and devolapment of yoga
3. Etymology and Origin
4. Shad Darshana
5. Introduction to Hatha yoga
6. Introduction of Patanjali yoga sutra
7. Ashtanga Yoga
8. Introduction of Human systems &yoga and healt
9. Yoga for wellness
10. Different path of yoga
11. Yoga teaching and philosophy
12. Yogic Diets
13. Stress Management
14. Human Anatomy and physiology.

PRACTICAL

1. Yogic sukshma vyayama
2. Sthula vyayama
3. Shat karma
4. Soorya namaskara with Manthra
5. Preparatory of Breathings
6. Yoga Asanas
7. Pranayama
8. Concept and Demonstration of Bandha
9. Concept and Demonstration of Mudra
10. Practice to Dhyana Sadhana.

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FOUNDATION
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