

# **CLASSICAL YOGA INTERNATIONAL**

## **CYT 200 – 200 Hours Classical Yoga Teacher Training Course**

### **Name of the Certification**

Classical Yoga Teacher (CYT 200)

### **Eligibility / Requirements**

The course is open to all sincere practitioners who wish to deepen their understanding of Classical Yoga. There is no strict eligibility requirement for participation. However, it is recommended that applicants have completed at least higher secondary education (12th standard) or equivalent. The school reserves the right to assess eligibility based on the applicant's interest, discipline, and readiness for training.

### **Course Description**

The CYT 200 program is designed to provide a strong foundation in Classical Yoga through systematic and traditional training. The course integrates Asana, Pranayama, Meditation, Yogic Philosophy, and awareness-based practices to support holistic development. It prepares participants to understand yoga as a complete lifestyle and develop the skills required to guide safe and effective yoga sessions.

### **Role of a Certified Classical Yoga Teacher**

Upon completion of the course, participants will be able to conduct beginner-level yoga classes and promote health and well-being through Classical Yoga practices. Graduates may teach in yoga schools, wellness centers, studios, retreats, educational institutions, workplaces, and community settings. The training also supports personal practice and self-development.

## **Minimum Age**

There is no minimum age limit. Anyone with sincere interest, discipline, and willingness to learn may join the course.

## **Personal Attributes**

Participants are encouraged to develop qualities that support teaching and personal growth. These include discipline, patience, sincerity, compassion, and a responsible attitude. The course also nurtures communication skills, observation ability, confidence, active listening, and the capacity to guide students with clarity and sensitivity.

## **Duration of the Course**

The total duration of the CYT 200 program is 200 hours of structured training. The course may be conducted as:

- Intensive format (3–4 weeks full-time), or
- Part-time format spread over 2–3 months, or
- Extended format based on the training schedule of the school.

The program includes practical sessions, theory classes, self-practice, teaching practice, and assessment.

## **Course Focus**

- Traditional Classical Yoga practices
- Foundation in Asana, Pranayama and Meditation
- Introduction to Yoga Philosophy
- Teaching methodology and class structuring
- Awareness-based and mindful practice
- Development of personal sadhana
- Building confidence as a yoga teacher

CYT 200 – Foundation of Classical Yoga Practice, Understanding and Teaching

## Mark Distribution

Total Marks: 200 (Theory: 80 + Practical – 120)

## Theory Evaluation

Unit No.	Unit Name	Marks
1	Foundations of Classical Yoga & Practices	30
2	Yoga Philosophy & Traditional Texts	25
3	Yoga for Health, Lifestyle & Wellness	25
Total		80

## Practical Evaluation

S. No.	Practical Component	Marks
1	Asana Demonstration, Alignment & Adjustment	40
2	Pranayama & Meditation Guidance	20
3	Teaching Methodology & Class Delivery	25

4	Teaching Practice (Assessment Class)	15
5	Lesson Planning & Sequencing	10
6	Participation, Discipline & Self Practice	10
Total		120

## **CYT 200 – 200 Hours Classical Yoga Teacher Training**

### **Theory Syllabus**

#### **Unit 1 – Foundations of Classical Yoga**

- Meaning and definition of Classical Yoga
- Objectives and scope of yoga in modern life
- History and evolution of yoga
- Branches of yoga and integrated approach
- Body–breath–mind awareness in yoga practice
- Principles of safe and conscious practice
- Introduction to Joint and warm-up practices
- Concept and benefits of Classical Surya Namaskar
- Fundamentals of Yogasana practice
- Principles of alignment, stability and relaxation
- Introduction to Pranayama and breath awareness
- Basic breathing patterns and their effects
- Introduction to Bandha and Mudra (basic understanding)
- Introduction to Meditation and mindfulness practices
- Yogic relaxation techniques (Shavasana, basic Yoga Nidra)
- Yoga as a lifestyle for balance and well-being

#### **Unit 2 – Classical Yoga Philosophy & Principles**

- Concept of Ashtanga Yoga (Eight limbs of Yoga)
- Yama and Niyama for daily life
- Concept of body, breath and mind connection
- Awareness and discipline in yoga practice
- Introduction to mind and mental fluctuations

- Concept of concentration and meditation
- Yogic approach to stress and emotional balance
- Introduction to Hatha Yoga principles
- Concept of prana and energy awareness
- Nadis and breath balance (basic understanding)
- Yogic lifestyle and moderation
- Role of awareness in yoga practice
- Ethics and responsibilities of a yoga teacher
- Yoga for self-development and inner balance

### **Unit 3 – Yoga for Health & Wellness**

- Musculoskeletal awareness for yoga practice
- Spine and posture awareness
- Breathing mechanism and lung function
- Relaxation response and nervous system
- Yogic concept of health and balance
- Importance of daily routine and lifestyle discipline
- Yogic approach to food and mindful eating
- Sleep, rest and recovery
- Yoga for flexibility, strength and balance
- Yoga for stress management
- Yoga for mental well-being
- Contraindications and safety guidelines
- Yoga for common lifestyle conditions
- Role of yoga in preventive health care
- Developing personal practice for wellness

## Practical Syllabus (Complete Chart)

S. No.	Module	Contents
1	Opening Practices	Short relaxation, centering, breath awareness, mantra chanting
2	Joint Practices	Neck, shoulder, arm, trunk, hip, knee, ankle movements
3	Surya Namaskar / Vinyasa	Step by step practice, breath coordination, variations, mantra / chakra vinyasa
4	Standing/Side Bending Asanas	Tadasana, Tiryak Tadasana, Kati Chakrasana, Trikonasana, Parshva Konasana,
5	Relaxing / Meditative Asanas	Dandasana, Vajrasana, Padmasana, Sukhasana, Siddhasana, Shavasana, Advasana, Matsya Kridasana, Makarasana,
6	Forward Bending Asanas	Paschimottanasana, Parivritti Janu Sirsasana, Pavanamuktasana
7	Backward Bending Asanas	Purvottanasana, Bhujangasana, Tiryak Bhujangasana, Shalabhasana, Dhanurasana, Chakrasana, Setubandhasana (Kandharasana) , Matsyasana, Raj Kapotasana
8	Spinal Twisting Asanas	Vakrasana, Ardha Matsyendrasana, Supta Udarakarshanasana, Udarakarshanasana

9	Vajrasana Group Asana	Shasanakasana, Marjari Asana, Vyaghrasana, Shasanka Bhujangasana
10	Inverted Asanas	Uttanpadasana, Halasana, Sarvangasana, Vipreet Karani Asana
11	Balancing Asanas	Vrikshasana, Natarajasana, Bakdhyanasana, Vrishchikasana, Sirsasana, Merudandasana
13	Deep Breathing	Diaphragmatic breathing, Thoracic breathing, Clavicular breathing
14	Pranayama	Nadi Shodhana, Sushumna Pranayama, Ujjayi, Bhramari, Sheetali, Sheetkari
15	Shatkarma	Jala Neti, Kunjal, Laghoo Shankha Prakshalana, Kapalabhati, Trataka
16	Bandha	Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha
17	Mudra	Chin Mudra, Jnana Mudra, Yoni Mudra, Hridaya Mudra, Nasikagra Drishti, Bhoochari Mudra, Tadagi Mudra, Prana Mudra, Maha Mudra, Ashwini Mudra, Vajroli / Sahajoli Mudra
18	Meditation	Yoga Nidra, Antar Mauna, Om Meditation, Soham Meditation, Shunya Meditation, Guided Relaxation, Body Awareness
19	Teaching Methodology	Demonstration, instructions, observation, safety
20	Teaching Practice	Peer teaching, group teaching, class practice

21	Lesson Planning	Class structure, sequencing, beginner class design
22	Teaching Assessment	Demonstration, teaching skills, confidence, alignment

Approved By

Name: Rishikumar Santosh

Designation: Director- Classical Yoga International

Date: 1st April 2026



Rishikumar Santosh