

HIMALAYAN YOGA AND MEDITATION CENTER

TEACHERS TRAINING PROGRAM

2009 - 20010 COURSE OUTLINE

Classes are from 9:30 am – 3:30 pm (Including one hour for lunch)
(847) 221-5250 www.hymcillinois.com

1. **March 8, 2009**
Fundamentals of Teaching
Centering- Limbering
Joint & Gland Exercises
 2. **April 19, 2009**
Sun Salutation
Standing Postures
 3. **May 17, 2009**
Sitting Postures
Forward Bending Postures
 4. **June 14, 2009**
Backward Bending Postures
Twisting Postures
 5. **July 12, 2009**
Leg Lifts and Abdominal
Strengthening Postures
Inverted Postures
 6. **August 9, 2009**
Teaching Special Groups
Seniors & Handicapped
How and when to use props
 7. **September 13, 2009**
The Shat Kriyas
Children's Yoga
Hatha Yoga Test
 8. **October 11, 2009**
Science of Breath
Pranayama
The 5 Pranas
 9. **November 8, 2009**
Introduction to Meditation
Basics of Meditation
Mantra and its practice
Chakras, Nadis and Koshas
Science of Breath Test
 10. **December 13, 2009**
Yoga Sutras
Modifications of the Mind
Astanga Yoga and Kleshas
Meditation Test
 11. **January 10, 20010**
Yoga Anatomy 1
Major Systems of the Human
Body and Their Functions
Yoga Sutras Test
 12. **February 14, 20010**
Yoga Anatomy 2
Therapeutic Yoga
How to Prevent Injury and
Get the Most From the Postures
Yoga Anatomy Test
- All posture classes will include**
- **Alignment**
 - **Corrections**
 - **Benefits**
 - **Contra indications**
 - **Common Errors**
 - **Variations**
 - **Modifications**
 - **English and Sanskrit Titles**

Classes and dates may be subject to change. In the event there are changes we will inform all students as soon as possible so that they can adjust their schedule.