**Module on Ayurveda**

1. Introduction to Ayurveda
2. Ashtanga of Ayurveda (Eight Branches of Ayurveda)
3. Pancha Mahabhuta Siddhanta ((Basic Principles of Five Element)
4. Three Gunas and Ayurvedic Psychology
5. Tridosha Siddhanta (Basic Principles of Three Humor)
6. Shad Rasa (Six Tastes)
7. Prakruti (Constitution)
8. Agni (Fire)
9. Ama (Metabolic Toxin)
10. Sapta dhatus (Seven Tissue types)
11. Dinacarya (Daily Regime)
12. Ritucarya ( Seasonal Regime)
13. Dravya guna (Ayurvedic Pharmacology)
14. Ayurvedic Nutrition
15. Preparation of Medicinal Formulation & Cooking
16. Health and Common Diseases in Pregnancy
17. Ayurveda for Children
18. Preventive Healthcare according to Ayurveda

**Module on Yoga Anatomy, Biomechanics of Yoga and Physiology**

1.   Introduction to the Musculo-skeletal system

2.       Yoga as a holistic science and application of modern anatomical, physiological and therapeutic principles to yoga practice.

3.       Isotonic and isometric exercise characteristics explained in the context of yoga asana practice.

4.       Basics of musculo-skeletal system – biomechanics of yoga asana practice, types of joints, important agonist and antagonist muscles.

5.       Core muscles and their connection to stored emotion – how the mind-body interaction plays out

6.       Upper limb muscles, shoulder anatomy, impingement, rotator cuff muscles and their protection and asanas more relevant to them

7.       Application of proprioception (PNF principles to deepen yoga postures) and reciprocal inhibition in yoga practice.

8.       Preventive aspects of injury, therapy – tension and compression understood in yoga movements – (including ways to protect your knees)

9.       Back muscles, abdominal muscles – asanas which focus more on them

10.   Prevention of back injuries – particular precautions while teaching yoga. Focus on QL, spinal erectors, glutes, hamstrings.

11.   Pelvic anatomy, pelvic tilts, pelvic floor strengthening and connexion with Bandhas

12.   Important Core muscles – Iliopsoas, quadratus lumborum, transversus abdominis, multifidus and also importance of the hamstrings

13.   Lower limbs, foot and ankle functional anatomy, arches of foot.

14.   Yoga therapy – application of yoga anatomy knowledge, understanding the limitations.

15.   Prana, Pranayama and the physiology of breath

16.   Sympathetic and parasympathetic nervous systems - a yoga approach

17.   Brain and Nervous system – limbic system and emotions in the light of yoga, correlation with practices of meditation, pranayama and knowledge of chakras

18.   Reproductive system –basic anatomy, right understanding of brahmacharya in the light of modern physiology, transformation of ojas to tejas through yogic practices.

19.   Chakras and their mediating the mind-body connection with more focus on the anatomical and nervous system aspects – the anatomical validity of chakras.

20.   Physiology of the circulatory system – cardiac autonomic nervous system, effects of isotonic and isometric exercise in relation to yoga, on blood pressure.

21.   Gastro-intestinal physiology – modern and yoga approaches – some relevant points about shatkriyas

22.   Endocrine physiology – hormones, psycho neuro-modulation of hormonal secretions, correlation with asana, pranayama and meditation, basic knowledge of endorphins.

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