



## Repeaters Course Syllabus

### A. Course Syllabus: -

#### Syllabus for Repeaters Course –

The Sadhak's who join this course are given training for 2 hours on a particular day of the week and they have to practice what is taught to them at home. The training continues for 12 weeks (3 months), Sadhak's are systematically and progressively taught Shuddhi kriyas, asanas and are given broad idea about the Ashtanga yoga (Yamas, Niyama's, Asanas, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi). There are special lectures conducted on

- Importance of Omkar and its scientific approach,
- Gayatri Japa,
- Soham sadhana,
- Ajapajap,
- Yama-Niyama's,
- Maha shankhaprakshalan,
- Yogabhyas as per disease,
- Seva,
- Dedication towards Kutir.

Following kriyas are taught: -

#### Shuddhikriyas-

- All Traimasik Shuddhi kriyas
- Maha-shankhaprakshalana

#### Asanas-

- All Traimasik asanas,
- Suryanamaskar (14 postures)
- Shankhaprakshalana
- Mahashankhaprakshalana
- Sarvangasana (16 postures)

#### : MANAGING COMMITTEE :

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- Chakrasana (Kaman)
- Dronasana
- Tolasana
- Paschimottanasana
- Ugrasana
- Bhunamasana
- Ardha Dhanurasana / Ardha Naukasana
- Supta Ustrasana
- Emphasis is given on Mahashankhprakashana, Suryanamaskar & Sarvangasana.

### Sadhana for Mental peace & Spiritual journey: -

- Gayatri Japa
- Soham sadhana
- Ajapa Japa
- Scientific approach towards Omkar
- Guidance towards Sevabhav/ Ego,
- Yama-Niyama.

Those who have not picked up or completed the training properly are asked to repeat the course again.

Reference Books: - Swasthyayoga- Author- Hathayogi Nikam Guruji

### B. Details of in person hours for Repeaters Course - Detailed In Person Hours of the Course

	Course	Contact Hours Of theory	Contact Hours Of Practical	Total No. Of Hours
1.	Traimasik - Basic Yoga course	6	24	30
2.	Repeaters Course	6	24	30
	<b>Total</b>	12	48	60

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