



ANANDA ASHRAM
AT THE INTERNATIONAL CENTRE FOR
YOGA EDUCATION AND RESEARCH
(ICYER), PONDICHERRY, INDIA
www.icyer.com



INTERNATIONAL YOGA TEACHERS TRAINING COURSE

A. STRUCTURE OF THE COURSE

a. YOGA: STEP BY STEP CORRESPONDENCE COURSE

- i. 53 lessons bound into one book/ two books
- ii. May be completed between 6 to 24 months duration
- iii. Answers must be submitted for all lessons either weekly or monthly and the guides (Ammaji and Dr Ananda) constantly monitor the progress of the student and answer questions that come up during the study.
- iv. Students are introduced to qualified teachers of this Parampara teaching in their country and contacts made for personal sessions with graduates of the ICYER courses when possible
- v. Students are advised to attend the sessions with Dr Ananda / senior faculty members whenever they visit their country for workshops/ seminars / retreats etc
- vi. Full length thesis must be submitted at the completion along with photos of different techniques performed by the student.
- vii. Certificate of proficiency is given upon successful fulfilment of all the above conditions.

b. SIX MONTHS FULL TIME RESIDENTIAL

- i. Students must have completed the Yoga: Step by Step Correspondence Course and been in contact with ICYER on a regular basis to be eligible for the admission. Recommendations from past graduates of ICYER are desired.
- ii. The course is full time residential and runs from 4.30am to 10 pm daily for the entire 6 months with Thursdays off between 9am and 6 pm and a short Christmas vacations from 25th to 31st December.
- iii. All classes, Pujas, Ashram functions and events are compulsory.

c. 7 YEAR CERTIFICATE AND 9 YEAR DIPLOMA COURSES AT YOGANJALI NATYALAYAM

- i. Twice weekly sessions (4 hours/week)- 200 hours/year
- ii. May summer intensive residential camp (3 days/year)
- iii. Intensive training for competitions, annual day, performances- 60 hours/year



- iv. Best youth and child award events-20 hours/year
- v. Teaching experience- after completion of 5 years/ 18 years of age
- vi. Yoga excursions- 2 days/year
- vii. Final presentation, Arangetram with thesis , practical demonstrations and viva voce etc

d. ONE YEAR ADVANCED DIPLOMA

- i. To be eligible the students must have completed the 6 months Full Time Residential Course with desired qualities as decided by Ammaji and Dr Ananda in consultation with senior faculty.
- ii. They must be willing to commit themselves to extra hours of teaching at ICYER and Yoganjali Natyalayam as well as travel to different conferences and workshops to present the ICYER teachings.
- iii. Intensive hands on training and personal instruction from Ammaji and Dr Ananda is received in advanced aspects of the techniques taught in the CC and 6 month courses with emphasis on Yoga therapeutics, teaching practice, representation at seminars, conferences, workshops etc
- iv. Monthly reports on their progress are full length thesis at the end of the period is evaluated before certification.



B. HOURS OF YOGA SADHANA

1	Morning Arthi and blessings from Ammaji	5
2	Meditative sitting and instruction in introspective practices by Ammaji	24
3	Hatha Yoga Classes with Ammaji/ senior faculty	48
4	Karma Yoga including meal service	40
5	Pranayama and relaxation classes with senior faculty	30
6	Puja at Kambaliswamy Madam (Sundays and special days)	20
7	Scientific Basis of Yoga with Dr Ananda/ Senior faculty	12
8	Principles of Yoga therapy with Dr Ananda/ Senior faculty	12
9	Mantra, yantra and Tantra classes with Dr Ananda: Indian cultural and philosophical concepts, Philosophy, Yoga Sutras, Bhagavad Gita, and general discussions	40
10	Yoga Chikitsa practical sessions with senior faculty (Sundays)	8
11	Bhajans and group chanting	10
12	Satsangha with Ammaji	22
13	Sanskrit classes with Devasena	8
14	Music classes with Devasena	8
15	Aum Chanting with Ammaji (Sundays)	8
16	Evening Arthi and closing words from Ammaji	5
	Total hours per month	300
	Total hours in the 6 months	1800

- Additional hours for optional Brahma Muhurta meditative sitting and dance classes and Sunday morning Hatha Yoga individual practice.
- Many hours are allotted privately for personal counselling sessions with Ammaji, Dr Ananda and senior faculty.
- Many hours are allotted for attending workshops, conferences etc and presentation of lectures, lec-dems etc for development of the student as an able representative of the Yoga tradition
- Time is allotted during the final months for teaching practice in hours allotted for the various topics by rotation amongst the students



C. EVALUATION OF STUDENTS PROGRESS

- a. During the correspondence course, the Director and Chairman keep in constant touch with the students monitoring their progress and guiding them throughout the study period and beyond.
- b. As the ashram (ICYER) is a Guru Kula setting with all living in the same premises, there is virtually a continuous non stop evaluation of the students throughout the course.
- c. Continuous evaluation by personal interaction daily, weekly and monthly as well as at the end of the course by Director, Chairman and senior faculty members
- d. Monthly in-depth assignments to be submitted based on topics covered that month to be evaluated by Director, Chairman and senior faculty members
- e. Thesis to be submitted at the end of the course and evaluated by Director, Chairman and senior faculty members
- f. Detailed photographic submission of the students performance of various techniques and evaluated by Director, Chairman and senior faculty members
- g. Ability to go through different physical Tapasya Sadhana such as the All Night AUM chanting, the Shivaratri Padayatra as well as the different cleaning processes such as the Anahara (fasting), Eka Dasi Prakriya (11 day psychological cleansing Sadhana) etc, is noted with great attention. 100% attendance in all classes is a MUST and along with the above tests of character gives an indication of the student's true character for it is an important characteristic that defines a student worthy of being a "Tivrasamvegin" as elucidated by Maharishi Patanjali.
- h. Performance of Karma Yoga duties is noted with great attention to evaluate the deeper ability of the student to "give of the self" and work in the TEAM.
- i. Those not fulfilling the necessary requirements, or lacking adequate yogic progress are counselled about the lacunae and if still lacking after repeated efforts, are asked to leave the ashram and return when they have been able to fulfil the requirements of yogic living.

D. THEORY AND PRACTICAL SYLLABUS COVERED

YOGA THEORY

1. OVER VIEW OF YOGA:
 - a. Definitions Of Yoga According To Yogic Literature
 - b. Yoga Sadhana: Obstacles In Yoga Sadhana
 - c. Yoga Paths: Relationship Between Bhakti Yoga, Jnana Yoga And Raja Yoga
 - d. Shat Darshanas and Tantra: Different Approaches In Understanding the Universe
 - e. Yoga For Overall Health: Claiming One's Birthright Through Yoga



- f. Responsibility Of Student To Guru
 - g. History and development of the Rishiculture tradition and its teachings
2. YOGA PSYCHOLOGY:
- a. Lessons In Yoga Psychology
 - b. Integral Psychology of Yoga
 - c. Karma: The Cosmic Law Of Balancing Cause And Effect
3. EVOLUTION OF YOGA
- a. History of Yoga from Ancient to Modern Times
 - b. Yoga In Modern Times
 - c. Brief Chronology Of Yoga Ideas Moving Westward
4. HINDU PUJA:
- a. Introduction to Sanathana Dharma (Hinduism) as a way of life
 - b. Esoteric Meanings Of Some Essentials Of Hindu Pujas
 - c. Mantras and Bhajans
5. ASHTANGA YOGA OF MAHARISHI PATANJALI
- a. Introduction to Maharishi Patanjali and his teachings
 - b. Samadhi Pada, Sadhana Pada, Vibhuti Pada and Kaivalya Pada
6. YAMA NIYAMA:
- a. Yama And Niyama The Basic Code Of Conduct For A Yogic Life
 - b. Yama And Niyama In The Bhagavad Gita
 - c. Yama And Niyama In Various Sacred Hindu Scriptures
 - d. Yama And Niyama Morality And Ethics Of Ashtanga Yoga
 - e. Ahimsa And The Bhagavad-Gita
 - f. Evolutionary Quirks, Yama/Niyama And The Brain Of Man
7. ASANA:
- a. Asanas In Ancient Hindu Scriptures
 - b. Asanas In Tirumular's Tirumandiram
 - c. Yoga In The Classical Period: Concern For Physical Practices Of Body
8. PRANAYAMA :
- a. Pranayama In The Yoga Scriptures
 - b. Pranayama In Daily Practice Of The Hindus
 - c. Pranayama According To Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj
 - d. Relationship Between The Feet, The Inner Organs And The Nervous System



- e. A Discussion Of The Fourth Limb Of Ashtanga Yoga
- f. The Eight Classical Pranayamas

9. PRATYAHARA:

- a. Thoughts On Pratyahara In The Scriptures
- b. Discussion Of The Role Of Pratyahara In The Bhagavad Gita
- c. Withdrawal Of The Mind From The Senses: The Fifth Step Of Ashtanga Yoga
The Last Step Of The Bahiranga (Outer Practices)
- d. The Prison Of Sense Enjoyment: Nirvana Prakarana Uttarardha
- e. Pratyahara: Going Against The Food Body Nature
- f. The Senses And Their Role In Creating Maya :A Medical Standpoint
- g. The Physical Senses Of Man: Bhutas, Indriyas And Tanmatras
- h. Christian Pratyahara

10. SAMYAMA:

- a. Dharana: The Sixth Step Of Ashtanga Yoga
- b. Samyama Yoga: Dharana, Dhyana And Samadhi
- c. Samyama In The Scriptures
- d. Traditional Views On Samyama Yoga
- e. Mandala Pranayama And Mandala Drishti (Dharana)
- f. Samadhi: An Imploding State Of Enstatic Consciousness
- g. Teachings From The Scriptures

11. SCIENTIFIC BASIS OF YOGA:

- a. Body functions and Life Process
- b. Anatomical Terminology
- c. Human Body Structure
- d. Cell Functions
- e. Musculoskeletal System
- f. Digestive system
- g. Lungs and Respiratory System
- h. Heart and Circulatory System
- i. The Heart
- j. Blood and its Components
- k. Brain and Nervous System
- l. Endocrine System



- m. Chakras : Centres of Consciousness
- n. Female Reproductive System
- o. Male Reproductive System
- p. Immune System
- q. Kidneys and Urinary Tract
- r. Metabolism
- s. Mouth and Teeth
- t. Skin, Hair and Nails
- u. Spleen and Lymphatic System
- v. Yoga – Vidya: The Science of Yoga
- w. Yogic Aspects of Diet
- x. Diet Power
- y. How to win an argument with a Meat-Eater
- z. What is Research?
- aa. Scientific Studies of Yoga
- bb. Yoga Research – What are we doing?
- cc. Selected Yoga research bibliography

12. PRINCIPLES AND METHODS OF YOGA THERAPY

- a. Yoga therapy-A Complete System of Health
- b. Important Concepts Of Yoga Therapy
- c. Therapeutical Benefits Of Hatha Yoga
- d. Integrated Approach To Yoga Therapy
- e. Origin, Scope & Practical Application of Yoga Therapy
- f. Yoga And Positive Health
- g. Yoga And Stress
- h. Yoga And Modern Medicine
- i. Tirumoolar On Health & Disease (Thirumandiram)
- j. Thiruvalluvar On The Art Of Healing (Tirukkural)
- k. Therapeutic Potential Of Pranayama
- l. Yoga & Medicine By Dr. Steven Brena
- m. Yoga And Yoga Therapy By Dr. Georg Feuerstein
- n. Swarodaya Vigjnan and Shivasvarodaya
- o. Lifestyle Modification In Health And Disease



- p. Basics Of Indian Psychotherapy
- q. Basic Concepts Of Ayurvedic Physiology
- r. Ayurveda And Asana By Mark Halpern
- s. Notes On A Few Important Medical Conditions : Hypertension /High Blood Pressure, Anemia, Rheumatoid Arthritis, Piles / Hemorrhoids, Epilepsy/ Fits/ Seizures, Back Pain, Obesity, Peptic Ulcer, Pregnancy, Diabetes Mellitus, Degenerative Neck Disease, Attention Deficit Hyperactivity Disorder, Bronchial Asthma and Yoga For Menopause
- t. Health Hazards Of Smoking
- u. Important Yogic Concepts Related To Yoga Therapy
- v. Lifestyle Modifications For Hypertension
- w. Various Yoga Therapy Schedules: Diabetes, Hypertension, Pre Syncope / Syncope, Bronchial Asthma, Obesity, Backache, Nasal Allergies And Breathing Problems
- x. Yoga Practices For Women
- y. Simplified Stress Reduction Programme

PRACTICAL CLASSES

Hatha yoga classes

1. PREPARATORY INTRODUCTORY COURSE
2. KAYA VIDYA (AWARENESS AND KNOWLEDGE OF BODY)
3. PRANA VIDYA (AWARENESS AND KNOWLEDGE OF PRANA-ENERGY)
4. LOMA VILOMA VIDYA (KNOWLEDGE AND BALANCING OF THE TWO BASIC UNIVERSAL ENERGIES OF LOMA AND VILOMA THROUGH BODY POSITIONING AND BREATH CONTROL)
5. ASANA ABHYASA VIDYA (DISCIPLINED KNOWLEDGE AND PRACTICE OF BASIC ASANAS)
6. KATHA SHAITILIAS (PELVIC LOOSENERS, ABDOMINAL AND LOWER BACK STRENGTHENERS)
7. DHYANA OR PADA ASANAS (MEDITATIVE OR FOOT POSTURES)
8. VIPARITA KARANA (TOPSY TURVY POSTURES)
9. SHIRSHA ASANA (THE KING OF ASANAS)
10. OLI MUDRAS
11. SPINAL TWISTS
12. CONCEPT OF PARAVRITTI (INFINITE VARIATION ON A THEME)
13. SURYA NAMASKAR (VARIATIONS ON THE SUN SALUTE)

PRANAYAMA AND RELAXATION CLASSES

1. Yogic concepts of breath and breathing
2. Concepts of Prana and Pranayama
3. Vibhagha Pranayama



- a. Adham Pranayama
 - b. Madhyam Pranayama
 - c. Adhyam Pranayama
 - d. Mahat Yoga Pranayama
4. Sukha Pranayama
 5. Sukha Purvaka pranayama
 6. Pradakshina Pranayama
 7. Savitri Pranayama
 8. Eka Dasi Prakriya
 9. Moksha Kriya
 10. Keeta Kriya
 11. Gardhaba Kriya
 12. Plavini Kriya and Pranayama
 13. Kukkura Kriya
 14. Shakti Jnana Kriya
 15. Loma Viloma Pranayama
 16. Surya and Chandra Nadi Pranayama
 17. Loma Viloma Pranayama
 18. Anu Loma Viloma Kriyas
 19. Nadi Shodhdhana and Nadi Shuddhi
 20. Aloma Viloma Pranayamas
 21. Anunasika Pranayama
 22. Alu Loma Viloma Kriyas
 23. Pancha Sahita Pranayama
 24. Danda Yatra (Yoga Chikitsa)
 25. Ujjayi (Snoring) Kriya (Yoga Chikitsa)
 26. Spinal Stretch (Yoga Chikitsa)
 27. Marjariya Pranayama
 28. Hang Sah Kriya
 29. Bandha Trayam
 - a. Moola Bandha
 - b. Uddiyana Bandha
 - c. Jalandhara Bandha
 30. Nasarga Bhastrika and Nava Bhastrikas
 31. Yoga Nidraa
 - a. Supine
 - b. Sitting
 32. Bhramari and Bhramara Pranayamas
 33. Hot weather pranayamas
 - a. Sheetali Pranayama
 - b. Sitkari Pranayama
 - c. Kavi Pranayama
 - d. Matangi Pranayama
 34. Mandala Dharana and Mandala Pranayamas
 - a. Apas Mandala
 - b. Tejas Mandala
 - c. Vayu Mandala
 - d. Prithvi Mandala



- e. Akash Mandala
 - f. Manas Mandala
35. Surya Bhedhana Pranayama
 36. Kapalabhati as a Pranayama
 37. Ujjayi Pranayama

YANTRA CLASSES

1. Introduction to Yantra
 - a. Interconnectivity between Mantra, Yantra and Tantra
 - b. Qualitative aspects of number, name and form
 - c. Taping into the archetypal symbology of the universe
2. Detailed exposition of the Dharma Yuga and its importance in determining ones' dharma for this lifetime
3. Detailed exposition of the Karma Yuga cycles and their importance in helping us understand the manifestation of Karma in our life.
4. Calculations of Dharma Yuga and Karma Yuga cycles
5. Interpretation of Dharma Yuga and Karma Yuga cycles
6. Nama Darshana and its applications
7. Nama Darshana Calculations
8. Nama Darshana Interpretations
9. Strengths and limitations of Yantra

MANTRA CLASSES

1. Introduction to Nada Yoga
2. Concept of Shabda, the universe of sound and its manifestation
3. Detailed exposition of the metaphysics of AUM
4. Detailed exposition and line by line chanting of Yoga Sutra
5. Detailed exposition and chanting of important verses from Bhagavad Gita
6. Detailed exposition of Indian cultural concepts, philosophy and metaphysics
7. Ganesha Prarthana
8. Saraswathi Prarthana
9. Various Gayatri Mantras
10. Mantras Used at Sri Kambliswamy Madam
11. Sri Maha Ganesha Pancha Ratnam
12. Guru Strotra
13. Lingashtakam
14. Universal Prayer
15. Prayer From Rig Veda
16. Sri Kambliswamy Stuthi
17. Surya Namaskar Nama and Bija Mantras
18. Dasa Sloki
19. Sri Ganesha Atharva Shirsha
20. Purusha Sooktam
21. Mantra Pushpam
22. Shanthi Mantras



23. Detailed exposition of the Chakras and the Mantralaya

SANSKRIT CLASSES

1. Introduction to Sanskrit as the language of Yoga
2. Learning of the Sanskrit alphabets with chanting sessions
 - a. Vowels
 - b. Consonants
 - c. Conjoined consonants
3. Simple words and phrases related to Yoga
4. Basic grammar and syntax

MUSIC CLASSES

1. Introduction to Indian music and its spirituality
2. Understanding Raga and Tala
3. Basic lessons of Carnatic music
4. Simple Bhajans and songs in Sanskrit and Tamil
5. Exposure to numerous concerts and lecture demonstrations throughout the training

BHARATANATYAM CLASSES

1. Introduction to Indian classical dance and its spirituality
2. Basic lessons of Bharatanatyam
3. Basic Shlokam chanting with Mudras of the hands
4. Simple Bhajana Natyam in Sanskrit and Tamil
5. Exposure to numerous performances and lecture demonstrations throughout the training

YOGA CHIKITSA CLASSES

1. The use of Mudra to effect changes in various systems.
 - a. Intrapersonal Mudras
 - b. Interpersonal Mudras
 - c. Transpersonal Mudras
2. Self Therapy techniques including Pranayama, Jattis and Kriyas.
 - a. Jathis
 - b. Kriyas
 - c. Breath body coordination practices
 - d. Pranayamas :Adhama Swara Pranayamas, Madhyama Swara Pranayamas, and Adhyama Swara Pranayamas
 - e. Routine to stabilize the Apraakasha Bindu
 - f. Isometric Solo Exercises
 - g. Relaxation techniques
3. The use of Mantra to induce healing effects.
 - a. Use of Nada
 - b. Omkara and its applications
 - c. Bija Mantras and their uses with respect to different Yoga techniques etc
 - d. Healing chants



4. Partner Work to correct “misalignments”, stiffness and defects in the physical systems or glandular system of patient through Asanas, Kriyas, Pranayama or Mudras.
 - a. Asanas to loosen up hips, knees and ankles to prepare for Padma Asana
 - b. Asanas to stretch and bring awareness into the spine
 - c. Isometric exercises with partner
 - d. Pranayama practices with Partner Help
5. Manipulation by the Yoga Expert of the physical, nervous, respiratory, skeletal or glandular system of the body.
 - a. One to one assistance in different stages
 - b. Different methods of massage
 - c. Hands on therapies
 - d. The Back-walk and Spinal Stretch
 - e. Chakra Massage

YOGNAT SYLLABUS:

YOGA THEORY

1. Definitions Of Yoga According To Yogic Literature
2. Yoga Sadhana: Obstacles In Yoga Sadhana
3. Yoga Paths: Relationship Between Bhakti Yoga, Jnana Yoga And Raja Yoga
4. Shat Darshanas and Tantra: Different Approaches In Understanding the Universe
5. Yoga For Overall Health: Claiming One’s Birthright Through Yoga
6. Responsibility Of Student To Guru
7. History and development of the Rishiculture tradition and its teachings
8. Integral Psychology of Yoga
9. History of Yoga from Ancient to Modern Times
10. Yoga In Modern Times
11. Introduction to Sanathana Dharma (Hinduism) as a way of life
12. Esoteric Meanings Of Some Essentials Of Hindu Pujas
13. Mantras and Bhajans
14. Detailed study of the Ashtanga Yoga Of Maharishi Patanjali: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi
15. Chakras : Centres of Consciousness
16. Yoga – Vidya: The Science of Yoga
17. Yogic Aspects of Diet
18. Yoga therapy-A Complete System of Health
19. Important Concepts Of Yoga Therapy



20. Therapeutical Benefits Of Hatha Yoga
21. Integrated Approach To Yoga Therapy
22. Tirumoolar On Health & Disease (Thirumandiram)
23. Thiruvalluvar On The Art Of Healing (Tirukkural)
24. Introduction to Yantra
25. Introduction to Nada Yoga
26. Detailed exposition of the metaphysics of AUM
27. Introduction to Indian music and Indian classical dance and their spirituality
28. Detailed exposition and line by line chanting of Yoga Sutra
29. Detailed exposition of Indian cultural concepts, philosophy and metaphysics
30. Ganesha Prarthana, Saraswathi Prarthana, Various Gayatri Mantras, Mantras Used at Sri Kambliswamy Madam, Guru Strotra, Lingashtakam, Universal Prayer, Prayer From Rig Veda, Sri Kambliswamy Stuthi, Surya Namaskar Nama and Bija Mantras, and Shanthi Mantras

PRACTICAL CLASSES

1. Preparatory Introductory Course
2. Kaya Vidya (Awareness And Knowledge Of Body)
3. Prana Vidya (Awareness And Knowledge Of Prana-Energy)
4. Loma Viloma Vidya (Knowledge And Balancing Of The Two Basic Universal Energies Of Loma And Viloma Through Body Positioning And Breath Control)
5. Asana Abhyasa Vidya (Disciplined Knowledge And Practice Of Basic Asanas)
6. Katha Shaitilias (Pelvic Looseners, Abdominal And Lower Back Strengtheners)
7. Dhyana Or Pada Asanas (Meditative Or Foot Postures)
8. Viparita Karana (Topsy Turvy Postures)
9. Spinal Twists
10. Concept Of Paravritti (Infinite Variation On A Theme)
11. Surya Namaskar (Variations On The Sun Salute)
12. Difficult Asanas based on individual capacity: front bending, back bending, twisting, leg balancing, hand balancing, non hand balancing, sitting, lying down etc
13. Yogic concepts of breath and breathing and understanding the respiratory apparatus
14. Vibhagha Pranayama : Adham Pranayama, Madhyam Pranayama, Adhyam Pranayama, and Mahat Yoga Pranayama
15. Sukha Pranayama, Sukha Purvaka pranayama, Savitri Pranayama
16. Various Kriyas including : Keeta Kriya, Gardhaba Kriya, Kukkura Kriya
17. Surya and Chandra Nadi Pranayama and Loma Viloma Pranayama
18. Bandha Trayam: Moola Bandha, Uddiyana Bandha, Jalandhara Bandha
19. Nasarga Bhastrika, Bhramari, Sheetali, Sitkari Pranayama
20. Surya Bhedhana Pranayama and Kapalabhati

