



COURSE CURRICULUM

BODY MIND ALLIANCE

200 HOURS YOGA

TEACHER TRAINING COURSE



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www.bodymindalliance.in

INR 35.000/-

Normal price

INR ~~45.000~~

REGISTER NOW



BODY MIND
ALLIANCE

ABOUT US

Body Mind Alliance is a wellness start-up that provides comprehensive, self-paced training programs for individuals who want to prioritize their physical and mental health, while also achieving financial independence. Our programs, rooted in the fundamentals of the human body, mind, and movement, include a yoga teacher training program and many niche courses that cover a range of physical and mental wellness topics. With the mission to create champions of change who will lead people to take control of their health with minimal medical intervention, we are committed to providing accessible, functional resources and support to our students, irrespective of their background or current circumstance.

Our platform is designed to be flexible and convenient so that our clients can fit their wellness journey into their busy lives. We offer a variety of features, such as community support and one-on-one coaching, to help our clients feel connected and supported throughout their wellness journey.

Contact

For Info : +91 989 9376 353 / +91 989 9602 114
Email : bodymindalliance@gmail.com

Website

www.bodymindalliance.in

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The **BMA** **200 HOURS**

Yoga Teacher Training Course
has 4 Verticals.

1. BMA LIVE

Daily Live practice sessions for consistent practice under the mentor's supervision. You also get the opportunity to interact with the lead trainer who will answer all your queries, and doubts and help you sharpen your teaching skills.

2. BMA RECORDINGS

Lifetime access to premium recorded Yoga content which is updated regularly with new content.

3. COMMUNITY SUPPORT

You will have lifetime assistance and support from BMA teachers, your seniors, and your peers. You will be able to effectively achieve your personal and professional goals with insightful discussions, expert guidance, industry updates, and even references for your Yoga career development.



WHY

learn with BMA?

- No need to travel: Learn from home.
- No deadline: Learn at your own pace.
- Efficient learning: Set your own schedule.
- Never miss a thing: Learn in your free time.
- Fits perfectly in your routine: Ideal if you lead a busy life
- Lifetime access: premium Yoga content available for life.
- Guaranteed growth: Progress gradually and consistently.
- Futuristic skills: Learn world-class advanced training skills.
- Stay updated: Course is timely updated with new content.
- Build cognitive skills: Focus, observation, analysis, & learning.
- Real-time feedback: practice and interact with the mentors.
- Value for money: unique learning opportunity at no extra cost.
- Ideal for freshers: Consistent learning and career support from the community.
- Research-based: proven skills, knowledge, and strategies for a profitable Yoga career.

and many more





CONTENT OVERVIEW

of BMA Yoga TTC

1. Asana technique.
2. Asana alignment.
3. Regressed version.
4. Common mistakes.
5. Functional Anatomy.
6. Yoga sequences bundle.
7. Meditation audio bundle.
8. Correct use of Yoga Props.
9. Develop Observation skills.
10. Fundamentals of Meditation.
11. On-the-spot asana correction.
12. Lifetime BMA community support.
13. Understanding respiration function.
14. How to design accurate Yoga routines.
15. Real Case-studies analyses and diagnoses.
16. Daily LIVE Practice sessions with BMA faculties.
17. Weekly LIVE Q&A sessions with the lead trainer.
18. Teaching methodology and expert mentoring.
19. Traditional and contemporary 60+ Yogasanas.
20. In-depth knowledge of Pranayama techniques.
21. Lifetime access to world-class recorded content.
22. Correct location and usage of muscles and joints.
23. Comprehensive Guide to Functional Yoga Philosophy.
24. Business of Yoga: marketing, sales, digital marketing, networking, negotiation, lead generation.

and many more



ASANA PRACTICE

Movement

It is fundamental to life or we would cease to exist but most of us ignore the natural rhythms of our prana, rhythms central to our well-being.

Kinesthetic learning

In this course you will physically practice each and every instruction cue to physically know every detail of an asana. You will learn the art of movement i.e asanas to help shift emotions, improve body stability, and ground inner peace and strength.

Technique

Learn accurate steps in an asana recruiting appropriate muscles and movements.

Alignment

Learn the science of movement to achieve the correct alignment of the body in an asana.

Assistance and adjustments/alignments

The core of asana practice correct alignment based on functional anatomy

Common mistakes

Identify the common movement mistakes made during the asana practice.

Regressed versions

Build a strong foundation with basic and comfortable regressed/beginner version of an asana.

Prop use

Learn correct use of Yoga props to practice safely and advance faster.

Preparatory drills

You'll learn to gain access to complex muscles and movements with simple drills and stretches.

Practice

Step-by-step guided practice of every single asana.





COURSE CONTENT

1. Tadasan - Summit of Serenity
2. Uttanasan - Fold into Stillness
3. Prasarita Paddouttanasan - Expand Your Horizons
4. Trikonasan - The Three Sides of Balance
5. Virbhadrasan II - The Warrior's Path to Self-Discovery
6. Virbhadrasan I - The Warrior Within
7. Utkatasan - Sit Into Your Power
8. Parsvottanasana - Embrace the Intensity
9. Dandasan - Ground Yourself and Connect with the Earth
10. Paschimottanasana - Journey Inward and to back of your body
11. Janusirsasan - Connect to Your Roots
12. Upavishta Konasan - The Wide-Angle Way to Inner Peace
13. Trianga Mukhaikapada Paschimottanasana - Embrace the Power of Three
14. Bhujangasan - Rise Up with Strength and Grace
15. Dhanurasan - Draw Your Bow and Take Aim at Your Goals
16. Shalabhasana - Fly high
17. Chakrasan - The Wheel of Life
18. Ustrasan - From Hump Day to Everyday
19. Urdhva Mukha Svanasana - Rise Up and Open Your Heart to the World
20. Purvottanasana - Opening to the East
21. Setubandhasan - Bridging the Gap
22. Supta Padangusthasana - Stretching Your Way to Serenity
23. Supta Baddhakonasana - Relaxing into Stillness
24. Supta Veerasana - Reclining Hero Pose
25. Supta Swastikasana - Crossing Over to Relaxation
26. Supta Padmasana - The Lotus Unfolded
27. Naukasana - Sailing into Strength and Stability
28. Sukhasana - A Beginner's Guide to Sitting in Ease and Stillness
29. Veerasan - Stepping into Your Inner Warrior
30. Padmasan - Bloom into stillness
31. Badhakonasan - Experience The Butterfly Effect
32. Swastikasana - Crossing the auspicious path
33. Adhomukhshvanasan - The inverted magic begins
34. Sarvangasan - The Queen of Health and Well-being
35. Halasan - Plough your way to tranquility
36. Vrikshasan - Root Down and Rise Up
37. Natrajasan Dancing with Grace
38. Virbhadrasana III - Sculpting the Body
39. Ardha Chandrasan - Practice it to the moon & back
40. Marichiyasan - A Twist in the Tale
41. Parivrtta Virasana / Parivrtta Vajrasana - Twist your way to strength
42. Parivrtta Sukhasana - Revitalize your spine
43. Parivrtta Swastikasana - The auspicious twist
44. Kati Chakrasana - The standing twist
45. Surya Namaskar
46. Warm Up Sequence
47. Sukshma Vyayama





PRANAYAMA

Aspire

derived from the Latin verb spirare (breathe), literally means “breathe on”.the connotation is that one breathes heavily with the exertion of aspiring to a goal. the modern sense of aspire is “try to be or do something”.

Expire

“to breathe out”, usually connotes the end (of an offer/product life). The literal meaning of inspire is “breathe in”; the figurative sense derived from the idea that a deity breathes life into a mortal.

Pranayama

The closest translation of breathing in ancient Indian texts is Pranayama. It consists of two words ‘prana’ & ‘Ayama. Prana means vital energy whereas Ayama means extension/expansion. The word pranayama means an extension of the dimension of prana. The extension is added to something to enlarge or prolong it. In Pranayama that thing is prana or vital energy/life.

What you will learn

We have condensed the knowledge of Yoga, neuroscience, and psychosomatic studies to shape it into a teaching module that is functional and rooted in the ancient wisdom.

COURSE CONTENT

- 1.Introduction Pranayama
- 2.The anatomy of respiration
- 3.The Physiology of Breathing
- 4.Muscles of the respiration
- 5.Body Cavity
- 6.Boyle's Law & Respiration
- 7.Decoding Stress
- 8.Nervous System
- 9.Sympathetic vs Parasympathetic Nervous System
- 10.Diameters of the Thorax
- 11.Respiratory movement of Ribs
- 12.Pump Handle & Bucket Handle Movement
- 13.Three Dimensional shape change of breathing
- 14.Vagal Tone & Anxiety
- 15.The art of sitting in pranayama
- 16.The art of using fingers in Pranayama
- 17.Anuloma & Pratiloma
- 18.Bhastrika & Kapalbhathi
- 19.Nadi Shodhan
- 20.Physiology of Breathing
- 21.Surya Bhedi & Chandra Bhedi
- 22.Ujjayayi Pranayama
- 23.Viloma Pranayama
- 24.Setting your Vagal tone
- 25.Practice Sets





FUNCTIONAL ANATOMY

Functional anatomy

the science of the structure of the human body in relation to its real-life function and use.

Benefits

- Helps us understand movement better
- Builds awareness of all the sensations during an asana
- Improves asana practice and everyday movement
- Develops
- Improves our practice and gain deeper access to our body
- Establishes body-mind connection better

What you will learn

- 12 body systems
- The Language of Anatomy & Movement
- The Biomechanics of Balance
- The structure of the joints and
- How these aspects impact the way we move

Purpose

- Deconstruction of Asana joints, movements, muscles
- Analysis of Asana difficulties in Asana movements
- Correction of Asana Alignments
- Recruitment of appropriate muscles
- Accessing and awakening of the muscles
- Reconstruction of Asana

COURSE CONTENT

1. Introduction Major systems of the human body
2. Introduction to the muscular system
3. Introduction to the skeletal system
4. Understanding the human planes
5. Asana analysis
6. Understanding the science and types of movements
7. Studying the impact of asana on the human systems
8. Learning how Asana impacts everyday life





MEDITATION

Discover the power of meditation with our audio lessons. Whether you're a beginner or an experienced practitioner, our guided meditations will help you cultivate inner peace, reduce stress, and enhance your well-being. With our easy-to-use platform, you can access our lessons anytime & anywhere

What you will learn:

- Importance of meditation, its benefits and approaches.
- Separate sessions for hands-on meditation experience
- Trainees will be trained for a few guided meditations, guidelines for conducting meditations as a teacher
- Precautions and things to take care of during the meditation

COURSE CONTENT

- 30+ meditation scripts
- History: Meditation
- Relaxation vs Meditation
- Expectation from meditation
- Dhyan in Bhagwata Geeta
- What is not Meditation
- Empty your Cup
- Letting Go and Finding Freedom
- Finding Calm Through the Breath: A Guided Meditation
- Island of Magic
- Brain's Default Mode Network: Exploring the Inner Workings of Rest and Reflection
- Power of Human Memory: Exploring the 134-Bit RAM of the Brain
- What is Mindfulness?
- Flowing with the River of Life: A Guided Meditation
- Mindfulness Practice Sessions
- Rooted in Serenity: A Tree-Based Guided Meditation
- It's not Zero, It's Infinity
- When Goals Fail: Navigating Discontentment
- The Power of Mind Over Anxiety
- Triune Brain Model
- The Body-Mind Code





SAARTHI

Saarthi is a Yoga mentorship program exclusively for BMA students, designed and conducted by Shikha Sundriyal. You will be trained in essential skills, tools, and strategies to gain confidence, conviction, and clarity to start teaching right from the first day after graduating.. for a profitable Yoga career in the dynamic wellness industry.

What you will learn:

- Understand the business of Yoga
- Access well-researched data and market analysis
- Niche marketing tools
- How to design your own career/business plan
- Design Realistic execution strategies
- How to plan finances
- Discover your strengths and challenges
- Identify common career mistakes
- Soft skills like public speaking, negotiation, time-management, creative thinking, problem solving, etc
- Learn to lead high-quality Yoga class
- Designing your class structure
- Basics of marketing, sales and branding
- Tools for different aspects of professional Yoga career
- Building professional relationships with clients
- Networking and collaboration techniques, and much more.

COURSE CONTENT

- Environment of a Yoga class
- General Professionalism
- Equity in Yoga
- Communication
- Class Design
- Class Management
- Yoga Alliance
- Marketing & Promotion
- Continuing Education





BODY MIND
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Correspondence During the course

Get your queries answered within 24 hours on "Discussions" on Body Mind Alliance app

You can communicate with the BMA faculties and team through:

- Discussion from on the Body Mind Alliance app
- Live Q&A sessions with BMA mentors
- Daily Live-Practice sessions
- BMA Community support

Contact

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