



500 Hours TTC credentials

General Course Notes:

- All hours in the 500-hour course refer to minimum mandatory hours instructed by a teacher.
- Total mandatory hours: 360
- Additional hours are allocated at the lead teacher's discretion, based on course focus and student level.

Topic	Details	Hours
Asanas, Pranayama, Meditation	<ul style="list-style-type: none"> • Primary Ashtanga Yoga Series (Yoga Chikitsa): <ul style="list-style-type: none"> - Sections from the Second Series (Nadi Shodhana) - Analysis of the first series postures - Basic alignment - Relevant Vinyasa - Modifications for different levels - Instruction - Hands-on adjustments • Pranayama and Meditation: <ul style="list-style-type: none"> - Preparing the body for Pranayama - Meditation - various techniques - How to conduct a meditation class • Vinyasa: <ul style="list-style-type: none"> - Study of Vinyasa sequences: Jivamukti, Shadow Yoga, WuDang Qigong - Theory of Asana sequencing 	180
Anatomy and Physiology	<ul style="list-style-type: none"> • Extended Basic Anatomy: movement muscles, respiratory system, nervous system, sympathetic and parasympathetic systems. • Yoga Anatomy: Asana, Breath, Bandhas, Functional Anatomy, Kinesiology 	40

<p>Ayurveda</p>	<ul style="list-style-type: none"> • Basic Ayurveda (Indian Medicine) • Nutrition based on Dosha • Five-element theory and application to Asana and diagnosis 	<p>15</p>
<p>History, Philosophy, Yogic Tradition</p>	<ul style="list-style-type: none"> • History of Ancient and Modern Yoga: <ul style="list-style-type: none"> - Overview of yoga in Hindu culture - Body culture movement in India and Europe - Modern Yoga: Krishnamacharya, Vivekananda, Iyengar, Jois, and spiritual teachers over the past century • Psycho-Energetic System: <ul style="list-style-type: none"> - Energy channels, consciousness centers, Kundalini - Psychophysical and energetic theories according to Indian and Chinese traditions - Chakras as psychological tools • Chanting: <ul style="list-style-type: none"> - Classical chants from Vedic culture - Ashtanga Yoga mantra - Philosophy and historical background for selected chants • Yogic Cleanses according to Theos Bernard: <ul style="list-style-type: none"> - Yogic cleanses for the 21st century 	<p>60</p>
<p>Teaching Techniques</p>	<ul style="list-style-type: none"> • Body and Posture Assessment: <ul style="list-style-type: none"> - Developing the ability to observe physical structure in 3D - Practical conclusions for students - Selecting techniques and asanas based on body reading - personal class planning • Teaching Techniques: <ul style="list-style-type: none"> - Experience, feedback giving and receiving - Class adaptation for group and individual settings - Theory of asana sequencing • Professional Ethics: <ul style="list-style-type: none"> - Setting teacher-student boundaries - The teacher's role in the student's life. The teacher's role in yoga. - Inner development as a condition for teaching becoming an art 	<p>30</p>

Practicum	<ul style="list-style-type: none">• Observation classes• Assisting• Teaching practice within the course	30
First Aid	According to Israeli standards	5
Total Mandatory Hours: 360		