



## Yoga Veda Principles Training Certificate Course - Overview

### Typical Training Week Schedule & Syllabus

Day1 – 09:00 – 16:00		
Theory		Practical
<b>Day 1 Fundamentals of Yoga &amp; Ayurveda:</b> Introduction to the course Course aims and objectives  Participant introductions and background 5 principles of wellbeing  8 Limbs of Yoga Ayurveda principles <ul style="list-style-type: none"> <li>○ Concept of Yoga Veda</li> <li>○ Prakruti &amp; Vikriti</li> <li>○ Dinacharya</li> </ul> Plenary	<b>09:00</b>	
	<b>09:15</b>	Mantra & Mudra Yoga session Small group activity
	<b>Break</b>	
	<b>10:30</b>	Individual activity
	<b>12:30</b>	
	<b>Lunch</b>	
	<b>13:15</b>	Small group activity Dosha analysis Pair work
	<b>14:30</b>	Observed discussion
	<b>15:30</b>	Guided meditation
	<b>16:00</b>	Session ends

Day 2 – 09:00 – 16:00		
Theory		Practical
<b>Unit 2: Applying Principles of Yoga Veda: Techniques, Training &amp; Practice:</b>  Understanding Constitutions (Doshas) How can this impact on the mat?  the concept of Yamas & Nyamas when approaching the mat/  teaching/ practicing / applying  Plenary Q&A session	<b>09:00</b>	
	<b>09:15</b>	Mantra & Mudra Yoga session
	<b>Break</b>	
	<b>10:30</b>	Small group activity
	<b>12:30</b>	Pair activity
	<b>Lunch</b>	
	<b>13:15</b>	Small group activity
	<b>14:30</b>	Pair work Observed discussion
	<b>15:30</b>	Guided meditation
	<b>16:00</b>	Session ends

Day 3 09:00 – 16:00		
Theory		Practical
<b>Unit 3 Know How to Support Clients or Whoever Take Part in Yoga Veda Sessions</b>  Asana modification / extension Asana practice for different Dosha – <ul style="list-style-type: none"> <li>○ body clock</li> <li>○ type</li> <li>○ style</li> <li>○ impact</li> <li>○ Dinacharya</li> </ul> Observations Plenary	09:00	Mantra & Mudra Yoga session  Pair activity  Class activity  SWOT analysis  Guided meditation Session ends
	09:15	
	<b>Break</b>	
	10:30	
	12:30	
	<b>Lunch</b>	
	13:15	
	14:30	
	15:30	
	16:00	

Day 4 09:00 – 16:00		
Theory		Practical
<b>Day 4: Yoga Veda Psychology and Physiology for Health &amp; Wellbeing</b>  Balancing mahas (3 Gunas) Developing Dhyana Dyana Samadhi -  Chakra connection Nadis- subtle energies Plenary	09:00	Mantra & Mudra Yoga session  Video Meditation - Pranayama  Class activity Group activity  Cloze activity  Guided meditation Session ends
	09:15	
	<b>Break</b>	
	10:30	
	12:30	
	<b>Lunch</b>	
	13:15	
	14:30	
	15:30	
	16:00	



Day 5&6 09:00 – 16:00		
Theory		Practical
<p><b>Day 5 Programming a Yoga Veda Session: the subtleties of sub-dosha awareness</b></p> <p>Asana for Sub doshas relating to</p> <ul style="list-style-type: none"> <li>○ Breath</li> <li>○ Asana</li> <li>○ Chakra</li> <li>○ Conditions</li> </ul>	<p><b>09:00</b></p> <p><b>09:15</b></p> <p><b>Break</b></p> <p><b>10:30</b></p> <p><b>12:30</b></p> <p><b>Lunch</b></p> <p><b>13:15</b></p> <p><b>14:30</b></p> <p><b>15:30</b></p> <p><b>16:00</b></p>	<p>Assessment cards issued</p> <p>Group guided 15 minute session – Observations and assessments</p> <p>Feedback sessions</p> <p>SWOT Analysis Evaluation Guided meditation Session ends</p>