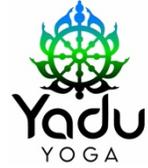




## Overview of our Yoga Teacher training



### What is a 100-hour yoga teacher training?

The 100-Hour Yadu Teacher Training Course is a foundational yoga immersion rooted in the authentic teachings of Śrī T. Kṛṣṇamācārya's **Vinyasa Samantraka Krama**, integrating vinyāsa, mantra, philosophy, prāṇāyāma, meditation, and marma-based anatomy, designed to awaken personal practice and prepare students to teach with depth and integrity. Certified by Yoga Alliance International.

### Description

- Embark on a transformative journey through the 100-hour YTT program, deeply rooted in the authentic teachings of Śrī T. Kṛṣṇamācārya's Vinyasa Samantraka Krama.

### What Is Vinyāsa Samantraka Krama?

#### *The Original Breath-Mantra Movement Yoga*

Vinyāsa Samantraka Krama is a traditional and sacred approach to yoga, rooted in the authentic teachings of the great yogi Śrī T. Kṛṣṇamācārya (the father of modern yoga). This method is not simply about moving from one posture to the next—it is a meditative and transformative journey where every movement is infused with breath, mantra, and marma (vital points).

Rather than focusing only on physical flow, this system emphasizes: Breath-led sequencing (vinyāsa) that honors the natural intelligence of the body, Mantra (sacred sound) to guide attention and awaken inner stillness, And a step-by-step progression (krama) designed to purify the senses and focus the mind.

In this practice, the body becomes the temple, the breath becomes the prayer, and mantra becomes the key that unlocks deeper states of concentration and meditation.

Vinyāsa Samantraka Krama isn't a modern invention—it's a revival of yoga in its purest, most integrated form, where movement, sound, and stillness come together as a powerful tool for self-realization.

- This training offers a harmonious blend of traditional wisdom and practical application.
- Duration: 5 Weekends (Friday evening to Sunday evening)
- Certification: Yoga Alliance International (YAI) 100-Hour Certification

## **Embrace the Sacred Path of Vinyasa Samantraka Krama.**

The authentic teachings of the father of modern Yoga, Sri T. Keishnamacharya  
Our teachings are supported by the Vedas (the highest authorities on the subject of yoga)

### ***Curriculum Highlights***

- **Vinyāsa Krama:** Master the art of intelligent sequencing, synchronizing breath, movement (asana), mantra and marma.
- **Philosophy:** A clear and rooted foundation in traditional Yoga Philosophy, drawing directly from the original sources — Patañjali's Yoga Sūtras, the Bhagavad Gītā, Tattva Traya, and the Upaniṣads. These timeless teachings offer the practitioner a stable pillar of wisdom, guiding the inner journey with clarity, purpose, and depth.
- **Āsana Practice:** Develop a strong and intelligent body through a progressive system of postures rooted in traditional Vinyāsa Krama. Starting with foundational āsanās, practitioners are guided step-by-step toward more advanced sequences — always emphasizing breath, alignment, and inner awareness. Rather than performance, the focus is on cultivating stability (sthira), ease (sukha), and mindfulness in every movement. This approach builds not only physical strength and flexibility, but also prepares the body as a sacred seat for prāṇāyāma, dhyāna, and deeper yogic exploration.
- **Prāṇāyāma – Samantraka Krama:** Go beyond mechanical breathwork and enter the sacred gateway of prāṇāyāma as taught in the traditional

Samantraka Krama lineage of Śrī T. Kṛṣṇamācārya. In this approach, prāṇāyāma is not merely about controlling the breath — it is a method of awakening the subtle body through the conscious coordination of breath (prāṇa), mantra (śabda), and awareness (citta).

You will explore classical techniques such as nāḍī śuddhi, sūrya-bhedana, bhrāmarī, and antara/kumbhaka — while simultaneously directing breath and sound into key marma points, activating internal pathways and preparing the mind for deeper states of meditation (dhyāna).

This training reveals prāṇāyāma as a transformative sādhana — purifying the inner landscape, restoring energetic balance, and guiding the practitioner toward stillness, devotion, and inner illumination.

**Mantra-Meditation:** Enter the inner sanctuary of yoga through the transformative power of sound, presence, and subtle energy awareness. This training offers a deep initiation into japa (mantra repetition), nyāsa (ritual placement of sound on the body), and dhyāna (meditative absorption), drawing from the authentic teachings of the Yogic and Vaiṣṇava traditions.

You will also explore chakra meditation, using bija mantras, breath, and visualization to activate and harmonize the inner energy centers. These techniques awaken prāṇa, purify the mind, and establish deep internal alignment between body, mind, and spirit.

Rather than merely mental techniques, mantra and meditation are presented as sacred tools for transformation — guiding you from external awareness to subtle introspection, and ultimately into stillness, devotion (bhakti), and inner realization. Through consistent practice, you learn to tune the instrument of your being to higher consciousness.

- **Anatomy & Marma:** Gain a functional understanding of the human body through the lens of both classical anatomy and subtle yogic anatomy. This includes the study of major systems—muscular, skeletal, and respiratory— as well as the ancient science of marma points: the body’s vital energy centers where prāṇa flows and consciousness resides.

You will learn how these points influence physical, mental, and energetic balance, and how to skillfully integrate this knowledge into āsana, prāṇāyāma, and meditative practices. Rather than treating anatomy as a clinical subject, this training reveals the body as a sacred temple — with each marma point serving as a gateway to healing, vitality, and deeper inner awareness.

- **Teaching Methodology:** Cultivate the essential skills to teach with clarity, confidence, and integrity. Learn how to design intelligent class sequences, offer precise verbal cues, and adapt practices to meet the unique needs of each student. You'll also explore the subtle art of hands-on and energetic adjustments — not as corrections, but as compassionate tools to support alignment, deepen awareness, and enhance the student's experience.

Beyond technique, this training emphasizes how to hold sacred space — creating an environment of trust, presence, and spiritual depth where true transformation can unfold. Rooted in lineage and guided by mindfulness, you'll be empowered to teach not just from knowledge, but from embodied wisdom.

## Skill level

- Beginner
- Intermediate
- Advanced

## Yoga styles

- Hatha Yoga
- Vinyasa Samantraka Krama

## Certification

Students who complete the training are eligible to register with Yoga Alliance as Registered Yoga Teachers (RYT®).

## **Prerequisite**

Some exposure to yoga through public classes or videos, with a minimum of three months. Practice need not be consistent (for example one to three days a week). No prior teacher training certificate is required.

## **Why Choose This Training?**

- **Authentic Lineage:** Experience teachings passed down through an unbroken line of traditional yoga masters.
- **Holistic Approach:** Integrate physical, mental, and spiritual practices for comprehensive growth.
- **Personalized Guidance:** Benefit from individualized attention to support your unique journey.

## **What is included?**

### **International Certification**

#### **100-Hour Yoga Teacher Training Certificate**

Certified by Yoga Alliance International (YAI) Recognized worldwide for continuing education or foundational training

Core Curriculum Content (as per YAI standards)

#### ***Vinyāsa Krama Practice (20 Hours)***

- Traditional breath-led sequencing
- Step-by-step progression from foundational to advanced āsana
- Use of mantra to guide movement (Samantraka Krama approach)
- Linking postures through conscious vinyāsa transitions
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### *Āsana Techniques (20 Hours)*

- Foundations: Tāḍāsana, Paścimatānāsana, Vīrabhadrāsana, etc.
- Intermediate and advanced postures with adaptations
- Alignment, safe adjustments, and energetic intention behind poses
- Use of marma points for structural awareness

### *Prāṇāyāma & Subtle Breathing (10 Hours)*

- Techniques: Nāḍī Śuddhi, Sūrya/Candra Bhedana, Bhrāmārī
- Bandha integration with mantra awareness
- Marma-based breathing to activate Vāyus (vital winds)

### *Mantra & Meditation (10 Hours)*

- Recitation of Gāyatrī, Dvādaśa Nāma, Antaryāmin mantras
- Mantra-japa techniques and their meditative effects
- Dhyāna practices based on Caturvyūha and cakra visualization

### *Philosophy & Sacred Texts (15 Hours)*

- Introduction to Tattva Traya: Īśvara, Jīva, Prakṛti
- Vaiṣṇava perspective on Patañjali's Yoga Sūtras
- Śaraṇāgati (surrender) and the path of devotion
- Integration of Bhakti and Vedānta into yogic life

### *Marma-Based Anatomy (10 Hours)*

- Introduction to the 18 main marma points
- Energetic anatomy: vāyu system, nāḍīs, cakras, and koshas
- Therapeutic application in āsana and prāṇāyāma
- Practical marma location and awareness drills

### ***Teaching Methodology (10 Hours)***

- Language of teaching: cueing, voice, intention
- Structuring a vinyāsa krama class with mantra and breath
- Hands-on assists (if in-person), modifications, sequencing
- Ethics of teaching and the role of lineage in transmission

### ***Practicum & Self-Study (5 Hours)***

- Practice-teaching sessions with feedback
- Journaling and daily sādhanā tracking
- Designing a personal sequence using all integrated tools

### ***Also Included***

- Printed or digital Training Manual with all content  
3 Books – Yoga Sutras, Bhagavad-Gita and Manual
- Chanting audio support for Gāyatrī, nyāsa, and mantras
- Daily saṅkalpa & meditative ritual practice guidance
- Access to mentorship throughout the program
- Closing ceremony with certification presentation

### **Upon Completion You Will Receive:**

- 100-Hour Certificate (Yoga Alliance International)
- Eligibility to count hours toward a 200-hour program or as Continuing Education (CE) if already certified
- Recognition for further study in traditional Yoga & Sāṃpradāya-based practices