- [x] AshtangaVinyasa Series-1
- [x] Core Principles of Hatha Yoga
- [x] Structuring and Sequencing the postures
- [x] Backward bending poses
- [x] Traditional Sun Salutation with mantras
- [x] Moon Salutation Series
- [x] Sookshma Vyayam
- [x] Standing Pose
- [x] Forward bending Pose
- [x] Twisting Pose
- [x] Kneeling Pose
- [x] Sitting Pose
- [x] Relaxing Pose
- [x] Technique, teaching, method, application, contraindications and benefits

Yoga Philosophy

- [x] Introduction of Yoga, origin, and history
- [x] Principles of Yoga
- [x] What is Hatha Yoga?
- [x] What is Raja Yoga?
- [x] Pancha Koshas The 5 sheaths of existence
- [x] What is Mind?
- [x] Whit is Chitta?
- [x] What is Ashtanga Vinyasa Yoga
- [x] Four Foundations/pillars of life
- [x] What is Chakra?
- [x] What is Kundalini?
- [x] Pancha Kleshas
- [x] Prakarti and Purusha
- [x] What is Celibacy and sex in yogic life?
- [x] What are the Gunar, Prakash, Kriya, and Stithi?
- [x] Three states of consciousness in yogic science
- [x] Elements of Universe

Relaxation Techniques

- [x] Point to point full body relaxation technique
- [x] Yoga Nidra for insomnia
- [x] Emotional body relaxation
- [x] Minor and Major Chakra relaxation
- [x] Deep casual body relaxation

Pranayama

- [x] What is Pranayama?
- [x] What are five subprana in yogic science?
- [x] What is Ida, Pingala and Sushumna nadi?
- [x] Psychological effect of yogic breathing
- [x] Importance of diaphragmatic breathing
- [x] Brahmari pranayama
- [x] Ujjai pranayama
- [x] Sheetali pranayama
- [x] Nadi Shodhana
- [x] Kapalbhatipranayama
- [x] Bhastrika pranayama

Meditation

- [x] Chakra meditation
- [x] Kundalini meditation
- [x] Mantra awareness meditation
- [x] Breathing awareness meditation
- [x] Inner light meditation
- [x] Full moon meditation

Mudra and Bandhas

- [x] Yogic gesture for stress related problems
- [x] Internal mudra
- [x] Healing gestures for physical blockages
- [x] Bandha for energy release
- [x] Pranic gestures for awakening energy
- [x] Importance of root lock
- [x] Eye Mudra
- [x] Types of locks in Yogic science
- [x] Finger Mudra

Anatomy and Physiology

- [x] Human Physical anatomy
- [x] Respiratory system and yogic breathing
- [x] Organ systems
- [x] Structure of spine
- [x] Chakras and Nadis

Teaching Methodology

- [x] Principles of demonstration
- [x] Teaching styles
- [x] Positive and conscious Communication
- [x] Classroom preparation