

YOGA ANATOMY:

Get In depth Knowledge and clarity about Yoga Anatomy, Ayurveda, and the link between the two.

YOGA ANATOMY 2.0

Get absolute clarity about Yoga Anatomy, Ayurveda, and the link between the two.

10 Days Program | 90 Minutes a day

15 HOURS

A program for an individual who is willing to expand his/her understanding of Yoga Anatomy, gain greater depth, and explore the human body according to the scientific and ancient principles of Ayurveda.

Does it ever feel like even after your YTT course your knowledge about Human Anatomy isn't quite in depth – as it should be? Don't you think that Conventional Yoga anatomy is only restricted to the skeletal and the muscular system.

You could be a Yoga Teacher, a fitness instructor, or a self-practicing Yogi. Or you could be someone who has just started your yoga journey and has a vision to go deeper into your spiritual path.

Whichever category you fall into, there is one thing you must understand. It is the body in which you are working and without an in-depth understanding of its nature and its functioning, chances are you will fail in your endeavour.

Whereas, an in-depth understanding of your body will allow you not only to zero down all possible mistakes you could make but also open up new dimensions of possibility when you understand your body in the Ayurvedic way, which was originally taught in ancient times.

Modern science understands the human body as flesh, muscles, and bones. Whereas, ancient yogis viewed the human body as a divine functioning of the Pancha Mahabhoots or the 5 Elements namely - Air, Water, Fire, Space, and Earth.

When you understand the human body and its functioning with both viewpoints combined, that's when you correctly approach the divinity that is your human body - the most sophisticated body on planet Earth!

This program is just about that!

Enrich both your Yoga practice & Teaching with an advanced understanding of Human Anatomy and Ayurveda.

The Curriculum

EXPLORE YOGA ANATOMY 2.0

Day-by-day Schedule

DAY 1.

INTRODUCTION

Get to know your teacher, the scope of the program, the fundamentals of Yoga Anatomy, fundamentals of Ayurveda, and clear existing misunderstanding of the subject.

DAY 2.

DIGESTIVE SYSTEM AND THE ROLE OF ELEMENTS

Learn everything about the vital role played by Ayurvedic Doshas in different regions of the digestive system. Having the knowledge of different Ayurvedic Elements and their roles in the Gastro-intestinal track will help one choose and customise your yoga practice. The panch PITTA (five types of pitta) gastric secretions , panch kapha , concept of jathar agni . (samana vata , kledak kapha and samana vata)

DAY 3.

RESPIRATORY SYSTEM, PRANAYAMA,

AND GLYCOLYSIS

You learn about the lungs anatomy and ways of breathing (Pranayama), gain in-depth knowledge about Glycolysis and Cellular Respiration in the Mitochondria. Master the Scientific concept of PRANA/ BIO-ENERGY.

DAY 4.

MUSCULAR SYSTEM AND SLIDING FILAMENT THEORY

Gain profound understanding of T.S (Transverse section of a sarcomere), Molecular biology of the muscles and the important molecules needed in the Muscular Movements. Learn about the important proteins and their coordination during asana practices.

DAY 5.

SEVEN TISSUES - SAPTA DHATUS IN AYURVEDA

Learn how food changes into plasma, blood, muscles, fat, bone, bone marrow, till the semen or Ovaries. Learn the entire Seven Tissues understood from an Ayurvedic perspective.

DAY 6.

NERVOUS SYSTEM, NEURON PATHWAYS, AND MEDITATION

Diagram of a Neuron, Sodium - Potassium Pump, Brain and Neuron pathways and how meditation calms the nerves and ways to change the mindset, habits, and thinking pattern based on Neuron Pathway Modification using - Pranayama, Mudras, and Meditation.

Sympathetic and para sympathetic nervous system

DAY 7.

JOINTS, TOXINS, AND THE CHAKRA SYSTEM.

The joint hold toxins which aren't excreted out. This day we learn all about joints, how Chakras are

related to it, and how to detoxify your body completely. Why and how the toxins are stored in the joints . Important joints that holds emotions

DAY 8.

SKELETAL SYSTEM IN-DEPTH

The Skeletal System included the nomenclature of the bones and the joints and what is the exact method a person should practice on that

particular area that will help them develop bone and joint health. Also learn about minerals and its affect in your skeletal system.

DAY 9.

HAPPY HORMONES, NEUROTRANSMITTERS, YOGA AND THE ROLES OF PSYCHEDELICS

Learn the science of hormones and how to naturally realise dopamine, serotonin, and endorphins in the body through Yogic Practices.

DAY 10.

CONCLUSION

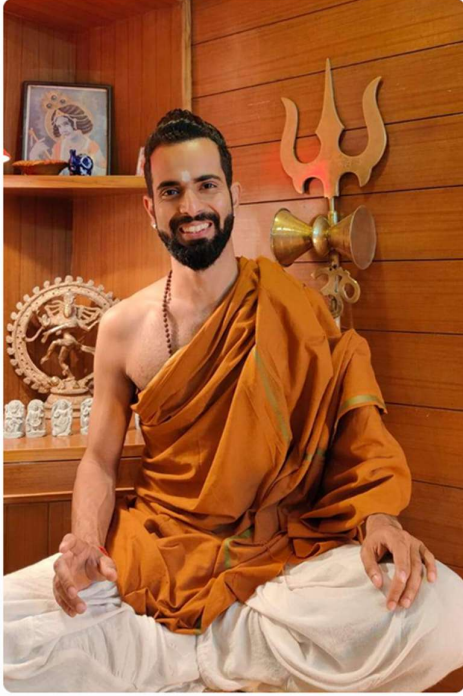
Day begins with addressing doubts and questions, reflection on the learning so far, discussion and exchange of ideas, session ends with a closing ceremony.

How do you learn?

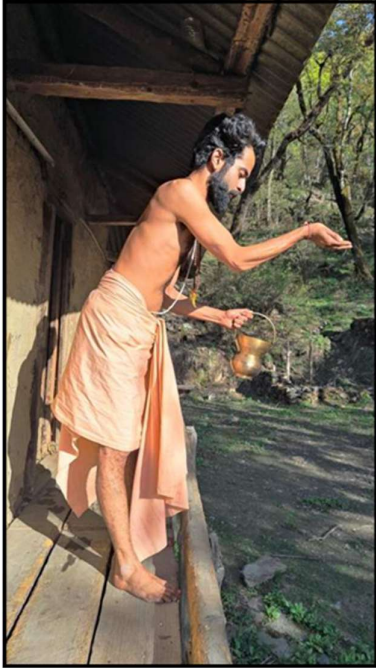
- HYBRID PROGRAM - Attend LIVE or via RECORDINGS.
- Special doubt clearing session upon request.
- Get recordings of missed classes.
- Experiential sessions - Right balance between Theory and Practical.
- Get study materials based on intensive research by Yogic Scholars

Meet your Trainer,

(Yogi) Siddharth Banerjee



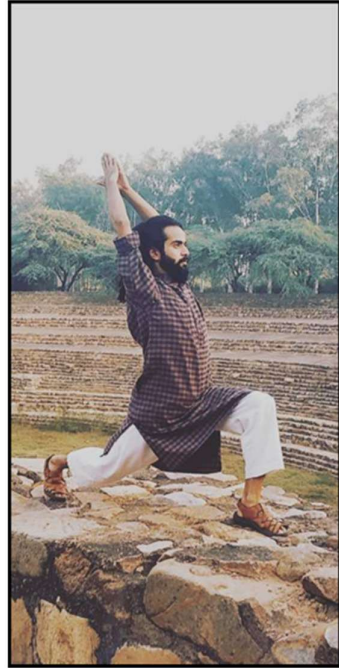
Guru Siddharth Ji during his training in the Himalayas.



During his Hermit in Himalayan Forest



During his annual visit to Banaras

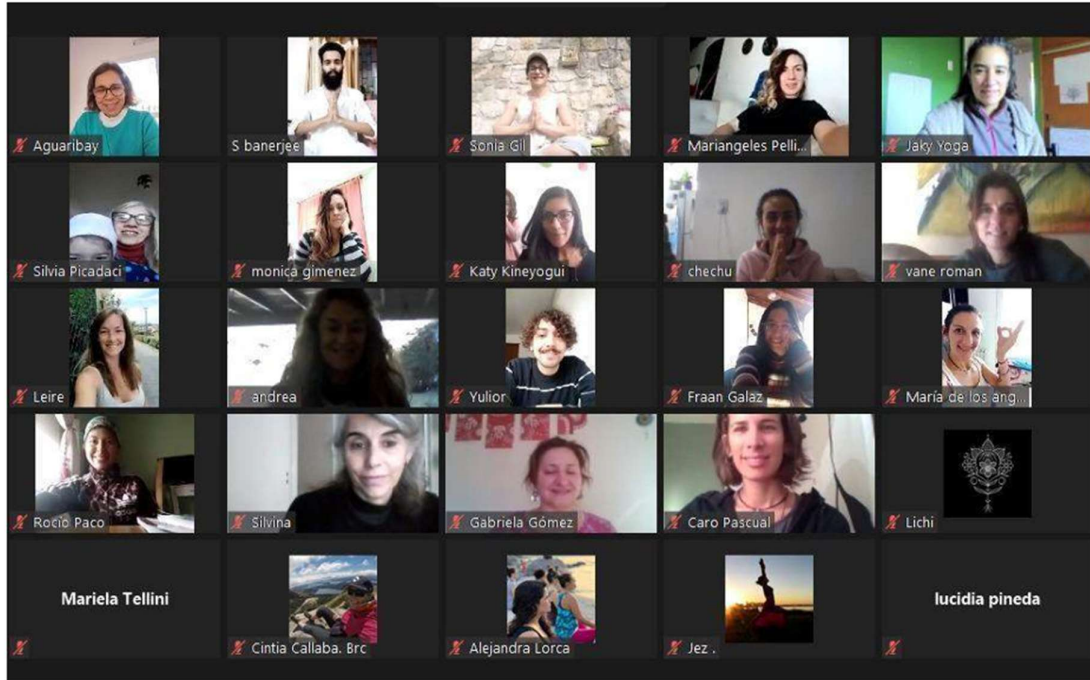


During his early training days

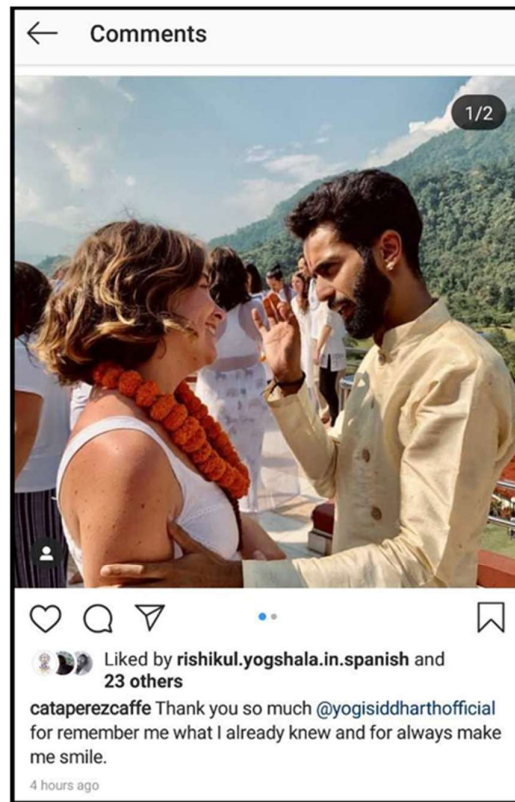


Siddharth Ji with students in Yoga Programs in Rishikesh, Goa, and Shimla





Siddharth Ji mentoring students online



Guru Siddharth Ji with his colleagues (left) and student (right)

Join if...

- You feel Yoga Anatomy is your weakness. Human Anatomy will be one you strengths after you complete this program.
- You want to learn all fundamentals of Ayurveda and it's relation with the Human Body.
- You want to know the secrets of Neuron Pathway Modification using
-Pranayama, Meditation, and Mudras.
- You want to Enrich your Yoga practice and teaching both.

HOW TO REGISTER?

Your investment:

STEP 1: Pay and Book your seat.

STEP 2: Fill out the registration form

That's it. It's that simple.

GAINS:

Imagine being an expert in the area of Yoga Anatomy and Ayurveda. Your Yoga Practice and your Yoga Teaching, both will level up to whole another level.

That's what you will gain out of this program.

IMPORTANT DETAILS:

10 Days Program | 90 Minutes a day

FOR REGISTRATIONS CALL  WhatsApp +91 9625779356

OR Scan the QR Code

