



Sansthan Reg. No.: 268/ Jaipur/ 2012-13

YOGAPEACE SANSTHAN
From health to happiness...

YCB Certificate no.: YCB/20/YC/000010

SYLLABUS ONLINE

Yoga Wellness Instructor PROGRAM - 200 HRS

Dhakaram Guruji

Yoga Practical

Dhakaram Guruji		
<u>Yoga Practical</u>		
Patanjali Prayer Bhakti Yoga (Bhajan) Meditation Shatkriyas: Yoga Cleansing Techniques (Theory) Pranayam: <ul style="list-style-type: none">• Kapalbhati• Bhastrika• Anulom Vilom• Sheetali• Bhramari Bandha: <ul style="list-style-type: none">• Jalandhara• Uddiyana• Mula Bandha Mudra: <ul style="list-style-type: none">• Chin• Chinmaya• Brahma	Yogic Kriyas & Asanas: <ul style="list-style-type: none">• Griva Shakti Vikasaka (I, II, III & IV)• Purna Bhuj Shakti Vikasaka (I,II)• Bhuj Valli Shakti Vikasaka• Kati Shakti Vikasaka (I, II, III, IV, V)• Pada-mula shakti Vikasaka – A&B• Gulpha-pada-pristha-pada-tala shakti Vikasaka• Gulf Naman• Gulf Chakra• Jangha Shakti Vikasaka (II- A&B)• Janu Shakti Vikasaka• Cycle Sanchlan• Uttanpad Kriya• Padprasar Katichakra Kriya• Padprasar Parivrit Paschimottan Kriya• Skandh Chakra (I, II)• Mushtika Bandh• Manibandh Chakra• Netra Shakti Vikasaka (I, II,III & IV) • Sarvang pushti• Hrid Gati • Tadasana• Konasana• Vrikshasana• Ardh Chakrasana• Katichakra Asana	Generic Learning: <ul style="list-style-type: none">• How to achieve ultimate Happiness• Zero World• Proper way of Sitting & Standing• Sam Sthiti• Usha Paan• Difference of Exercise and Yogic Kriya



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<ul style="list-style-type: none">• Adi• Jnana• Dhyana• Nasika <p>Yoga Nidra</p>	<ul style="list-style-type: none">• Uttanasana/Padhastasana• Utthita Trikonasana• Sukhasana• Padmasana• Vajrasana• Dandasana • Bhadrasana• Madukasana• Uttana Mandukasana• Ushtrasana• Shashankasana• Surya Namaskar • Bhujangasana• Shalabhasana• Makrasana • Bhadhkon Asana• Vakra Asana• Gomukhasana • Paschimottanasana• Purvottanasana • Pavanmuktasana• Uttanapadasana• Ardh Halasana• Setubandhasana • Veepreet Karni• Saral Matsayasana• Shavasana	
<p>30 Hrs</p>	<p>70 Hrs</p>	<p>20 Hrs</p>

1 Introduction to Yoga and Yogic Practices

1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions.

1.2 Yoga : Its origin, history and development.

1.3 Guiding principles to be followed by Yoga practitioners.

1.4 Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).

1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).

1.6 Introduction to Yoga practices for health and well being.

1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.

1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.

1.9 Introduction to Yogasana: meaning, principles, and their health benefits.

1.10 Introduction to Pranayama and Dhyana and their health benefits.

2 Introduction to Yoga Texts

2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).

2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).

2.3 Introduction and study of Hathpradipika.

2.4 General Introduction to Prasthanatrayee.



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2.5 Concepts and principles of Aahara (Diet) in Hathapradipika and Bhagawadgita (Mitahara and Yuktahara).

2.6 Significance of Hatha Yoga practices in health and well being.

2.7 Concept of mental wellbeing according to Patanjala Yoga.

2.8 Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga.

2.9 Concepts of healthy living in Bhagwad Gita.

2.10 Importance of subjective experience in daily Yoga practice.

2.11 Yogic positive attitudes (Maîtri, Karuna, Mudita, Upeksha).

2.12 Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.

2.13 Dincharya and Ritucharya with respect to Yogic life style.

3 Yoga for Health Promotion

3.1 Brief introduction to human body.

3.2 Meaning and Means of health promotion and role of Yoga in health promotion.

3.3 Holistic approach of Yoga towards health and diseases.

3.4 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).

3.5 Yogic management of stress and its consequences.

3.6 Yoga in prevention of metabolic and respiratory disorders.

4 Practical



A. Demonstration Skills

4.1 Prayer: Concept and recitation of Pranava and Hymns.

4.2 Yoga Cleansing Techniques - Theory knowledge of Dhauti, Neti and of Kapalabhati.

4.3 Yogic Sukshma Vyayama and Sthula Vyayama

a. Yogic Sukshma Vyayama (Micro Circulation Practices)

- Neck Movement - Griva Shakti Vikasaka (I,II,III,IV)
- Shoulder Movement - Bhuja Valli Shakti Vikasaka , Purna Bhuja Shakti Vikasaka, **Skandh Chakra (I, II)***
- Trunk Movement - Kati Shakti Vikasaka (I, II, III, IV, V)
- Knee Movement - Jangha Shakti Vikasaka (II-A&B), Janu Shakti Vikasaka
- Ankle movement - Pada-mula shakti Vikasaka – A&B, Gulpha-pada-pristha-pada-tala shakti Vikasaka, **Gulf Naman***, **Gulf Chakra***

b. Yogic Sthula Vyayama (Macro Circulation Practices)

- Sarvanga Pushti
- Hrid Gati (Engine Daud)
- **Cycle Sanchlan Kriya***
- **UttanPad Kriya***
- **Padprasara Katichakara Kriya***
- **Padparsar Parivrit Pachimottan Kriya***
- **Mushtika Bandh***
- **Manibandh Chakra***

•Netra Shakti Vikasaka (I, II, III & IV)*

4.4 Yogic Surya Namaskara

4.5 Yogasana

- Tadasana, Vrikshasana, Ardha Chakrasana, Padahastasana, Kati Chakrasana, Uttitha Trikonasana,
- Dandasana, Sukhasana, Padmasana, Vajrasana,
- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
- Paschimottanasana, Purvottanasana
- Vakrasana, Gomukhasana
- Bhujangasana, Shalabhasana, Makarasana
- Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana
- Vipareetakarani, Saral Matsyasana, Shavasana,

4.6 Preparatory Breathing Practices

- Sectional breathing (abdominal, thoracic and clavicular)
- Yogic deep breathing

4.7 Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Anulmoa Viloma/Nadi Shodhana



- Sheetalee (without Kumbhaka)
- Bhramari (without Kumbhaka)

4.8 Understanding of Bandha

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

4.9 Understanding of Mudra

- Hasta Mudras (Chin, Chinmaya, Brahma, Adi, Jnana, Dhyana and Nasika)

4.10 Practices leading to Meditation and Dhyana Sadhana

- Recitation of Pranava & Soham
- Recitation of selected hymns, invocations and prayers from Vedas & Upanishadas
- Body and Breath Awareness
- Yoga Nidra

B. Yoga for personality development & Teaching Skills (Methods of Teaching Yoga)

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)



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- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).
- Preparation for a Yoga class (before and during the class)
- Factors influencing yoga teaching.
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans