



योगपीस संस्थान

Course Structure

1 Introduction to Yoga and Yogic Practices

- 1.1 Yoga: Etymology, definitions (Patanjala Yoga Sutra, Bhagwad Gita & Kathopanishad), aim, objectives, and misconceptions.
- 1.2 Yoga: Its origin, history, and development.
- 1.3 Brief Introduction to Samkhya and Yoga Darshana.
- 1.4 Life sketches and teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati).
- 1.5 Principles of Yoga and practices of healthy living.
- 1.6 Principles and Practices of Jnana Yoga.
- 1.7 Principles and Practices of Bhakti Yoga.
- 1.8 Principles and Practices of Karma Yoga.
- 1.9 Concept and principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana.
- 1.10 Concept and principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- 1.11 Concept and principles of Yogasana: Meaning, definition, types, and their significance in Yoga Sadhana.
- 1.12 Concept and principles of Pranayama: Meaning, definition, types, and their significance in Yoga Sadhana.
- 1.13 Introduction to Tri Bandha and their health benefits.
- 1.14 Dhyana and its significance in health and well-being.
- 1.15 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.
- 1.16 Yogic concept and principles of Ahara(Mitahara, Yuktaahara).

2 Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayee, Purushartha Chatushtaya, and the goal of human life.
- 2.2 Yoga in Kathopnishad, Prashanopanisha, Tattriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- 2.3 Concept of Sthitaprajna, Bhakti, Karma, and Dhyana in Bhagavad Gita.
- 2.4 Significance of Bhagavad Gita in day-to-day life.
- 2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- 2.6 Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 46 – 51, III- 1 to 4).
- 2.7 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, and their relationship with wellness.
- 2.8 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- 2.9 Antaranga Yoga of Maharisi Patanjali (Dharana, Dhyana, Samadhi).
- 2.10 Concept of mental well-being according to Patanjala Yoga.

- 2.11 Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Grand Samhita). Relationship between Hatha yoga and Raja Yoga.
- 2.12 Sadhaka and Badhaka tatva, principle to be followed by Hatha Yoga practitioner.
- 2.13 Concept of Matha, Mitahara, Pathya & Apathya.
- 2.14 Concepts of Nadis, Prana, and Pranayama for Subjective experiences.
- 2.15 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).
- 2.16 Concept of Tridoshas, Sapta Dhatu, Agni, Vayu, and Mala; their role in wellness.
- 2.17 Concepts of Dinacharya and Ritucharya and their importance in well-being.
- 2.18 Importance of Ahara, Nidra, and Brahmacharya in well-being.
- 2.19 Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).

3 Yoga for Wellness

- 3.1 General introduction to the human body and nine major systems of the human body.
- 3.2 Introductions to sensory organs (Eyes, Nose, Ears, Tongue, and Skin).
- 3.3 Basic functions of nine major systems of the human body and homeostasis.
- 3.4 Yogic concept of health and wellness.
- 3.5 Importance of psychosocial environment for health and wellness.
- 3.6 Knowledge of common diseases; their prevention and management by Yoga.
- 3.7 Knowledge of the role of Yoga in the management of non-communicable diseases.
- 3.8 Concept of stress and Yogic management of stress and its consequence.

Yoga Practical

1 Prayer

- 1.1 Concept and Recitation of Pranava
- 1.2 Concept and Recitation of Hymns
- 1.3 Selected universal prayers, invocations, and Nishpatti Bhava.

2 Yogic Shat Karma

- 2.1 Neti: Sutra Neti and Jala Neti
- 2.2 Dhauti: Vamana Dhauti (Kunjaj)
- 2.3 Kapalbhata (Vatakrama)

3 Yogic Sukshma Vyayama and Sthula Vyayama

Yogic Sukshma Vyayama (Microcirculation practices)

Eye Movement – Netra Shakti Vikasaka Bhuja Valli Shakti Vikasaka Neck Movement – Griva Shakti Vikasaka (I, II, III, IV) & Neck Traction (I, VIII) Shoulder Movement – Bhuja Valli Shakti Vikasaka , Purna Bhuja Shakti Vikasaka & Shoulder Traction, Skandha Chakra (I, II) Wrist Movement – Manibnadh Chakra, Mushtika Bandh Trunk Movement – Kati Shakti Vikasaka (I, II, III, IV, V), Cycle Sanchalan, Uttanpad Kriya, Pawanmuktasana Kriya (I, II), Padparsar Katichakra Kriya, Padparsar Parivrat Pachimottan Kriya Waist Movement – Makrasana Kriya (III, IV), Dwipad Vratkar Kriya, Chakki Sanchalan Kriya Knee Movement – Jangha Shakti Vikasaka (II-A&B), Janu Shakti Vikasaka , Janu Chakara Kriya Ankle Movement – Pada-mula shakti Vikasaka – A&B, Gulpha-pada-pristha-pada-tala shakti Vikasaka, Gulf Naman & Gulf Chakra Yogic Sthula Vyayama (Macro circulation practices) Sarvanga Pushti Hrid Gati (Engine Daud)

4 Yogic Surya Namaskara with Mantra Advance Surya Namaskar *Surya Namaskar Variations (I, II, III)* Fat Go Namaskar *Smile Tai-Chi* Ashtang Vinyasa Series I *

5 Yogasana

5.1 Tadasana, Supt Tadasana, Hastottanasana, Vrikshasana, Utthita Hastapadangustasana

5.2 Ardha Chakrasana, Padahastasana , Dwikonasana

5.3 Trikonasana, Parshva Konasana, Katichakrasana, Utkatasna

5.4 Dandasana, Padmasana, Utitha Padmasana, Vajarasana, Badhkonasana , Goumukhasna

5.5 Yogamudrasana, Parvatasana , Vashista Asana, Tolasana

5.6 Bhadrasana, Mandukasana, Ushtrasana, Marjariasna (I, II) Shashankasana, Uttana Mandukasana,

5.7 Paschimottanasana, Purvottanasana, JanuSirsasana, Parighasana

5.8 Vakrasana, Ardha Matsyendrasana, Gomukhasana , Bhardwajasna

5.9 Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Akarna Dhanurasana, Pakshi Asna, Jathara Parivartanasana, Makrasana

5.10 Pavanamuktasana and its Variations

5.11 Uttanapadasana, Ardha Halasana, Purna Halasana, Setubandhasana, Sarala-Matsyasana, Sarvangasana

5.12 Adho Mukhasvanasna, Urdhva Mukhasvanasna , Urdhva Prasarita Ekpada Asana

5.13 Veer Bhadrasana (I, II ,III)

5.14 Shavasana,

5.15 Health benefits of Suryanamaskara, Shatkarma, Asanas, Pranayama, and practices leading to Dhyana (as per the practical syllabus of the course).

6 Preparatory Breathing Practices

6.1 Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)

6.2 Yogic Deep Breathing

6.3 Anuloma Viloma/ Nadi Shodhana

7 Pranayama

7.1 Concept of Puraka, Rechaka, and Kumbhaka

7.2 Ujjayee Pranayama (Without Kumbhaka)

7.3 Sheetalee Pranayama (Without Kumbhaka)

7.4 Sitkaree Pranayama (Without Kumbhaka)

7.5 Bhramaree Pranayama (Without Kumbhaka)

8 Concept and Demonstration of Bandha

8.1 Jalandhara Bandha

8.2 Uddiyana Bandha

8.3 Mula Bandha

9 Concept and Demonstration of Mudra

9.1 Yoga Mudra

9.2 Maha Mudra

9.3 Vipareetakarani Mudra

10 Practices leading to Dhyana Sadhana

10.1 Body awareness and Breath awareness

10.2 Yoga Nidra

10.3 Antarmauna

10.4 Recitation of Pranava and Soham

10.5 Recitation of Hymns

10.6 Practice of Dhyana

11 Teaching Skills (Methods of Teaching Yoga)

11.1 Teaching methods with special reference to Yoga

11.2 Factors influencing Yoga teaching

11.3 Need of teaching practice and its use in Yogic practice.

11.4 Teaching Aids: Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation

11.5 Methods of teaching Yoga to an individual, small group, and large group

11.6 Lecture cum demonstration in Yoga: Its meaning, importance, and method of its Presentation

11.7 Lesson plan: It's meaning and need

11.8 Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group.

11.9 Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.

11.10 Assessment of a Yoga class (detection and correction of mistakes)