

Syllabus Yoga Wellness Instructor

1. **Name of the Certification:** Yoga Wellness Instructor
2. **Requirement/ Eligibility:**
 - a. For open candidates there is no eligibility criteria
 - b. For admission in the course it is suggested that the candidate should have passed 12th standard/ higher secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility
3. **Brief Role Description:** Certified Yoga Professionals (Yoga Wellness Instructor) to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places, Yoga wellness centres/ Primary Health care centres etc
4. **Minimum age:** No age limit
5. **Personal Attributes:** The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.
6. **Credit points for certificate :** 24 credits
7. **Duration of course:** Not less than 400 hours or not less than 6 month as part time or not less than 3 month as full time course.
8. **Mark Distribution:**
Total Marks: 200 (Theory: 60+Practical – 140)

Theory

Unit No.	Unit name	Marks
1	Introduction to Yoga and Yogic Practices	20
2	Introduction to Yoga Texts	20
3	Yoga for wellness	20
	Total	60

Practical

S No.	Practical Work	Marks
1	Demonstration Skills	80
2	Teaching Skills	40
3	Application of knowledge	10
4	Field Experience	10
	Total	140

Unit 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.

Unit -2 Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.
- 2.2 Yoga in Kathopnishad, Prashanopanisha, Tattiriyopnishad 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 Patanjala 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 Gherand 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).

Unit 3- Yoga for Wellness

- 3.1 General introduction to human body and nine major systems of human body.
- 3.2 Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- 3.3 Basic functions of nine major systems of human body and homeostasis.
- 3.4 Yogic concept of health and wellness.
- 3.5 Concept of Tridoshas, Sapta Dhatu, Agni, Vayu and Mala; their role in wellness.
- 3.6 Concepts of Dinacharya and Ritucharya and their importance in well being.
- 3.7 Importance of Ahara, Nidra and Brahmacharya in well being.
- 3.8 Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).
- 3.9 Importance of psychosocial environment for health and wellness.
- 3.10 Yogic concept and principles of Ahara(Mitahara, Yuktahara).
- 3.11 Health benefits of Suryanamaskara, Shatkarma, Asanas, Pranayama and practices leading to Dhyana (as per the practical syllabus of the course).
- 3.12 Salient features and contra indications of Yoga practices for well being (as per the practical syllabus of the course).
- 3.13 Knowledge of common diseases; their prevention and management by Yoga.
- 3.14 Knowledge of role of Yoga in the management of non communicable diseases.
- 3.15 Concept of stress and Yogic management of stress and its consequences.

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 (Kunjali)
- 2.3 **Kapalbhati** (Vatakrama)

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
- 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

b. Yogic Sthula Vyayama (Macro circulation practices)

- Sarvanga Pushti
- Hrid Gati (Engine daud)

4. Yogic Surya Namaskara with Mantra

5. Yogasana

- 5.1 Tadasana, Hastottanasana, Vrikshasana
- 5.2 Ardha Chakrasana, Padahastanasana
- 5.3 Trikonasana, Parshva Konasana, Katichakrasana
- 5.4 Dandasana, Padmasana, Vajarasana,
- 5.5 Yogamudrasana, Parvatasana
- 5.6 Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana,
- 5.7 Paschimottanasana, Purvottanasana
- 5.8 Vakrasana, Ardha Matsyendrasana, Gomukhasana
- 5.9 Makarasana, Bhujangasana, Shalabhasana, Dhanurasana
- 5.10 Pavanamuktasana and its variations
- 5.11 Uttanapadasana, Ardha Halasana, Setubandhasana, Sarala-Matsyasana
- 5.12 Shavasana,

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 Sheetaltee Pranayama (Without Kumbhaka)
- 7.4 Sitkaree Pranayama (Without Kumbhaka)
- 7.5 Bhrumaree 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

B. Teaching Skills (Methods of Teaching Yoga)

- 1.1 Teaching methods with special reference to Yoga
- 1.2 Factors influencing Yoga teaching
- 1.3 Need of teaching practice and its use in Yogic practice.
- 1.4 Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
- 1.5 Methods of teaching Yoga to an individual, small group and large group
- 1.6 Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation
- 1.7 Lesson plan: Its meaning and need
- 1.8 Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group
- 1.9 Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
- 1.10 Assessment of a Yoga class (detection and correction of mistakes).

Book for reference for Theory

- 1 Goyandka, Harikrishandass : **Yoga Darshan**
Geeta Press, Gorakhpur (Samvat 2061).
- 2 Ravi Shankar, Sri Sri : Upanishad, Vol. I
- 3 Swami Vivekananda : **Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga**
(4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 4 Basavaraddi I. V. and Pathak, S. P. : **Hathayoga ke Aadhar avam Prayoga** (Sanskrit-Hindi),
MDNIY, New Delhi, 2007
- 5 Sahay G. S. : **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 6 Gita press Gorakhpur **Shreemad Bhagvadgita**
Gita press Gorakhpur, Samvat 2073
- 7 Quality Council of India (QCI) **Yoga professionals Official Guidebook for Level 2**
Excel Books, New Delhi 2016
- 8 Kalidas Joshi and Ganesh Shankar **Yoga ke Sidhant Evam Abhyas,**
Madhya Pradesh Hindigrantha Akadami, Bhopal, 1995
- 9 Brahmachari Swami Dhirendra **Yogic Suksma Vyayama,**
Dhirendra Yoga Publications, New Delhi, 1986
- 10 Digambarji Swami and Gharote M.L. **Gheranda Samhita,**
Kaivalyadhama S.M.Y.M. Samiti, Lonavala 1997
- 11 Sahay G. S. **Hathayogapradipika**
MDNIY, New Delhi, 2013
- 12 Kalayan **Upanishads (23rd year Special)**
Geeta Press, Gorakhpur
- 13 Gore M. M. **Anatomy and Physiology of Yogic Practices,**
Kanchana Prakashana, Lonavala, 2004
- 14 Telles, Shirley A Glimse of the Human body
Swami Vivekanand Yoga Prakashan, Bangalore, 1998
- 15 Swami Karmananda **Management of Common Diseases,**
Bihar Yoga Publication Trust, 2006, Munger
- 16 Bhogal, R. S : **Yoga & Mental Health and beyond,**
ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010
- 17 Jayadeva, Yogendra : **Cyclopedia Vol I, II, III & IV**

- 18 Basavaraddi, I.V. **How to manage Stress through Yoga**
MDNIY, New Delhi
- 19 Kotecha, Vaidya Rajesh **A Beginner's Guide to Ayurveda**
Chakrapani Publications, Jaipur 2016
- 20 MDNIY **Yoga Module for Wellness Series (1 to 10)**
MDNIY, New Delhi 2011

Books for Reference for Practicum

1. Brahmachari Swami Dhirendra : **Yogic Suksma Vyayama,**
Dhirendra Yoga Publications, New Delhi
2. Brahmachari, Swami Dhirendra : **Yogasana Vijnana,**
Dheerendra Yoga Prakashana, New Delhi
3. Iyengar, B. K. S. : **Light on Yoga,**
Harper Collins Publisher, New Delhi, 2005
4. Swami Kuvalyananda : **Pranayama,**
Kaivalyadhama, Lonavla, 1992
5. Saraswati, Swami Satyananda : **Asana, Pranayama, Mudra, Bandha**
Bihar School of Yoga, Munger, 2006
6. Basavaraddi, I.V. **A Monograph on Yogic Suksma Vyayama,** MDNIY,
New Delhi, 2016
7. Basavaraddi, I.V. **A Monograph on Shatakarma,**
MDNIY, New Delhi, 2016
8. Basavaraddi, I.V. **A Monograph on Yogasana,**
MDNIY, New Delhi, 2016
9. Basavaraddi, I.V. **A Monograph on Pranayama,**
MDNIY, New Delhi, 2016
10. Tiwari O.P. **Asana Why & How ?**
Kaivalyadhama, SMYM Samiti, Lonavla
11. Basavaraddi, I.V. & Bharti Swami Anant **Pratah Smarana**
MDNIY, New Delhi, 2016
12. Saraswati, Swami Satyananda **Suryanamashkara**
Bihar School of Yoga, Munger, 2006
13. Joshi K.S. **Yogic Pranayama**
Orient Paperbacks, New Delhi 2009

14. Quality Council of India
(QCI) **Yoga professionals Official Guidebook for level 2**
Excel Books, New Delhi 2016
15. Basavaraddi, I. V. & others **Yoga Teachers Manual for School Teachers,**
MDNIY, New Delhi, 2010
16. Gharote, M.L. **Teaching Methods for Yogic practices,**
Kaivalyadhama Ashram, Lonavla
17. Iyengar, B.K.S **Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial**
Yoga, Institute, Pune YOG, Mumbai