

## **NAME OF THE COURSE: CERTIFICATE COURSE IN YOGA**

### **OBJECTIVES:**

The main objectives of the course are the following:

1. To acquire knowledge about yoga and its benefits in daily life
2. Make familiarize to the various asanas and pranayama to the trainees
3. To make capable of the people to teach yoga to the general public in holistic way.

### **DURATION OF THE COURSE:**

The program is for 40 hours including theory and practical

### **ELIGIBILITY:**

A person who is passionate about learning the art forms of yoga and desires to become a learned yoga teacher is eligible to apply for this program.

### **COURSE OF STUDY:**

Theory :

Practical:

### **SCHEME OF EXAMINATION:**

Theory and practical examinations of 3 hours duration at the end of the course.

### **ATTENDANCE:**

75% of attendance is compulsory for attending the examination.

### **ELIGIBILITY FOR CERTIFICATE:**

Participants should secure 50% marks in both theory and practical examinations

### **IMPLEMENTATION AND MONITORING OF THE COURSE.**

# **SYLLABUS FOR CERTIFICATE COURSE IN YOGA**

## **MODULE 1**

### **ANATOMY AND PHYSIOLOGY**

Introduction to human anatomy and physiology – types of joints & muscles and its movements- types of muscle contraction- various systems in human body-mechanism of respiration.

## **MODULE II**

### **INTRODUCTION TO YOGA**

Origin, meaning, definition, misconceptions -principles of yoga- effects on various system-yoga various diseases and deformities.

## **MODULE III**

### **ASANAS AND PRANAYAMA**

Meaning, types of asanas- Precautions and contra indications – benefits of asanas – meaning of pranayama- stages in pranayama- types of pranayama- benefits of pranayama

## **MODULE IV**

### **MUDRAS AND MEDITATION**

Meaning of mudras-types of mudras-uses of mudras- meaning of meditation- forms of meditations- benefits of meditation.

## **PRACTICAL**

- Surya namaskar
- Standing asanas
- Sitting asanas
- Prone asanas & supine asanas
- Breathing practices and pranayama
  - Kapalabhati
  - Bhastrika
  - Nadi suddhi
  - Sitali, Sitkari and sadanta
  - Bhramari
- Meditation
- Kriyas