



# **Scheme for Certification of Yoga Schools**

**Time required in Hours for teaching the Syllabus**

## **Level 1 - Yoga Instructor**



**(Please refer the competence standard for more details)**

Section	Theory	Teaching Hours Minimum
1	<b><u>Introduction to Yoga</u></b>	30
1.1	Introduction to Yoga and Yogic Practices	4.5
	1 Etymology of Yoga and definitions of Yoga in different Classical Yoga texts	
	2 Brief introduction to origin, history and development of Yoga	
	3 Aim, Objectives and Misconceptions about Yoga	
	4 General Introduction to <i>Shad-darshanas</i> with special reference to <i>Sankhya</i> and Yoga	
	5 General introduction to four paths of Yoga	
	6 Principles of Yoga and Yogic practices	
	7 Guidelines for Instructors	
1.2	Introduction to Hatha Yoga	10
	8 Distinction between Yoga Asana and Non-Yogic physical practices	
	9 Introduction to important Hatha Yoga Texts with special reference to Hatha Yoga Pradipika and Gheranda Samhita	
	10 Concept of Yogic Diet	
	11 Causes of Success ( <i>Sadhaka Tattwa</i> ) and Causes of Failure ( <i>Badhaka Tattwa</i> ) in Hatha Yoga <i>Sadhana</i>	
	12 Concept of <i>Ghata</i> and <i>Ghata Shudhi</i> in Hatha Yoga	
	13 Purpose and utility of <i>Shat-kriya</i> Hatha Yoga	
	14 Purpose and utility of Asana in Hatha Yoga	
	15 Purpose and importance of <i>Pranayama</i> in Hatha Yoga	
1.3	Introduction to Patanjali	15.5
	16 Definition, nature and aim of Yoga according to Patanjali	
	17 Concept of <i>Chitta</i> and <i>Chitta Bhumis</i>	
	18 <i>Chitta-vrittis</i> and <i>Chitta-vrittinirodhopaya</i> ( <i>Abhyasa</i> and <i>Vairagya</i> )	
	19 Concept of <i>Ishwara</i> and <i>Ishwara Pranidhana</i>	
	20 <i>Chitta Vikshepas</i> ( <i>Antarayas</i> ) and their associates ( <i>Sahabhuva</i> )	
	21 Concept of <i>Chitta Prasadana</i> and their relevance in mental well being	
	22 <i>Kleshas</i> and their significance in Yoga	
	23 Ashtanga Yoga of Patanjali : its purpose and effects, its significance	

2	<b>Introduction to Human Systems and Health</b>	30
2.1	Introduction to Human Systems, Yoga and Health	13.5
	1. The nine systems of human body	
	2. Functions of different systems of human body	
	3. Introduction to Sensory Organs	
	4. Neuromuscular co-ordination of Sensory Organs	
	5. Basic understanding of Exercise Physiology	
	6. Homeostasis	
	7. The benefits of various <i>asana</i> on different parts of the human body	
	8. The limitations and contra-indications of specific Yoga practices	
2.2	Yoga for Wellness- Prevention and Promotion of Positive Health	10
	9. Health, its meaning and definitions	
	10. Yogic conceptions of health and diseases	
	11. Concept of <i>Pancha kosha</i>	
	12. Concept of <i>Triguna</i>	
	13. Concept of <i>Panchamahabutas</i>	
	14. Yogic principles of Healthy-Living	
	15. Introduction to yogic diet and nutrition	
2.3	Yoga and Stress Management	6.5
	16. Human Psyche: Yogic and modern concepts, Behaviour and Consciousness	
	17. Frustration, Conflicts, and Psychosomatic disorders	
	18. Relationship between Mind and Body	
	19. Mental Hygiene and Roll of Yoga in Mental Hygiene	
	20. Mental health: a Yogic perspective	
	21. Prayer and meditation for mental health	
	22. Psycho-social environment and its importance for mental health ( <i>yama</i> , and <i>niyama</i> )	
	23. Concept of stress according to modern science and Yoga	
	24. Role of Yoga in Stress management	
	25. Role of Yoga for Life management	
	<b>TOTAL</b>	60

Out of above 60 hours, contact hours with teachers shall be not less than 45 hours (75%) and the remaining hours can be self-learning.

section	<b><u>Skill</u></b> (Even though it is not finding a place in ancient Yoga text, sukshma vyayama and Suryanamakar have been included of their popularity )	Teaching Hours Minimum
<b>3</b>	Sukshma Vyayama and Shat Kriya	20
3.1	Sukshma Vyayama	3
	The movement of key joints of the body and the demonstrated ability to perform the same	
	i. Neck	
	ii. Shoulder	
	iii. Trunk	
	iv. Knee	
	v. Ankle	
3.2	Shat Kriya (only knowledge)	8
	<i>Neti</i>	
	<i>Dhauti</i>	
	<i>Kapalabhati</i>	
	<i>Agnisaar Kriya</i>	
	<i>Trataka</i>	
3.3	Suryanamaskar (Sun Salutation)	9
	Knowledge and Demonstration ability to perform <i>Suryanamaskar</i>	
<b>4</b>	<b><u>Asana:</u></b>	<b>50</b>
	Knowledge of postures of basic postures as below and demonstrated ability to perform these postures.	50
	i. <i>Sarvangasana</i> (shoulder stand)	
	ii. <i>Halasana</i> (plough)	
	iii. <i>Matsyasana</i> (fish)	
	iv. <i>Paschimottanasana</i> (sitting forward bend)	
	v. <i>Bhujangasana</i> (cobra)	
	vi. <i>Shalabhasana</i> (locust)	
	vii. <i>Dhanurasana</i> (bow)	
	viii. <i>Vakrasana</i> (half spinal twist)	
	ix. <i>Kakasana</i> or <i>bakasana</i> (crow)	
	x. <i>Padahasthasana</i> (standing forward bend)	
	xi. <i>Trikonasana</i> (triangle)	
	xii. <i>Uttanapadasana</i> (raised leg)	
	xiii. <i>Pawan muktasana</i> (wind releasing)	
	xiv. <i>Vajrasana</i> (thunderbolt - only knowledge and no demonstration)	
	xv. <i>Mandukasana</i> (frog pose)	

	Knowledge of the Sanskrit names of the postures and breathing exercises, detailed benefits and caution.	
	Knowledge of the five spinal movements – inverted, forward, backward, lateral twist and lateral bend and neutral positions of the spine	
	Knowledge of 360 degree, all round, Yogic exercise through the practice of <i>asanas</i> , proper relaxation, proper breathing, contra-indications,	
	Cautions and medical considerations; obvious and subtle benefits; and modification in basic postures to accommodate limitations	
<b>5</b>	<b><u>Pranayama and Practices leading to Meditation</u></b>	<b>30</b>
5.1	Pranayama	22.5
	Familiarity with and Demonstrated ability to perform abdominal (and diaphragmatic), thoracic, clavicular breathing and the full Yogic breath.	
	Familiarity with and Demonstrated ability to perform <i>Anuloma-Viloma, Bhastrika, Chandrabhedana, Suryabhedhana, Ujjayi, Bhramari,</i>	
	<i>Sheetali, Sheetkari,</i> and the knowledge of its benefits, limitation and applications.	
5.2	Practices leading to Meditation	7.5
	Familiarity with and Demonstrated ability to perform <i>Dharana</i> and <i>Dhyana</i> and to demonstrate allied practices like <i>Mudras, Mantra Japa etc.</i>	
	Familiarity with the concept of environment for meditation and the benefits of meditation on health and well-being and its practical application in modern life.	
<b>6</b>	<b>Teaching Practice</b>	<b>40</b>
6.1	Scope	10
	The scope of practice of Yoga and how to assess the need for referral to other professional services when needed	
	Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.	
6.2	Demonstrated Ability	10
	To recognize, adjust, and adapt to specific aspirant needs in the progressive classes.	
	To recognize and manage the subtle dynamics inherent in the teacher - aspirant relationship.	
6.3	Principles and Skills for Educating Aspirants	10
	Familiarity with and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning, provide supportive and	
	effective feedback, acknowledge the aspirant's progress, and cope with difficulties.	

6.4	Group Practice	10
	Familiarity with and Demonstrated ability to design and implement group programs.	
	Familiarity of group dynamics and allied techniques of communication skills, time management, and the establishment of priorities and boundaries.	
	Familiarity with techniques to address the specific needs of individual participants, to the degree possible in a group setting	
	<b>Total</b>	<b>140</b>
	<b>Grand Total</b>	<b>200</b>

Out of above 140 hours for skill, contact hours with teachers shall be not less than 84 hours (60%) and the rest can be self-learning.

Out of total of 200 hours of Teaching for Yoga Instructors' Course, Contact Hours shall be not less than 130 and the rest can be non-contact hours