



Scheme for Certification of Yoga Schools

Time required in hours for teaching the Syllabus

Level 2 - Yoga Teacher



(Please refer the competence standard for more details)

Section		Teaching Hours
	Knowledge	
I	Principles and Fundamentals of Yoga	75
1.1	Familiarity with evolution of Yoga philosophy;	2
1.2	Familiarity with teachings of Vedas, Principal Upanishads, Shad Darshana, Agama & Purana	25
1.3	Familiarity with 4 schools of Yoga: Jnana, Bhakti, Karma & Raja Yoga	15
1.4	Familiarity with fundamental principles of Yoga - Panchakosha, Panchabhutas, Panchapranas, Shad-Chakras;	15
1.5	Familiarity with concepts & models relevant to Yoga practice;	3
1.6	Familiarity with Gurus / Masters, their contribution and tradition of Guru-shishya) - (Patanjali, Shankaracharya, Aurobindo, Swami Vivekananda)	15
2	Introduction to basic Yoga Texts	45
2.1	Yoga Sutras of Patanjali - anushasana, vritti, cittaprasadana, kleshas, ashtangas)	25
2.2	Hathapradipika of Svamimarama - refer syllabus	14
2.3	Bhagvad Gita	6
3	Applications of Yoga (Anatomy & Physiology, Psychology & Diet)	35
3.1	Familiarity with major physiological systems in human body;	12.5
3.2	familiarity with effects, benefits and contra-indications of Yoga practice on various parts of the body;	5
3.3	Obstacles on the path of Yoga; Triguna theory; Ayurvedic approach to diet and sattvik diet; Effects of diet.	12.5
3.4	Psychology- cognition, perception, etc.; as per BG & PYS	5
4	Communication	
4.1	(Teaching environment; Preparing the Class room; Knowledge and Demonstration ability; techniques of teaching, etc.).	20
	Total	175
NOTE		
1	Out of above 175 hours, contact hours with teachers can be 130 hours (75%) and 45 hours (25 %) can be self-learning.	

	Skill: (Even though it is not finding a place in ancient Yoga text, sukshma vyayama and Suryanamakar have been included of their popularity)	Teaching Hours
5	Sukshma Vyayama & Shat Kriya	35
5.1	Shat Kriyas - knowledge and ability to perform the same	27.5
5.2	(Kapalbhati; Neti; Dhauti : vatasara, agnisara, kunjaj kriyas; Trataka & Pratyahara),	
	Sukshma Vyayama - knowledge & ability to perform	7.5
	(neck, shoulder, trunk, knee, ankle)	
6	Suryanamaskar & Yogasana	70
6.1	Suryanamaskar - in-depth knowledge and demonstration ability	15
6.2	Yogasanas – in depth knowledge and demonstration ability of 15 asanas of HP, any other 5 asanas chosen by applicant,	55
7	Pranayama & Meditation	35
7.1	Pranayama - indepth knowledge and ability to perform sectional breathing,	25
7.2	brahmari, suryabheda, chandrabheda, shitali, sjtkari, sadanta and ujjayi,	
7.3	Meditation - meditation, mudras, japa mala, mantra chanting, relaxation, etc.	10
8	Teaching Practice	35
8.1	Communication & listening skills, adjusting to aspirant needs, managing the	20
8.2	dynamics of teacher-aspirant relationship.	
8.3	Principles and skills for educating aspirants	7.5
8.4	Principles and skills for working with groups	7.5
	Total	175
	GRAND TOTAL	350
NOTE		
1	Out of above 175 hours, learning under supervision can be 105 hours (60%) and 70 hours (40 %) can be self-practice.	
NOTE:	Out of Total of 350 hours of Teaching for Yoga Teachers' Course,	
	Contact Hours will be (105+130) = 235 hours	
	Non Contact Hours will be (70 + 45) = 115 hours	