

# YCB Level-3 Yoga Teacher and Evaluator

YCB Level-3 Yoga Teacher and Evaluator Course, Om Yoga International



Om Yoga International





## MR. RADHIKA SHARAN

**Founder:** OYI, Rishikesh

**Lead Trainer:** YCB-2, YCB-2, YCB-3  
YCB-4, YCB-6 RYT 200hrs,  
RYT300hrs RYT500hrs



## MRS. RUCHIKA SHARAN

**Co. Founder:** OYI, Rishikesh

**Lead Trainer:** YACEP, RPYT, Face Yoga  
YCB-2, YCB-2, YCB-3, YCB-4, YCB-6  
RYT 200hrs, RYT300hrs, RYT500hrs



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WhatsApp business account





## Online Courses Dates 2025-26

Start Date	End Dates	USD Fees	INR Fees
01st May 2025	30th June 2025	\$ 495 / 290	₹ 35,000 / 25,000
01st September 2025	30th October 2025	\$ 405	₹ 35,000
01st January 2026	28th February 2026	\$ 405	₹ 35,000
01st May 2026	30th June 2026	\$ 405	₹ 35,000

**EARLY BIRD**

**DISCOUNT**

**30% OFF**

*Timing (IST)*

03:30PM - 05:00PM Practical Class  
05:30PM - 06:30PM Philosophy and  
Anatomy Physiology

## Examination Pattern

Certification	No. of Questions / Marks	Duration - Theory	Duration Practical	Practical Marks	Pass %age
Yoga Protocol Instructor	60	2 Hours	20 Minutes	140	70% in both Theory & Practical
Yoga Wellness Instructor	60			140	
Yoga Teacher & Evaluator	80		30 Minutes	120	
Assistant Yoga Therapist	60			140	
Yoga Therapist	100		100		
Yoga Master	120		80		

## Certification

- Result  
Within 10 days of conduct of Exam
- Certification  
Within 15 days of declaration of result





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Ministry of AYUSH, Govt. of India

## YCB Level-3 Yoga Teacher and Evaluator

### Course Highlights:

Total Duration: 02Months 60 Days ;

Mode: Online, Live Zoom Sessions + Self-paced Learning;

Timings(Live Class): 03:30 – 06:30pm (Mon-Fri);

Pre-requisites: Should have completed YCB Level-2 / 200hours YTTC;

Language: English & Hindi;

**Total Fees: 405USD / 35,000 INR (Exam Fees excluding)**

Access to Course: 1 Year.



The YCB Level-3 (Yoga Teacher and Evaluator) course is typically designed for highly experienced yoga practitioners and teachers who have already completed Level-2 certification. It is an advanced course aimed at those who want to refine their skills to an expert level, deepen their understanding of yoga philosophy, and further enhance their teaching capabilities. This level is often considered for those wishing to specialize or pursue a more nuanced, professional approach to yoga. This course focuses on



### 1. Mastery of Advanced Asanas:

- **Complex Postures:** Practitioners will engage in more advanced asanas that require greater flexibility, strength, and concentration. It might include deep backbends, inversions, and arm balances.
- **Precision and Alignment:** There's a strong emphasis on the fine details of alignment and how to refine each posture to enhance the flow of energy (prana).
- **Adjustments and Modifications:** Learning the art of providing advanced adjustments and modifications for different body types and abilities.

### 2. Advanced Pranayama Techniques:

- **In-depth Breathing Practices:** A more focused approach on advanced pranayama (e.g., Kapalbhāti, Bhāstrīkā, Bhramārī, and advanced Kumbhāka practices), understanding the physiological, mental, and energetic benefits of each technique.
- **Breath and Bandha Integration:** Teaching how to integrate breath retention (kumbhāka) with the use of locks (bandhas) for greater energy control and meditation.

### 3. Advanced Yoga Philosophy:

- **Advanced Study of Scriptures:** A deeper exploration into classical texts like the Yoga Sūtras of Patañjali, Bhagavad Gītā, Upanishads, and Tantric texts.
- **Living Yoga:** Beyond intellectual understanding, Level-3 focuses on how to live the philosophy—cultivating qualities like compassion, non-attachment, self-awareness, and mindfulness in all areas of life.

### 4. Advanced Meditation Practices

- **Dhyāna (Meditation):** Going beyond basic meditation, this includes techniques that deepen focus, insight (dhyāna), and eventually transcendence (samādhi). Practices might include Vipassāna, Kūṇḍalīnī awakening, or Jñāna Yoga (knowledge) meditation techniques.
- **Chakra and Energy Work:** A more profound exploration of the chakra system and energy channels (nāḍīs), including practices to balance and clear energy blocks.



1. Refining Teaching Methodology
2. Mastering Sequencing: Creating advanced, fluid, and well-balanced sequences that cater to different levels of practitioners, while also focusing on personal growth and the deeper dimensions of yoga.
3. Mentorship & Supervision: Developing the ability to mentor and guide less experienced teachers. This includes giving feedback, teaching methodology, and integrating your personal philosophy and practice into teaching.
4. Effective Communication: Developing a more refined approach to teaching that fosters connection with students, whether in large groups or intimate settings, including the ability to read the energy of a room and respond accordingly.
5. Ayurveda & Integrative Wellness
6. Ayurveda and Yoga: A more advanced understanding of how yoga can complement Ayurvedic practices for balanced living. Topics might include diet, daily routines (dinacharya), and seasonal adjustments.
7. Holistic Health: A comprehensive approach to health, including emotional, mental, and spiritual well-being, and understanding how to guide students towards holistic self-care.
8. Personal Growth and Transformation
9. Self-Realization: The culmination of the course often aims at deepening your personal experience of yoga—working towards self-realization, inner peace, and spiritual awakening.
10. Yoga as a Lifestyle: Living and breathing yoga—not just on the mat, but off the mat as well, incorporating it into every aspect of your life, relationships, and daily decisions.





# Yoga Teacher & Evaluator Training Course

## Modules

### 1. Yoga Philosophy: Foundation of Yoga

- Yoga: Etymology & Definitions
- Origin, History & Development of Yoga
- Yoga in Principle Upanishads
- Yoga tradition in Jainism & Buddhism
- Introduction to Shad Darshana
- Yoga in Modern and Contemporary Times
- Guiding principles followed by the practitioner.
- Jnana, Bhakti, Karma, Raja & Hatha.
- Principles of Sukshma & Sthula Vyayama, Surya Namaskars
- Principles of Shatkarma, Yogasana & Pranayama
- Bandha & Mudra
- Yogic Relaxation techniques
- Introduction to Dhyana and its role

### 2. Yoga Philosophy: Study of Yoga Texts

- Prasthanatrayee & Purushartha Chatushtaya
- Yoga in Upanishads, Panchakosha Vivek & Ananda Mimamsa.
- Concept of Sthitaprajna in Bhagavad Gita.
- Significance of Bhagavad Gita as a synthesis of Yoga.
- Ahara, Vihara, Achara, Vichara
- Highlights of Yoga Vasishtha,
- Study of Patanjali Yoga Sutra
- Chitta, Chitta Bhumi, Chitta Vritti,
- Chitta Vikshepa, Chittaprasadanam, Klesha and Vivek-Khyati
- Concept of Ishwarapranidhanani,
- Concept of Kriya Yoga of Patanjali
- Bahiranga Yoga of Maharishi Patanjali
- Antaranga Yoga of Maharishi Patanjali
- Concept of mental well-being
- Hatha Yoga: Its origin, history and development.

### 3. Yoga and Health

- Yoga Anatomy & Physiology
- Musculoskeletal System & Sensory organs
- Respiratory & cardio-vascular system
- Digestive, Nervous & Endocrine System
- Impact of Yoga practices on these systems]
- Yoga and Psychology
- Yogic view of Mental Health & Illness
- Physiological changes during emotions
- Concept of Health, Wellness & Illness
- Yoga for Disease Prevention
- Definition of Health & Disease
- Concept of Adhi & Vyadhi
- Causes of ill-health
- Mental & Emotional Ill-health
- Trigunas, Panch-Kosha, Pancha Prana and Shatchakras
- Yogic concept of Holistic Health

### 4. Applied Yoga

- Yoga and Education
- Yoga for Personality Development
- Role of Spirituality & Positive Attitude
- Yogic Management of Stress
- Stress: Definition, Types, Symptoms & Consequences
- Stress Management in Ashtanga Yoga & Bhagwad geeta
- Yoga practices for Stress Management
- Management of Life-style Disorders
- Yoga for IBS, Constipation, Acidity
- Bronchial Asthma & Sinusitis
- Hypertension & Osteoarthritis
- Management of non-communicable disorders
- Yoga as an integrative medication

## 5. Yoga Practicals

- Prayer
- Shatkarmas
- Sukshma & Sthula Vyayama
- Surya Namaskara with Mantra
- Yogasanas
- Preparatory Breathing Practices
- Pranayama
- Bandhas & Mudras
- Dhyana Sadhna
- Methods of Teaching

## 6. Yog Asanas

- Sthula & Sukshma Vyayama
- Surya&Chandra Namaskara
- Advanced Hatha Style Asanas
- Standing, Seated, Prone & Supine Asanas
- Ashtanga Primary Series
- Ashtanga Intermediate Series
- Hatha Vinyasa Flow
- Iyengar Style
- Restorative Yoga
- Therapeutic Asanas

## 7. Pranayama & Meditation

- Pranayama practices with Kumbhaka
- Mahabandha,
- 10 Mudras for Spiritual Enlightenment
- Bandha's & Mudras as a Therapy
- Mantra Meditation & Sound Healing
- You Nidra Level-2
- Dynamic Meditation
- Chakras Meditation
- Self-Surrender & Trataka

## 8. Teaching Skills

- Factors Influencing Teaching
- Use of Teaching Aids
- Lesson Planning
- Presentation of Lessons
- Class Assessment
- Program Evaluation



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## YCB Level-3 Yoga Teacher and Evaluator

### **The YCB (Yoga Certification Board)**

Level-3 designation refers to a highly advanced level of certification for yoga teachers in India. It is part of a structured certification system that ensures yoga practitioners and instructors meet specific standards of knowledge and competence. Achieving YCB Level-3 signifies that the yoga teacher has mastered deep theoretical and practical aspects of yoga and can teach and evaluate others at an advanced level.

### **Introduction to YCB Level-3 Yoga Teacher and Evaluator:**

**Yoga Teacher (Level-3):** A YCB Level-3 certified yoga teacher is a highly skilled professional with advanced knowledge and experience in various forms of yoga. They possess an in-depth understanding of yoga philosophy, anatomy, physiology, and various styles of practice. They are capable of teaching not only beginners but also intermediate and advanced practitioners. They are expected to have a profound understanding of yoga postures (asanas), breathing techniques (pranayama), meditation, and their therapeutic applications.

### **Yoga Evaluator (Level-3):**

A YCB Level-3 evaluator has the expertise to assess and certify other yoga practitioners. This involves evaluating their technical skills, teaching methodologies, and theoretical knowledge. These evaluators are responsible for ensuring that aspiring yoga teachers meet the standards set by the Yoga Certification Board.



# Yoga Teacher and Evaluator

Yoga Teacher and Evaluator

**1. Name of the Certification:** Yoga Teacher and Evaluator

**2. Requirement/ Eligibility:** a. For open candidates there is no eligibility criteria b. For admission in the course it is suggested/ desired that the candidate should be graduate in any stream from a recognized University or equivalent. However, the Yoga Institutions can define their own eligibility.

**3. Brief Role Description:** Master Trainers in Yoga educational Institutions, Yoga training Courses and training programs. He or she can also act as Evaluator and assessor of Yoga professionals. Can teach in studios, Institutions, colleges/ universities/ Institutions of higher Learning.

**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, engaging with students, dedication to teaching, ability to build caring relationships with students, friendliness and approachability, Independent, credible, analytical skills etc.

**6. Credit points for certificate :** 46 credits

**7. Duration of course:** Not less than 800 hours or not less than 15 month as part time or not less than 9 month as full time course. 8. Mark Distribution: Total Marks: 200 (Theory: 80+Practical – 120)

**Theory: Unit No. Unit name Marks**

- 1.Foundation of Yoga 20
2. Introduction to Yoga Texts 20
3. Yoga And Health 20
4. Applied Yoga 20

**Practical: S No. Practical Work Marks**

1. Demonstration Skills 60
2. Teaching Skills 20
3. Evaluation Skill 20
4. Application of knowledge 10
5. Field Experience 10

**Total 120**



# UNIT - 1 Foundation of Yoga

- 1.1 Etymology and Definitions of Yoga (Patanjala Yoga Sutra, Bhagwad Gita, Kathopanishad).
- 1.2 Brief Introduction to origin, history and development of Yoga (Pre- Vedic period to contemporary times).
- 1.3 Yoga in Principle Upanishads.
- 1.4 Yoga tradition in Jainism: Syadvada (theory of seven fold predictions); Concept of Kayotsarga / Preksha meditation).
- 1.5 Yoga Tradition in Buddhism: concept of Aryasatyas (four noble truths). 1.6 Salient features and branches of Bharatiya Darshana (Astika and Nastika Darshana).
- 1.7 General introduction to Shad Darshana with special emphasis on Samkhya, Yoga and Vedanta Darshana.
- 1.8 Brief survey of Yoga in Modern and Contemporary Times (Shri Ramakrishna, Shri Aurobindo, Maharishi Raman, Swami Vivekananda, Swami Dayananda Saraswati, Swami Shivananda, Paramhansa Madhavadas ji, Yogacharya Shri T. Krishnamacharya).
- 1.9 Guiding principles to be followed by the practioner.
- 1.10 Brief Introduction to Schools of Yoga; Jnana, Bhakti, Karma, Raja & Hatha.
- 1.11 Principles and Practices of Jnana Yoga.
- 1.12 Principles and Practices of Bhakti Yoga.
- 1.13 Principles and Practices of Karma Yoga.
- 1.14 Concept and Principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskars and their significance in Yoga Sadhana.
- 1.15 Concept and Principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- 1.16 Concept and Principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.17 Concept and Principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- 1.18 Introduction to Bandha & Mudra and their health benefits.
- 1.19 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.
- 1.20 Introduction to Dhyana and its role in health and well being.



## UNIT - 2 Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayee, Purushartha Chatusthaya and goal of human life.
- 2.2 Yoga in Kathopanishad, Prashanopanishad, Taittiriyoṇishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- 2.3 Concept of Sthitaprajna (stages and characteristics) in Bhagavad Gita.
- 2.4 Significance of Bhagavad Gita as a synthesis of Yoga.
- 2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- 2.6 Introduction and highlights of Yoga Vasishtha, Definitions of Yoga and their relevance in Yoga Vasishtha.
- 2.7 Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II-1 to 2, 46 to 55, III- 1 to 6).
- 2.8 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Klesha and Vivek-Khyati and their relationship with wellness.
- 2.9 Concept of Ishwara and its relevance in Yogasadhana, qualities of Ishwara, Ishwarapranidhana.
- 2.10 Concept of Kriya Yoga of Patanjali and its importance for healthy living.
- 2.11 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- 2.12 Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi).
- 2.13 Concept of mental well-being according to Patanjali Yoga.
- 2.14 Hatha Yoga: Its origin, history and development. Hatha Yoga: its meaning, and definition, aim, objectives and misconception about Hatha Yoga.
- 2.15 Sadhaka Tattva and Badhaka Tattva principles to be followed by Hatha Yoga practitioner.
- 2.16 Concept of Matha, Mitahara, Pathya & Apathya, Types of Aspirants.
- 2.17 Hatha Yoga practices according to different Hatha Yogic Texts (Hatha Pradipika, Gheranda Samhita and Hatharatnavali).
- 2.18 Concept of Shwasa-Prashwasa, Vayu, Prana, Upa-Prana, Shat Chakra etc.
- 2.19 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).
- 2.20 Relevance and importance of Hatha Yoga practices in health and well being.



## UNIT - 3 Yoga And Health

### **Introduction to Human Body – Anatomy and Physiology**

3.1 Introduction to Human body.

3.2 Basic structure and functions of Musculoskeletal system, Respiratory system, Cardio vascular system, Nervous system, Digestive system and Endocrine system.

3.3 Homeostasis: its mechanism to maintain internal environment of the body.

3.4 Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin).

3.5 Impact of Yogic practices on different systems of the human body: Benefits of Shatkarma, Yogasana, Pranayama and Bandha on Respiratory,

### **Circulatory, Musculoskeletal system. Introduction to Psychology**

3.6 Introduction to psychology, concept of human psyche, stages of consciousness, cognitive process: Its meaning and nature.

3.7 Definition and nature of Behavior, kinds of Behavior Motivation.

3.8 Emotions : definition, nature and physiological changes during Emotion. 3.9

Mental Health : Yogic view of Mental Health and Mental Illness.

3.10 Role of Yoga in Mental Health. Importance of psychosocial environment for health and wellness.

### **Yoga For Health And Wellness.**

3.11 Yogic concept of health, wellness and illness.

3.12 Importance of psycho-social environment for health and wellness.

3.13 Role of Yoga in various dimensions ( physical, mental, social and spiritual) of health.

3.14 Importance of following Dinacharya and Ritucharya for well being.

3.15 Role of Ahara, Nidra and Brahmacharya in wellness.

### **Yoga For Disease Prevention And Health Promotion.**

3.16 Meaning and definition of Health and Disease, Concept of Adhi and Vyadhi, Yoga as a preventive Health care- Heyam dukham anagamam.

3.17 Potential causes of ill –health: Tapatrayas and Kleshas, Mental and Emotional ill Health: Anatrayas.

3.18 Shuddhi Prakriyas in Yoga and their role in preventive and curative Health.

3.19 Knowledge of Trigunas, Pancha-Kosha, Pancha-Prana and Shatkchakra and their role in Health and Disease.

3.20 Yogic concept of Holistic Health and its importance in the management of Diseases

## UNIT- 4 Applied Yoga

### **Yoga And Education**

4.1 Education: Its meaning, definition and goal, role and importance of education in Human Excellence.

4.2 Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education: Teacher, Student and Teaching, Guru- Shishya- Parampara and its importance in Yoga Education.

4.3 Value Education: Its Meaning and Definition, Types of values, value –oriented Education in Personality Development.

4.4 Contribution of Yoga towards Development of Values, Spiritual Growth. 4.5 Salient features of Ideal Yoga Teacher, Role of Yoga Teacher in Value-oriented Education, Role of Yoga in development of healthy society.

### **Yoga For Personality Development**

4.6 Personality: Meaning and types of personality.

4.7 Determinants of Personality with reference to psycho-social environment. 4.8 Knowledge of various facets and stages of development of personality.

4.9 Personality Development; Role of spirituality and positive attitude in personality development.

4.10 Role of Yogic practices (Asana, Pranayama, Shatkarma, Bandha, Mudra etc.) in the Personality Development.

### **Yogic management of stress and its Consequences**

4.11 Definition, nature and types of stress.

4.12 Symptoms and consequences of stress on human mind.

4.13 Yogic perspective of stress. Yogic principles for the management of stress and its consequences.

4.14 Concepts and techniques of Stress management in Ashtanga Yoga of Patanjala Yogasutra and Bhagawad Gita.

4.15 Specific practices for stress management: Yogasana, Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation.

### **Yoga for prevention and management of Life Style Disorders**

4.16 Concept of Yogic life style and its relevance.

4.17 General knowledge about life style related disorders : Acidity , Constipation , Irritable bowel syndrome(IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis etc.

4.18 Role of Yoga in prevention and management of common disorder: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis.

4.19 Role of Yoga in prevention and management of non-communicable disorders. <sup>PH</sup>

4.20 Yoga as an integrative medication.



# Yoga Practicals

## 5.1 Prayer ☒

- Concept and Recitation of Pranava ☒
- Concept and Recitation of Hymns ☒
- Selected universal prayers, invocations and Nishpatti Bhava.

## 5.2 Yogic Shat Karma ☒

- Neti: Sutra Neti and Jala Neti ☒
- Dhauti: Vamana Dhauti (Kunjil) ☒
- Kapalbhathi (Vatakrama)

## 5.3 Yogic Sukshma Vyayama and Sthula Vyayama Yogic Sukshma Vyayama( Microcirculation 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
- Yogic Sthula Vyayama( Macrocirculation Practices) ☒
- Sarvanga Pushti ☒
- Hrid Gati (Engine run)

## 5.4 Yogic Surya Namaskara with Mantra

### 5.5 Yogasana ☒ Tadasana, Hastottanasana, Vrikshasana ☒

- Ardha Chakrasana, Padahastanasana ☒
- Trikonasana, Parshva Konasana, Katichakrasana ☒
- Dandasana, Bhadrasana, Padmasana, Vajarasana, ☒
- Yogamudrasana, Parvatasana ☒
- Mandukasana, Ushtrasana, Shashankasana, Utthana Mandukasana, ☒ Paschimottanasana, Purvottanasana ☒
- Vakrasana, Ardha Matsyendrasana, Gomukhasana ☒
- Makarasana, Bhujangasana, Salabhasana, Dhanurasana ☒
- Pavanamuktasana and its variations ☒
- Uttanapadasana, Ardha Halasana, Setubandhasana, Saral-matsyasana ☒ Halasana,
- Chakrasana
- Sirshasana ☒
- Shavasana,

### 5.6 Preparatory Breathing Practices ☒

- Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing) ☒
- Yogic Deep Breathing ☒
- Anuloma Viloma/ Nadi Shodhana



# Yoga Practicals

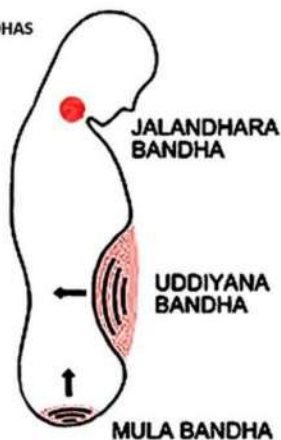
- **5.7 Pranayama**
- Concept of Puraka, Rechaka and Kumbhaka
- Ujjayee Pranayama (Without Kumbhaka)
- Sheetali Pranayama (Without Kumbhaka)
- Sitkari Pranayama (Without Kumbhaka)
- Bhramari Pranayama (Without Kumbhaka)



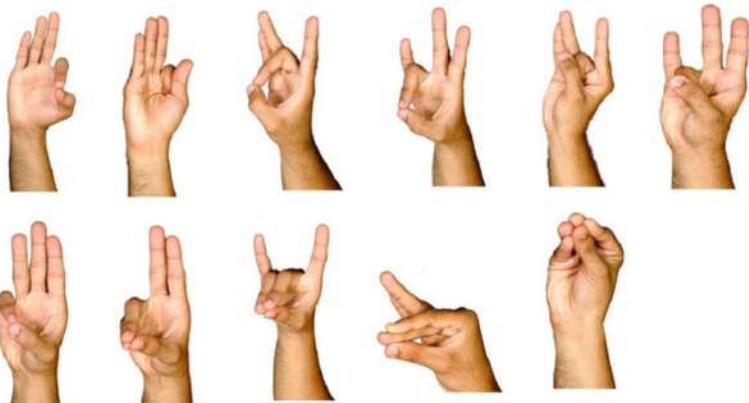
## • 5.8 Concept and Demonstration of Bandha and Mudra

- a) Bandha
- ☒ Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha
- b) Mudra
- ☒ Yoga Mudra
- Maha Mudra
- Vipareetakarani Mudra

THREE BANDHAS



- 5.9 Practices leading to Dhyana Sadhana
- Body awareness and Breath awareness
- Yoga Nidra
- Antanmauna
- Recitation of Pranava and Sohama
- Recitation of Hymns
- Practice of Dhyana



## Yoga Practicals

- 5.10 Methods of Teaching & Evaluation
- Teaching methods with special reference to Yoga
- Factors influencing Yoga teaching
- Need of teaching practice and its use in Yogic practice.
- Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
- Methods of teaching Yoga to an individual, small group and large group
- Use of audio-visual aids, ICT, multimedia and online resources
- Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation
- Lesson plan: Its meaning and need
- Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group
- Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
- Assessment of a Yoga class (detection and correction of mistakes).
- Measurement, assessment and evaluation: concepts, principles and applications
- Examination reforms and designing formative and summative evaluation
- Programme evaluation: Yoga class/ workshops/ camps, yoga teaching, and yoga teacher
- Assessment of yoga centres and institutes- criteria, processes, instruments, results



## Other Courses



### Yoga Therapy Classes

- Digestive Disorders & Weight Loss
- Neck & Back Pain
- Stress & Anxiety
- Hypertension
- Arthritis
- Diabetes
- Thyroid Management



### YCB Yoga Courses

- YCB Level-1
- YCB Level-2
- YCB Level-3
- YCB Level-4
- YCB Level-5
- YCB Level-6



### RYT Yoga Courses

- 200hours YTTC
- 300hours YTTC
- 500hours YTTC
- 85hours RPYT
- Face Yoga YTTC
- Sound Healing TTC

## For More Details Scan QR Code

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