

YCB Level -4 Yoga Master Course

YCB Level -4 Yoga Master Course, Om Yoga International, Rishikesh, India



Om Yoga International





आयुष मंत्रालय
Ministry of
Ayush



YCB Level -4 Yoga Master Course

Om Yoga International

Tapovan, Rishikesh, Uttarakhand(India)

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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

Online Courses Dates 2025 - 26

Start Date	End Dates	USD Fees	INR Fees
01st March 2025	30th August 2025	\$ 755 / 695	₹ 65,000 / 60,000
01st November 2025	30th April 2026	\$ 755	₹ 65,000
01st July 2026	30th December 2026	\$ 755	₹ 65,000



Timing (IST)

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

Course Highlights:

Total Duration: 06Months ;

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

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

Pre-requisites: None;

Language: English & Hindi;

Total Fees: 65,000 INR (Exam fess excluding);

Access to Course: 1 Year.

The YCB Level-4 course, Yoga Master's Course, part of the Yoga Certification Board (YCB) system in India, typically focuses on deepening both theoretical and practical knowledge of yoga for those who already have a solid foundation. At this level, the course is aimed at those who are looking to specialize or deepen their expertise in the art and science of yoga. It is often for seasoned practitioners or teachers who want to refine their skills and knowledge.

Level-4 is often seen as a step toward mastery, focusing more on specialization and integration of advanced practices into daily life or teaching. It may also involve preparation for teaching large or advanced classes or even working one-on-one with students on complex issues.

Here's a general breakdown of the focus areas of YCB Level-4:

1. Advanced Asanas:

- This includes both the physical practice of advanced postures and the integration of breath control (pranayama) and bandhas (body locks).
- Mastery in alignment, deepening flexibility, strength, and balance.

2. Pranayama & Meditation:

- This course would likely emphasize advanced pranayama techniques, helping to refine breath control and extending practice to include more sophisticated forms of meditation.

3. Advanced Anatomy & Physiology:

- A deeper understanding of the human body, specifically the biomechanics involved in yoga practices.
- Learning how different poses affect muscles, joints, and the nervous system.

4. Complete Yoga Philosophy & History:

- Advanced study of classical yoga texts like the Yoga Sutras of Patanjali, Bhagavad Gita, and other ancient scriptures.
- Focus on the philosophical foundations, the ethical aspects of yoga (Yamas and Niyamas), and how they integrate into modern practice.

5. Yoga Therapy:

6. Teaching Methodology

Yoga Master's Training Course Modules

1. Yoga Philosophy: Foundation of Yoga

- Yoga: Origin, History, Aims, Objectives & Misconceptions
- Branches of Indian Philosophy
- Samkhya Yoga and Vedanta Darshana
- Vedas, Upanishads, Prasthantrayee & Purushartha Chatushtaya
- Yoga in Epics
- Yoga in Smritis, Puranas, Agamas & Tantras
- Concept of Panchkosha, Nadis, Prana
- Yoga in Narada Bhakti Sutra, Jainism & Buddhism
- Evolution of Yoga
- Jnana, Bhakti, Karma & Dhyana Yoga
- Patanjali Yoga
- Hatha Yoga, Swara Yoga & Mantra Yoga

2. Yoga Philosophy: Yoga in Traditional Texts

- Yoga in Principle Upanishads
- Yogopanishads, Bhagwad Geeta
- Concept of Sthita prajna and its stages
- Concept of Karma Yoga, Nishkam Karma & Karma Phala
- Concept of Bhakti & Sandhya Yoga
- Nature of Dhyana
- Concept of Ahara and Tri-Guna
- Patanjali Yog Sutras
- Concept of Purusha & Prakriti
- Ishwara Pranidhanani, Kriya Yoga
- Various Hatha yoga texts
- Highlights on Yog Vashisth

3. Allied Science: Anatomy & Physiology

- Human Body & Its Formation
- Cells, Tissues, Organs & Systems
- Concept of Homeostasis
- Musculo-skeletal System
- Digestive & Excretory System
- Cardio-vascular & Respiratory System
- Nervous & Endocrine System
- Reproductive System
- Immune System & Special Sense
- Dietetics & Nutrition
- Concept of BMR & Balanced Diet

4. Allied Science: Ayurveda & Naturopathy

- Principles of Ayurveda
- Aims & Objectives of Ayurveda
- Prakriti and Manas
- Saptadhatus, Trimala, Tridoshas
- Trigunas & Panchmahabhutas
- Health & Disease acc. To Ayurveda
- Yoga and Ayurveda
- Principles of Naturopathy
- Definition of Nature Cure
- Significance of Physical & Mental Hygiene
- Importance of Detoxification
- Yoga and Nisargopachar
- Health & Disease in Naturopathy

5. Allied Yoga

- Yoga and Education
- Relation b/w Teaching & Learning
- Physio-Psychology
- Yoga and Psychology
- Nature of Consciousness
- Elevation of Human Consciousness
- Scientific Approach to Human Consciousness
- Yoga for Stress Management
- Impact of Yogic Lifestyle on Stress
- Concepts & Techniques of Stress
- Stress management in Ashtanga Yoga & Bhagwad Geeta

6. Allied Yoga: Yoga for Health & Well-Being

- Definition & Importance of Health
- Dimensions of Health
- Potential Causes of Ill-Health
- Mental & Emotional Ill Health
- Role of Yoga In Preventive Health Care
- Role of various factors in Health & Healing
- Yuktahara and Mitahara
- Yogic Diet for healthy living
- Yogic Principles for healthy living
- Positive Attitude for healthy living

3. Allied Science: Anatomy & Physiology

- Human Body & Its Formation
- Cells, Tissues, Organs & Systems
- Concept of Homeostasis
- Musculo-skeletal System
- Digestive & Excretory System
- Cardio-vascular & Respiratory System
- Nervous & Endocrine System
- Reproductive System
- Immune System & Special Sense
- Dietetics & Nutrition
- Concept of BMR & Balanced Diet

8. Teaching Methodology

- Principles of Teaching & Learning
- Levels of Teaching & Learning
- Teaching Techniques
- Organization of teaching
- Features of Yoga Education
- Use of Teaching Aids
- Essentials of Good lesson Plan
- Models of lesson Plan
- Presentation of Yoga Hall

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



YCB Level -4 Yoga Master Course

1. Name of the Certification: Yoga Master (YM)
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: Shall act as Master Educator/ Trainer in Yoga Educational programs. Skilled professionals can teach, evaluate & assess for all categories of certification under Yoga Training and Education & will be a guiding force.
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, empathy, language proficiency, engaging with students, dedication to teaching, ability to build caring relationships with students, friendly and approachable, independent, credibility, analytical skills, etc.
6. Credit points for certificate: 92 credits
7. Duration of course: Not less than 1600 hours.
8. Mark Distribution:

Theory

Total Marks: 200 (Theory: 120+Practical: 80)

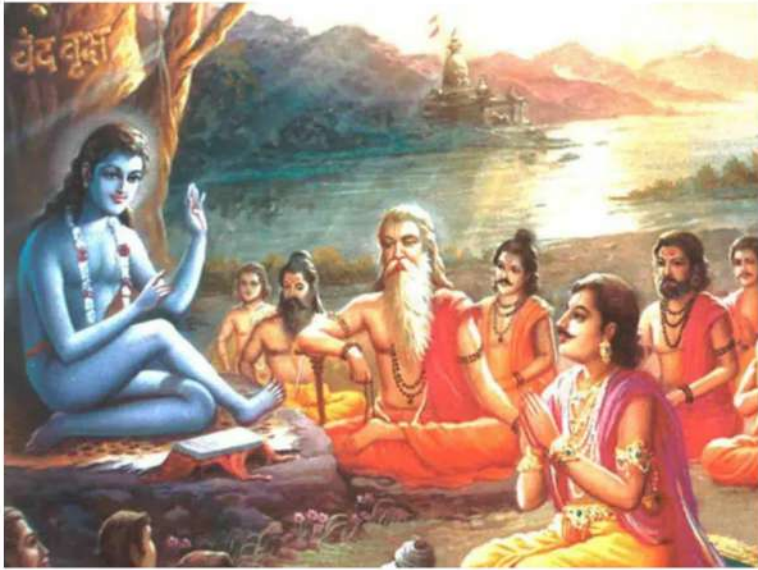
1. Philosophical Foundation of Yoga 30
2. Principles and Practices of Yoga in Traditional Texts 30
3. Allied Science 30 30
4. Applied Yoga 30

Practical

1. Demonstration Skills 15
2. Teaching Skills 15
3. Evaluation Skills 20
4. Application of knowledge 20
5. Field Experience 10 Total 80



UNIT 1 Philosophical Foundation of Yoga



1.1 Origin and General history and Development of Yoga(Pre vedic to contemporary Period) Definitions of Yoga in different Yoga texts, Aim, Objectives and Misconceptions about Yoga, True Nature and Principles of Yoga.

1.2 Meaning and Objectives of Darshana; Branches of Indian Philosophy; Nature of Yoga in Bharatiya Darshana(Indian Philosophy); Salient Features of Shad Drashana; Distinction between Indian Philosophy and Western Philosophy. Essence of Samkhya Yoga and Vedanta Darshana ; General introduction to Nastika Darshana and their Practices.

1.3 Introduction to Vedas and Upanishads, Prasthanatrayee & Purushartha Chatushtaya; Yoga in Epics - Ramayana, Mahabharata; Nature of Yoga in Smritis, Puranas, Aagamas and Tantras; Concept of Pancha-Kosha; concept of Nadi, Prana, Kundalini in Tantra, Elements of Yoga in Narada Bhakti Sutra.

1.4 Evolution of Yoga: Pre vedic to contemporary Period.

1.5 Yoga in Medieval period: Features of Natha Parampara, Bhakti Yoga of Medieval saints, Characteristics of Yoga in Narada Bhakti Sutras, Yoga in the Literature of Saints Kabirdas, Tulasidas and Surdas.



1.6 Elements of Yoga in Jainism(concept of syadvada, Ratnatrya, Kayotarga Buddhism(concept of Aryasatyas, Arya-ashtangika-marga & Vipasana)and Sufism, Sufi Meditation Techniques, Characteristics of Yoga in Sikhism, Elements of Sahaja Yoga or Nama Yoga of Guru Nanak.

1.7 Yoga in Modern times : Yoga Traditions of Sri Ramakrishna an Swami Vivekananda, Integral Yoga of Shri Aurbindo, Yoga of Maharishi Raman and Swami Dayanand Saraswati, Yoga Paramparas from modern to contemporary times, contribution of different Yoga guru in the development of Yoga.

1.8 Yoga in Contemporary Times: Knowledge of Yoga Parmparas(lineages) of contemporary times; Yoga Parmpara of Yogacharya Sri T. Krishnamacharya, Swami Rama of Himalayas, Maharshi Mahesh Yogi, Swami Dharendra Brahmchari and their contributions for the development and promotion of Yoga.

1.9 Schools of Yoga: Introduction to Schools (Streams) of Yoga.

1.9.1 Yoga Schools with Vedanta Tradition (Jnana, Bhakti, Karma, and Dhyana)

1.9.2 Yoga Schools with Samkhya Yoga Tradition (Patanjali Yoga)

1.9.3 Yoga Schools with Tantric Tradition (Hath Yoga, Swara Yoga and Mantra Yoga)

UNIT 2 Principles and Practices of Yoga in Traditional Texts



2.1 Principle Upanishads: Introduction to Upanishads, Essence of Principle Upanishads ; Yogatattva in Principle Upanishads, Concept of Panchkosha, Trisharir, Omkara Upasana; Ashtanga Yoga in Principle Upanishad.

2.2 Yogopanishads : Introduction to Yogopanishads ; Essence of Yogopanishads 2 YOG Certification Board

2.3 BhagavadGita: General Introduction to Bhagavad Gita (B.G.) and its traditional commentaries, their commentators, Essence of Bhagavadgita as a synthesis of karma, Bhakti and Jnana Yoga; concept of sthitaprajna stages and characteristic of it. Relevance of Samkhya Yoga and Atman(Purusha), Jivatman in Bhagavadgita and Jnana Yoga in the context of Bhagavadgita; concept of karma Yoga, Nishkam Karma and Karma Phala; Concept of Bhakti Yoga; features of Bhakt; Nature of Bhakti, Means and End of Bhakti-Yoga; Nature of Dhyana as described in Bhagavadgita; concept and classification of Ahara and Triguna as described in B.G; Importance of Bhagavadgita in day to day life.

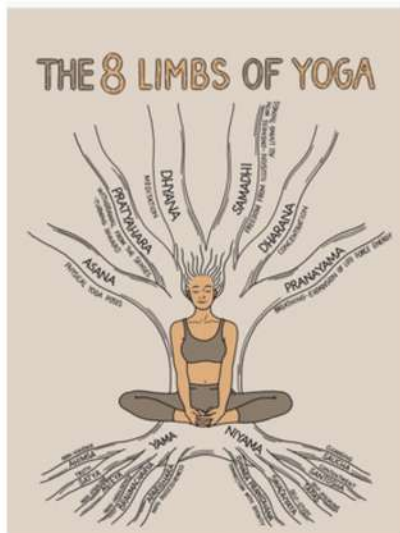
2.4 Patanjali Yoga Sutra:

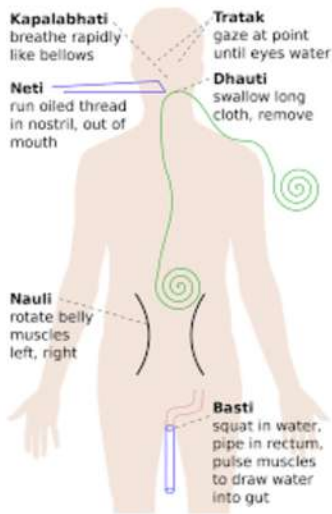
2.4.1 Introduction to Patanjala Yoga Darshana, knowledge of Traditional commentaries and commentators of Patanjala Yoga Sutra, Metaphysics of Samkhya and its relationship with Yoga Darshana of Patanjali, Concept of Purusha Prakrati, twenty-five entities according to Samkhya, Tapatryas; Relationship between Samkya and Yoga Darshana, concept of Anthakaranas, Chitta, Chitta-Bhumis.

2.4.2 Concept of, chitta-vritti, chitta-vritti-nirodhopaya, concept of Ishwar and its relevance in Yogasadhana, Qualities of Ishwar, Ishwaraparidhana. Chitta-Vikshepas (Antarayas) and concept of chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana. Types and nature of Samadhi in Yoga Sutra, Ritambharaprajna and Adhyatmaprasada; Difference between Samapatti and Samadhi.

2.4.3 Kriya Yoga of Patanjali, Concept of Kleshas, Heya, Hetu, Haana and Hanopaya, Viveka-khyati; Significance of each limb of Ashtanga Yoga.

2.4.4 Concept of Vibhutis, Ashtha Siddhis and their relevance in Yoga Sadhana, concept of Parinamas and their relevance in Yoga Sadhana, Essence of Kaivalya in Yoga Sutras of Patanjali.





UNIT 2 Principles and Practices of Yoga in Traditional Texts

2.5 Hatha Yoga Texts:

2.5.1 Knowledge of Hatha Yoga and Hatha Yoga Texts- Siddhasiddhanta paddhati, Hatha Pradeepika, Gheranda Samhita, Hatha Ratnavali and Shiva Samhita; Hathayogiparampara;

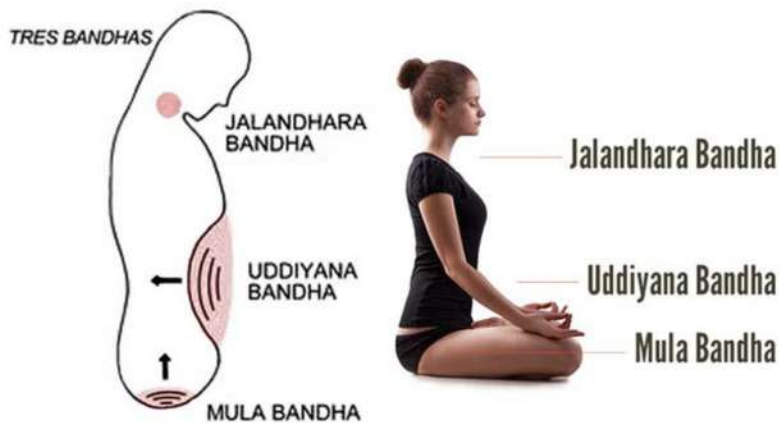
2.5.2 Importance of Hatha and its secrecy prerequisites of Hatha Yoga (dasha yama and dasa niyama);

2.5.3 Constructive (Sadhaka) and Destructives (Badhaka) tattvas in Hatha Yoga; Concept of Mattha, Mitaahara, Pathya and Apathya;

2.5.4 Shatkarma :- Knowledge of shatkarma their Techniques benefits, precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of shatkarma in modern Days;

2.5.5 Yogasana: Knowledge of Yogasana, their Techniques, benefits, precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of Yogasana in modern Days;

2.5.6 Pranayama: : Knowledge of Pranayama, their Techniques, benefits, precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of Pranayama in modern Days.



2.5.7 Bandha & Mudra: Knowledge of Bandha & Mudra their Techniques, benefits, 3 YOG Certification Board precautions and contraindications mentioned in different Hatha Yogic Texts; Application and relevance of Bandha & Mudra in modern Days.

2.5.8 Concept of Pratyahara, Dharana, Dhyana and Samadhi in different Hatha Yoga Texts. Concept and importance of Nada and Nadanusandhana in HathaPradeepika, Four stages of Nadanusandhana; Relationship between Hatha Yoga and Raja Yoga.

2.6 Yoga Vasishtha

2.6.1 Introduction and Highlights of Yoga Vasishtha, Definitions of Yoga and their relevance. Concept of Mind: World is the projection of Mind; Manah Prashamanah upayah Yoga: Mind control through abhyasa (practice) and vairagya (detachment).

2.6.2 Concept of Jnana: Jnana Saptabhumika, importance of knowledge and types of knowledge, Management of Mind and emotions-enhancing the power of discrimination (Viveka).

2.6.3 Prana and Pranayama: Control of breathing; the story of Kakabhushanda, Understanding of the Concept of Adhi and Vyadhi;

2.6.4 Concept of Samadhi and Moksha: Good Association; Self Enquiry; Development of Satvaguna (Good virtues), Eight Limbs of Meditation.

UNIT 3 Allied Science:



3.1 Anatomy & Physiology of Human body and Human Psychology

3.1.1 Introduction to cell, tissue, organs and organ systems; Basic physiology and functions of organelles of cell ; Osmosis Process across the cell; Mechanism of Homeostasis; Blood Composition; structure and Functions of component of blood; Immunity and body defence mechanism, Platelets and Blood clotting. Blood groups and their importance. Macrophage. Lymphatic system and lymph.

3.1.2 Musculoskeletal systems: Skeleton - Structure and functions of bone; name of bone of different skeleton; Classification of Bone and Joints; Definition of joints and muscles, cartilage, tendon and ligaments; structure of spine, muscles and their functions; classification of Skeletal muscles - Properties of skeletal muscles, Mechanism of Muscular contraction and relaxation, Neuromuscular junction, Sarcotubular system, Smooth muscle- mechanism of contraction

3.1.3 Digestive and Excretory system: Anatomy and Physiology of digestive & excretory system- structural organization of digestive & excretory system, mechanism of digestive & excretory system digestive system, Functions of digestive & excretory system; Dialysis

3.1.4 Cardiovascular and respiratory system: : Anatomy and Physiology of Cardiovascular and respiratory system- structural organization of Cardiovascular and respiratory system , mechanism of Cardiovascular and respiratory system, Functions of Cardiovascular and respiratory system.

3.1.5 Nervous system: Anatomy and Physiology of Nervous system; structural organization of Nervous system, mechanism of Nervous system, Functions of Nervous system

3.1.6 Endocrine system: Location, functions of Endocrine hormones (Hypothalamus, Pituitary, Adrenal, Thyroid, Parathyroid, Pancreas, gonads).

3.1.7 Immune system and special sense: Component organs of immune system, Functions of immune system; Special senses:- Structure and function of eye, ear, nose, tongue and skin.

3.1.8 Reproductive system: Anatomy and physiology of male and female reproductive systems; functions of Reproductive System.

3.2 Dietetics and Nutrition

3.2.1 Definition of nutrition and food, Functions of Food; Components of Food & their Classification; Macro and Micro Nutrients –Sources, Functions and effects on the Body; Significance of Carbohydrate, Proteins, Lipids, Vitamins, Minerals and Water in the body;

3.2.2 Basal Metabolic Rate (BMR): Its definition, Normal values, factor affecting BMR Special dynamic action of food. Concept of Metabolism, Anabolism, Catabolism and Calorie Requirement.

3.2.3 Definition of Energy, Components of Energy Requirement, Factors affecting Energy Requirement and Expenditure.

3.2.4 Definition of Balanced diet; Role of carbohydrates, proteins, fats, Vitamins and Minerals in diet, Recommended dietary allowances

3.3 Yoga and Ayurveda: Meaning, definition, Aim and Objectives of Ayurveda; Basic Principles of Ayurveda—Tridosha, Triguna, Saptadhatu, trimala, Pancha Mahabhuta, Prakruti and Manas; Concept of Health and Disease according to Ayurveda, Relationship between Ayurveda and Yoga.

3.4 Yoga and Naturopathy :

3.4.1 Definition of Nature Cure; Fundamentals and Principles of Naturopathy; Arogya Rakshaka Panchatantras and their importance in maintaining good health and prevention of Disease;significance of Physical and Mental Hygiene in Personal Life and Prevention of Diseases.

3.4.2 Importance of Detoxification in Naturopathy. Relationship between Yoga and Nisargopachar; Role of Yoga and Nisargopachar in the management of life style related Disorders.

3.4.3 Concept of Health and Disease in Indian Systems of Medicine
Naturopathy

UNIT 4 Allied Yoga:



4.1 Yoga as an Education:

4.1.1 Education- Definition of Education, Salient features of Yoga Education; Factors of Yoga Education; Teacher, Student and Curriculum, Guru-shishya parampara and its importance in Yoga Education.

4.1.2 Value Education, its meaning and definitions, types of values, value-oriented education and modes of living, role of value oriented education; contribution of Yoga towards development of values; 5 YOG Certification Board

4.1.3 Salient features of ideal Yoga teacher, role of Yoga teacher in value-oriented education, role of Yoga in development of human society; Yogic Concepts for the Development of Four Fold Consciousness - Civic Sense, Patriotic Urge, Service Zeal and Spiritual Growth.

4.1.4 Teaching and Learning: Concept and Relationship between the two.

4.1.5 Physio-psychology

4.2 Yoga for Health & Well Being

4.2.1 Definition & Importance of Health according to WHO; Dimensions of Health: Physical, Mental, Social and Spiritual level.

4.2.2 Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and their role in Health and Healing; Concept of Pancha-koshas & Shat-chakra and their role in Health and Healing.



4.2.3 Heyamdukhamanagatam; Potential causes of Ill-health: Tapatrayas and Kleshas, Physical and Physiological manifestation of Disease (Vyadhi, Alasya, Angamejayatva and Svasa-prashvasa); Role of Yoga in preventive health care.

4.2.4 Mental and Emotional ill Health: Concept of Antarayas (Styana, Samshaya, Pramada, Avirati, Bhranti-darsana, Alabdha-bhumikatva, Anavasthitatva, Duhkha and Daurmanasya); Role of Yoga in Mental and Emotional Health.

4.2.5 Yogic Diet - General Introduction of Ahara; Concept of Mitahara; Pathya and Apathya according to Gheranda Samhita, Hathapradeepika and Bhagavad Gita; Importance of Yogic Diet in Yog Sadhana and its role in healthy living; Diet according to the body constitution (Prakriti) – Vata, Pitta and Kapha as also Gunas.

4.2.6 Yogic Principles of Healthy Living: Ahara, Vihara, Achara and Vichara; Role of Yogic Positive Attitudes (Maitri, Karuna, Mudita and Upeksha) for Healthy Living, Concept of Bhavas and Bhavanas with its relevance in Health and well-being.

4.3 Yoga and Psychology: Concept of Psychology, Meaning, definition and nature of consciousness as described in Vedas, Upanishads, Bhagwad Gita, Yogasutra and Yogavashishtha; Spiritual and scientific approach to human consciousness. Yogic Method of elevation of human consciousness: Bhaktiyoga, Jnanyoga, Karmayoga, Mantrayoga, Ashtangayoga, Hathayoga.



4.4 Yoga for Stress Management: Knowledge of Stress and its consequences; Yogic Perspective of Stress; Yogic principles for the management of Stress and its consequences; Concepts and Techniques of Stress Management in Ashtanga Yoga of Patanjali and Bhagavad Gita, specific practices for stress management, breath awareness, shavasana, Yoganidra, pranayama and meditation, impact of yogic lifestyle on stress management.

4.5 Yoga and Sports: Significance of Yoga in Physical Education & Sports, Dimensions of Physical Fitness: Strength, Endurance and Flexibility; Indicators of Mental Fitness: Concentration, Will Power and Mental Strength and Cognitive abilities; Role of Yoga Practices for Physical and Mental Health: Shatkriyas, Asana, Pranayama, Bandha, Mudra and Dhyana; Importance of Yogic lifestyle in improving efficacy in sports personnel.

A. Demonstration Skills



1 Prayer

1.1 Concept of Pranav and hymns

1.2 Recitation of Pranav and Soham japa

1.3 Selected universal prayers & invocations and Nishpatti Bhava.

2 Shatkarmas 2.1 Dhauti (Kunjla and Vastra dhauti,

2.2 Neti (Sutra and Jala),

2.3 Kapalbhathi (Vatkrama, Vyutkarma and Sheetkrama)

2.4 Nauli

2.5 Trataka

2.6 Laghoo and Poorna sankhaprakshalana 3 Sukshma Vyayama, Sthula Vyayama and Suryanamaskar

3.1 Ucharan-sthal-tathtavishudhichakrashudhi

3.2 Budhitathadritishaktivikasaka

3.3 Medhashaktivikasaka

3.4 Kapolshaktivikasaka

3.5 Grivashakti vikasak

3.6 Vakshasthalshaktivikasaka (i and ii)

3.7 Katishaktivikasaka (i,ii,iv,v)

3.8 Janghaskativikasaka (i,ii)

3.9 Pindalishkativikasaka

3.10 Hridgati and sarvangpushti.

3.11 Yogic Surya Namaskar of BSY, Swami Dharendra Brahmachari and its Variations.



4. Yogasana (yogic postures)

4.1 Standing Postures: Tadasana, Ardhakati chakrasana, Hastapadasana, Ardhachakrasana, Trikonasana, Parivritta trikonasana, Parsvakanasana, Veersana,

4.2 Sitting postures: Paschimottanasana, Suptavajrasana, Ardhamatsyendrasana, Vakrasana, Marichasana, Malasana, Badhakanasana, Merudandasana, Akarna dhanurasana, Gumukhasana,

4.3 Prone postures: Bhujang asana, Salabhasana, Dhanurasana, Urdhvamukhosvanasana, Makarasana,

4.4 Supine postures: Halasana, Chakrasana, Sarvangasana, Matsyasana, Shavasana, Setubandhasana,

4.5 Balancing postures: Vrikshasana, Garudasana, Namaskarasana, Tittibhasana, Natrajasana

5. Pranayama Knowledge and Demonstrated ability to perform following practices and Pranyama(with Antar & Bahya Kumbhaka))

5.1 Breath awareness,

5.2 Sectional breathing,

5.3 Nadishodhan Pranayama

5.4 Bhastrika Pranayama, Ujjai

Pranayama,

5.5 SuryaBhedi and Chandrabhedi

Pranayama

5.6 Sitali Pranayama, Sitkari Pranayama

5.7 Bhramari Pranayama (with Antar & Bahya Kumbhaka)





6. Practices leading to Meditation:

- 6.1 Pranav and Soham Japa,
- 6.2 Yoga Nidra,
- 6.3 Antarmauna,
- 6.4 Ajapa Dharana
- 6.5 Practices leading to Breath Meditation, Practices leading to Om Meditation, Practices leading to Vipassana Meditation, Practices leading to Preksha Meditation

7. Bandhas and Mudras:)

- 7.1 Jivha Bandha, Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha,
- 7.2 Yoga Mudra, Maha Mudra, Shanmukhi Mudra, shambhavi mudra, Vipareet Karni Mudra

B. Teaching Skills (Methods of Teaching Yoga)

1. Concept and Principles of Teaching and Learning; Teaching Levels; Qualities of Yoga Guru; Yogic Levels of learning, Vidyarthi, Shishya, Mumukshu; Meaning and scope of Teaching Methods and Factors influencing them; sources of Teaching Methods; Role of Yoga Teachers and Teacher Training Techniques of Individualized; Teaching Techniques of group teaching; Techniques of mass instructions; Organization of teaching(Time Management, Discipline, etc).
2. Education: Meaning, Definition, Aim, Objectives and Importance; Salient Features of Yoga Education.
3. Essentials of Good Lesson Plan: concepts, needs, planning of teaching Yoga (Shodhanakriya, Asana, Mudra, Pranayama & Meditation); use of the Teaching Aid.
4. Models of Lesson Plan; need for a lesson plan and content of the lesson plan.
5. Presentation of the Yoga classroom: Essential features, Area, Sitting arrangement in Yoga class, Student's approach to the teacher: Pranipata; Pariprashna; Seva.

C. Assessment Skills:

Concept of Measurement, Assessment, Test and Evaluation; Evaluation: its meaning, Definition, Need, Scope and Purpose; Principles of Evaluation, Assessment and knowledge of conducting exams; Characteristics of Evaluation: Validity and Reliability; Types of Assessment: Formative and Summative; Process and Advantages of Assessment; Assessment Devices: Examination, Interview, Group Discussion, Questionnaire; etc. Assessment of Feedback Forms; Assessment of Programmes, Institutions, Yoga Centres

D. Administrative /Mentoring Skills

Administrative /Mentoring Skills Interpersonal relationship between teacher and student (guru and shishya); role and responsibilities of Yoga Guru



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
- 8Shours RPYT
- Face Yoga YTTC
- Sound Healing TTC

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