

YCB LEVEL-6 YOGA THERAPY

YCB Level -6 Yoga Therapist Instructor Course , Om Yoga International, Rishikesh, (India)



OM YOGA INTERNATIONAL





Om Yoga International

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WhatsApp business account



Online Courses Dates 2025 - 26

Start Date	End Dates	USD Fees	INR Fees
01st May 2025	30th July 2025	\$ 570 / 465	₹ 49,000 / 40,000
01st September 2025	30th November 2025	\$ 570	₹ 49,000
01st January 2026	30th March 2026	\$ 570	₹ 49,000
01st May 2026	30th July 2026	\$ 570	₹ 49,000

EARLY BIRD

DISCOUNT

20% 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



YCB Level -6 Yoga Therapist Instructor Course

Course Highlights:

- Total Duration: 03Months 90 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: 570USD / 49,000 INR (Exam Fee Excluding);
- Access to Course: 1 Year.

The YCB Level-6 Yoga Therapy course is a specialized program designed for Yoga Instructors who want to deepen their knowledge and skills in the therapeutic application of Yoga. At this advanced level, the course focuses on integrating yoga practices to treat and manage a variety of physical, mental, and emotional health conditions. The emphasis is on using yoga as a healing modality, working with clients in a therapeutic setting, and designing individualized yoga therapy programs. Upon completing this course, you will have the skills and knowledge to practice as a certified yoga therapist, equipped to offer individualized yoga therapy sessions for clients with various health concerns. You will be able to create customized yoga plans that address both physical and mental health needs, while also providing guidance on lifestyle adjustments, diet, and emotional healing.

YCB Level-6 Yoga Therapy course typically focuses on:

1. In-depth Understanding of Yoga Therapy

- What is Yoga Therapy? – A thorough exploration of the principles and practice of yoga therapy, emphasizing its holistic and individualized approach.
- Understanding the difference between yoga teaching and yoga therapy, focusing on personalized treatment plans.

2. Advanced Anatomy and Physiology

- Detailed study of the human body, focusing on how yoga therapy can help alleviate pain, reduce inflammation, and improve overall well-being.
- In-depth knowledge of musculoskeletal, respiratory, and neurological systems, and how they relate to common health conditions.
- Understanding the energetic anatomy (prana, nadis, chakras) and how imbalances in these systems can contribute to illness.

YCB Level -6 Yoga Therapist Instructor Course

3. Therapeutic Techniques and Practices

- Learning specific therapeutic sequences for various health conditions such as back pain, joint issues, respiratory disorders, stress, anxiety, and more.
- Mastering advanced pranayama (breathwork) and its therapeutic uses for regulating the nervous system, managing stress, and promoting relaxation.
- Developing skills in restorative yoga, yoga nidra, and other deeply relaxing practices that can be used to treat trauma and emotional disturbances.

4. Therapeutic Applications for Specific Conditions

- Musculoskeletal disorders: Treating issues like chronic pain, arthritis, sciatica, and muscle tension using yoga-based movements and stretches.
- Mental health and emotional balance: Using yoga to treat anxiety, depression, PTSD, and emotional imbalances by applying mindfulness, breathwork, and meditation.
- Neurological and chronic diseases: Working with conditions like multiple sclerosis, Parkinson's disease, and diabetes, and how yoga therapy can help improve mobility, coordination, and overall quality of life.
- Post-surgical rehabilitation: Helping clients recover from surgery or injury through gentle, therapeutic yoga practices that promote healing and restore function.

5. Creating Therapeutic Programs

- Designing individualized yoga therapy programs tailored to the unique needs of each client, considering their physical condition, mental state, and lifestyle.
- Learning how to assess a client's needs, establish goals, and create a treatment plan that includes asana, pranayama, meditation, and lifestyle changes.
- The role of diet and lifestyle in yoga therapy, and how to guide clients toward healthier habits that support their healing process.



6. Psychological and Emotional Healing

- Understanding the mind-body connection in depth, and how unresolved emotions or mental health issues can manifest physically.
- Incorporating mindfulness techniques, guided meditation, and yoga nidra to help clients release trauma and emotional blockages.
- Supporting clients in developing emotional resilience, and using yoga as a tool for mental clarity and emotional stability.

7. Ethical Guidelines and Professionalism in Yoga Therapy

- In-depth understanding of the ethical considerations involved in working as a yoga therapist, including boundaries, confidentiality, and the therapist-client relationship.
- The importance of continuing education and self-care for yoga therapists to prevent burnout and maintain a healthy professional practice.
- Creating a safe and supportive environment for clients to feel comfortable and trust the therapeutic process.

8. Assessment and Evaluation Skills

- Learning assessment tools for evaluating a client's physical, mental, and emotional state, and adjusting their yoga therapy program accordingly.
- Understanding how to track a client's progress and adjust their treatment plan over time to ensure continued improvement.

9. Practical Teaching and Case Studies

- Practical application of therapeutic techniques through teaching practice and real-life case studies.
- Developing skills in one-on-one sessions with clients, applying therapeutic practices in real-world settings.
- Analyzing case studies of clients with various conditions, and coming up with appropriate yoga therapy interventions.



Yoga Therapist Training Course Modules

1. Philosophy: Foundation of Yoga

- Health & Medicine in Indian System of Medicine
- Ayurveda, Naturopathy & Siddha Systems of Medicine
- Yogic concept of Health
- Concept of Adhi & Vyadhi
- Trigunas, Panch-mahabhutas, Panch Prana & Panchkoshas
- Role of Yoga In Preventive Health care
- Role of Positive Attitude
- Aahara, Vihara, Achara & Vichara
- Role of Shuddhi Kriyas in Curative aspect
- Yogic Diet in Health & Disease
- Yoga & Psychology

2. Yoga Therapy in Traditional Texts

- Bhagvad Geeta
- Samkhya Yoga, Ishwara Pranidhanani
- Psychotherapy concept of Bhagwad Geeta
- Jnana, Bhakti, Karma, Dhyana
- Concept of Ahara and Tri-gunas
- Patanjali Yog Sutras
- Yog Vashisht
- Concept of Mind, Prana & Pranayama
- Eight Limbs of Meditation
- Samadhi & Moksha
- Development of Satvaguna

3. Anatomy & Physiology

- Musco-skeletal System
- Blood & Immune System
- Cardiovascular System
- Respiratory System
- Digestive System
- Excretory System
- Endocrine System
- Nervous System
- Special Senses
- Reproductive System
- Concept of Homeostasis
- Physiological Basis of Body-Mind

4. Yogic Therapeutic Management

- Yoga Practices for Musculo-skeletal Disorders
- Yoga Practices for Respiratory Disorders
- Yoga Practices for Cardiovascular Disorders
- Yoga Practices for Neurological Disorders
- Yoga Practices for Digestive & Excretory Disorders
- Yoga Practices for Endocrine & Metabolic Disorders
- Yoga Practices for Obstetric & Gynecological Disorders
- Yoga Practices for Psychological & Psychiatric Disorders
- Yoga Practices for Old Age related Disorders

5. Hatha Yoga Practices

- Shatkriyas
- Sthula & Sukshma Vyayma Kriyas
- Asanas
- Pranayama
- Bandhas & Mudras
- Meditation

6. Practical

- Recitation of Mantras
- Shatkarmas
- Sukshma & Sthula Vyayama
- Surya Namaskara
- Yogasana
- Pranayama & Meditation
- Bandhas & Mudras
- Yoga Counselling

7. Assessment Skill

- Anthropometry Measurements
- Physiological Parameters
- Effect of Yogasanas, pranayama, meditation on body
- Knowledge of reflexes
- Measurement of strength of muscle & flexibility
- COG, LOG, BOS in Asanas
- Biomechanics of Yoga Postures

8. Teaching Methodology

- Understand Pillars of Yoga Therapy
- Counselling the Patient
- Understanding their Problem & diagnosing
- Creating Proper Manual for their Therapy
- Importance of Patience
- Use of Teaching Aids
- Compassion, Decency & Cooperative Behaviour.

Theory Syllabus

UNIT 1 Yoga and Human Body

.A. Anatomy & Physiology:

1.1 Musculo-Skeletal System : Muscle - Classification - Histology - properties of each type - distribution - Mechanism of muscle contraction (Brief) - neuromuscular transmission (Brief), ligaments, tendons, Skeleton-Bones-types, Structure & function, Spinal column. Joints - Types, Structure, Functions.

1.2 Blood and Immune System: Composition of blood corpuscles - R.B.C., W.B.C., Platelets. Plasma, Hemoglobin - Coagulation of blood and anticoagulants. Blood groups and its importance, lymphatic system , Immunity - types & mechanism.

1.3 Cardiovascular system: Anatomy of Heart and blood vessels - -Innervations' of heart - Properties of cardiac muscle - Control of cardiac cycle and circulation - Cardiac output - Blood pressure.

1.4 Respiratory System: Anatomy-Gross & Histological - Mechanism of Breathing, Exchange of gases Pulmonary function tests-lung volumes - Control of respiration.

1.5 Digestive system: Anatomy - Gross and Histological - Mechanism of secretion of - Saliva, Gastric Juice, Pancreatic Juice, Bile, Intestinal secretion - Role of these secretions in digestion of food, Absorption and assimilation and formation of faeces.

1.6 Excretory System and temperature regulation: Anatomy-Gross & Histology - Functions of glomerule and renal tubules Micturition and composition of urine - structure and functions of skin-Regulation of body temperature.

1.7 Endocrine System : Anatomy - Gross & Histological, Thyroid, Parathyroid, Supra - renal, Pituitary, Islets of Langerhans - Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormones of supra-renal and their action and effect of hypo & hyper activity on the body. Hormones of pituitary gland- its action and effect of hypo & hyper activity on the body. Role of insulin in glucose metabolism.

1.8 Special senses : Eyes Anatomy - Histology of retina, Corneal function, Physiology of vision & accommodation, Sense of smell - nasal mucosa, tongue, taste buds. Ear-Mechanism of hearing and function of semicircular canal.

1.9 Reproductive System: Anatomy - Gross & History of Male reproductive system - Spermatogenesis. Female reproductive system - Ovarian hormones, Menstruation, Pregnancy, Parturition, Lactation.

1.10 Nervous System : Anatomy - Gross - Cerebrum, cerebellum, Spinal cord. Histology - Nerve - structure and properties of neurons - Nerve - Action Potential - generation propagation - factors influencing. Classification of neurons and nerve fibers Receptors and reflex arc. Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum - Autonomic nervous system - Sympathetic and parasympathetic - anatomy & functions.

1.11 Homeostasis: The concept of homeostasis, Homeostasis, Regulatory systems of the body, Characteristics of control systems, Physiological basis of mind-body intervention.

B. Anatomy & Physiology: Study of - cognitive processes. Higher mental processes, feeling and emotion, mental abilities and personality. A comparative study of total personality according to Yoga and Modern Psychology. Its 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.

C. Yoga and Diet: Concept and types of diet in Traditional Yogic Texts; Concept of food and Nutrition and its components, concept of Health and Malnutrition, Assessment of Nutritional status, knowledge of Therapeutic Modifications of Normal Diet, Preparation of Therapeutic charts for special groups/patients, Role of Yogic diet in health and disease



UNIT 2 Fundamental Principles of Yoga Therapy

2.1 Concept of Yoga and Health in Indian Traditional Systems of Medicine i.e. Ayurveda, Naturopathy and Siddha Systems of Medicine, Utility and Limitations of these systems in relation to Yoga and health.

2.2 Yogic Concept of Health: Meaning and definitions, Concept of Adhi and Vyadhi, Role of Yoga in preventive health care – Heyamdukhamanagatam Tapatrayas , Kleshas and Anatriyas.

2.3 Concepts of Trigunas, Pancha-mahabhutas, Pancha-prana and Pancha Koshas.

2.4 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.

2.5 Concept of Aahara, Vihara, Aachara and Vichara.

2.6 Role of Shuddhi Prakriyas in preventive, promotive and curative aspects of Yoga Therapy -Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shat karma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and ChittaShuddhi (Dharana, Dhyana and Samadhi)



UNIT 3 Application of Yoga Therapy in Traditional Yoga Texts

3.1 Bhagavadgita : Definitions of Yoga in Bhagavadgita and their relevance in Yoga therapy, Concept of Samkhya Yoga in Bhagavadgita ,Significance of Bhagavadgita as a synthesis of Yoga, Concept of Sthita Prajna, stages and characteristic of it. Concept of Atman (Purusha) and Jivatman in Bhagavadgita. Concept of Paramatman (Parmeshwar or Purushottam) as described in Bhagavadgita, Concept of world (Jagat, Samsar) as described in Bhagavadgita, Psychotherapy concept of Bhagavadgita in various mental disorders like depression, anxiety etc, Significance of Yogasadhana, Karmayoga, Jnana Yoga, YOG Certification Board 4 Dhyana Yoga and Bhakti Yoga in Bhagavadgita, Concept and classification of Ahara and its role in Adhyatma Sadhana as described in Bhagavadgita, Concept of Triguna in the context of Bhagavadgita, Importance of of Bhagavadgita in day to day life.

3.2 Patanjala Yoga Sutra: Applications and Understanding of Patanjala Yoga & Personality Development. The nature of seer in pure state, Concept of Vrttis – Nature, classification, definition, method to control of chittavrttis (Abhyasa and Vairagya), Ishwarapranidhana– a means to attain Samadhi, Definition & quality of Ishwara ; Chittavikshepa, Chittaprasadana and its associates, Samadhi and its classification, Sabijasamadhi, Speciality of Nirvichara, Rthambaraprajna, Nirbijasamadhi; Significance of Samyama and its applications, Parinamavad, Dharma and Dharmi, Parinamanyateva, Samyama on – Parinamatraya, knowledge of bhutaruta, Parachittajnana, Antardhana. Aparantajnana, Samyama on – Maitri, Surya, Chandra, Nabhichakra, Kanthakupa, Kaurmanadi, Murdhajyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits. Attainments of divyashrotra, Akashagamana, Bhutajaya, Animadi siddhi, Indriyajaya, Kaya jaya, Sarvajnatva, Concept of Kaivalya in Patanjali Yoga Sutra, Kaivalya–Introduction, Siddhi, Jatyantaraparinama, Nirmanachitta.Karma, Vasana, Smriti and Samskara

3.3 Yoga Vashishtha: Concept of Yoga: Introduction and Highlights of Yoga Vasishtha, Definitions of Yoga and their relevance in Yoga Vasishtha; Concept of Mind: World is the projection of Mind; Manah Prashamanah upayah Yoga: Mind control through abhyasa (practice) and vairagya (detachment); Concept of Jnana: Jnana Saptabhumika, importance of knowledge and types of knowledge, Management of Mind and emotions-enhancing the power of discrimination (Viveka); Prana and Pranayama: Control of breathing; the story of Kakabhushanda, Understanding of the Concept of Adhi and Vyadhi; concept of Prana & Pranayama; Concept of Samadhi and Moksha: Good Association; Self Enquiry; Development of Satvaguna (Good virtues), Eight Limbs of Meditation

UNIT 4 Physiological And Psychological Effects Of Hatha Yoga Practices

4.1 Shatkriyas and Sthula and Sukhsamvyayam Kriya: Physiological benefits of sthula and sukhsamvyayam on human body in preparation of yogic practice. Knowledge of sthula and sukhsamvyayam for different parts of the body; An overview of diffusion, osmosis, active transport across cell membrane; significance of using salt during the practice of shatkriya; Tonicity of the solution such as hypotonic, hyper tonic and isotonic solution and the impact of the same on physiology; Effects of kriya on GIT and Respiratory physiology; peristalsis and mechanism of action, Effect of Kriyas in encouraging the peristalsis; Opening and closing of sphincter; Role of Kriyas in smooth operation of sphincter ; Mechanism of action of Kriya practices in the activation of vagus nerve, effect of Kriyas on gastric mucosa on digestive system

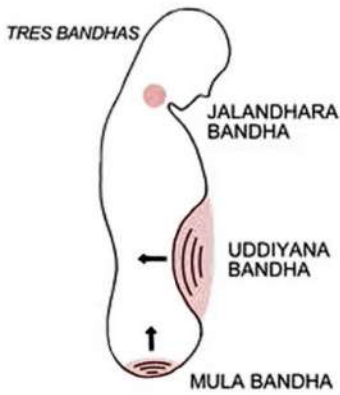
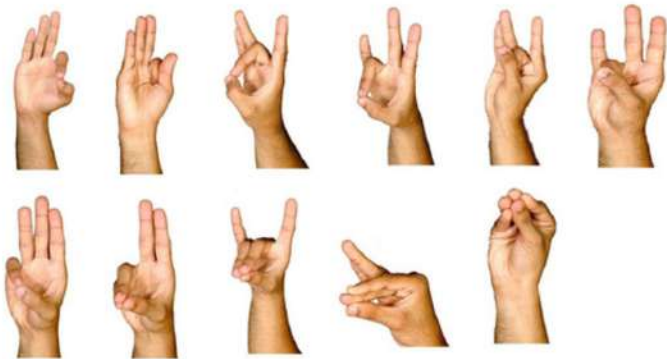
Development of negative pressure and the impact of sustenance of the negative pressure in body physiology.

4.2 Asana: Physiology of exercise, Asana - Types and Categories; Musculo skeletal system and mechanisms involved; Effect of Yogic practices in setting up the internal environment of the body, Mechanical influence of Yogasana; Psychosomatic mechanism; Mechanism of influence of six types of Yogasanas: stretching; pivoting; strengthening; inverted; pressing; equilibration, Reciprocal inhibition and innervations; Concept of energy expenditure and role of asana practice on energy expenditure.

4.3 Pranayama: Mechanism of respiratory system and gas exchange, Regulation of respiration, Psycho- physiological effect of Pranayama: changing of ratio of oxygen and carbonic carbon-dioxide in our body; enabling different groups of muscles in breathing; Pranayama as respiratory pump; Reflex impact over sympathetic and parasympathetic nervous system; Role of Pranayama on lung function test. Role of Pranayama and other Yoga practices on compliance, Ventilation perfusion ratio, alveolar ventilation, dead space volume and minute ventilation, Neurophysiological mechanism of Kevala, Antar and Bahirkumbhaka.

4.4 Meditation: Different types of meditation its impacts on central nervous system and peripheral nervous system. Different types of meditation its impacts on cardiovascular system, respiratory system, nerve – muscle physiology. Meditation its impacts on relaxation of each and every system of body.

4.5 Mudra and Bandhas: Nerve reflexes; Proprioceptive neuromuscular facilitation; Effect of Bandhas on joint complexes; Central bandhas and co activation of opposing muscles in spinal joint complexes; Jalandharabandha effects neck joint complexes; Uddiyanbandha effects upper joint complexes; and Moolabandha for lower back joint complexes; Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices; Navadvara and their significance in yoga; Principles behind the practice of Mudras; Resting membrane potential; transmission of nerve impulse; significance of Neuro psychological lock and its impulse in body physiology; secretion of neurotransmitter in the brain; Role of mudra and its physiological functions of the body



Practical Syllabus

UNIT 1 Demonstrative Skills

1.1 Recitation of Hymns and Mantras

- Concept and Brief introduction to Pranav and hymns
- Recitation of Pranav and Soham japa
- Recitation of Pratah-smaran, Dhyana mantra, Pranayama Mantra, Asana Mantra, Shanti Mantras.

1.2 Shatkarmas: Demonstrating ability of performing shatkarma (Cleansing Process)

- Vamandhauti, Vastradhauti, Dandadhauti ,
- Neti (Sutra and Jal),
- Kapalbhathi, Agnisara,
- Nauli.
- Laghooand Poornasankhaprakshalana,

1.3 Sukshma Vyayama, Sthula Vyayama and Suryanamaskar Ucharan-sthal-tathtavishudhichakrashudhi

- Budhitathadritishaktivikasaka
- Medhashaktivikasaka
- Kapolshaktivikasaka
- Grivashakti vikasak
- Vakshasthalshaktivikasaka (i and ii)
- Katishaktivikasaka (i,ii,iv,v) Janghaskativikasaka (i,ii)
- Pindalishkativikasaka
- Hridgati and sarvangpushti.
- Yogic Surya Namaskar of BSY,
- Swami Dharendra Brahmachari and its Variations.

1.4 Yogasanas

- Standing Yogasana: Tadasana, Ardchakrasana, Vrikshasana, Padahastasana, Veerbhadrasana and its variations, Garudasana, Parivrittatrikonasana, Parshakonasana.
- Sitting Yogasana: Paschimottanasana, Vajrasana, Suptavajrasana, Vakrasana, Gomukhasna, Marichyasana, Ardhamatsyendrasana, Uttanmandukasana, Sasakasana, Ustrasana, Dandasana, Mandukasana, Kurmasana, Kukkutasana, Bhadrasana

- Prone lying Yogasana: Makarasana, Bhujangasana, Salabhasana, Dhanurasana
- Supine lying Yogasana: Uttanapadasana, Ardhalasana, Halasana, Chakrasana, Saral Matsyasana, Matsyasana ,Pawanmuktasana and its variations, Naukasana, Shavasana, Setubandhasana, Sarvangasana
- Topsy Turvy Yogasana: Sirshasna and its variation.

1.5 Pranayama: Knowledge and Demonstrated ability to perform the following practices

- Breath awareness
- Sectional breathing,
- Anuloma Vilom
- Nadishodhana Pranayama. SuryaBhedhi and Chandrabhedhi Pranayama
- Ujjayi pranayama and Bhastrika pranayama
- Seetali Pranayama and Sitali Pranayama



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

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