

RYT 500hours Yoga Teacher Training Course, Om Yoga International, Rishikesh, India

# RYT 500hr Yoga TTC



## 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



## RYT 500hr Yoga TTC

Om Yoga International

Tapovan, Rishikesh, Uttarakhand(India)

Website: [www.omyogainternational.com](http://www.omyogainternational.com)

Email.id: [info@omyogainternational.com](mailto:info@omyogainternational.com)

Contact no. +91 7060004959,7060004944

[wa.me/omyogainternational](https://wa.me/omyogainternational)

WhatsApp business account

Website



## Online Courses Dates 2025 - 26

Start Date	End Dates	USD Fees	INR Fees
01st March 2025	30th June 2025	\$ 752 / 463	₹ 65,000 / 40,000
01st July 2025	30th October 2025	\$ 752	₹ 65,000
01st November 2025	28th February 2026	\$ 752	₹ 65,000
01st March 2026	30th June 2026	\$ 752	₹ 65,000

**EARLY BIRD**

**DISCOUNT**

**40% OFF**

### Timing (IST)

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



## Certificate Sample Copy

OM YOGA INTERNATIONAL  
CERTIFICATE OF COMPLETION

OM YOGA INTERNATIONAL

HEREBY CERTIFIES

Name Of Trainee      Pic

as a qualified

**YOGA TEACHER**

for successfully completing 500hours Multistyle Yoga Teacher Training :  
Ashtanga, Vinyasa & Hatha Yoga Asanas along with Iyengar style, Restorative  
Yoga, Yin & Acro Yoga, Pranayama, Meditation, Anatomy and Philosophy on  
31st August 2023 from Om Yoga International in Rishikesh, India.

**Sample Copy**

RYS Reg. No.: 240279

Mr. Radhika Sharan  
Owner / President  
[www.omyogainternational.com](http://www.omyogainternational.com)

OM YOGA INTERNATIONAL

## Online 500hours Yoga Teacher Training Course

An Online RYT500 Teachers Training Course is an advanced yoga teacher training program designed for yoga teachers who have already completed their 200-hour certification (RYT200) and wish to deepen their practice and teaching skills. The RYT500 designation is recognized by the Yoga Alliance, an international organization that sets standards for yoga education.

500hours Yoga Teacher Training Course is a Master Level Yoga Training Course that works to enhance your yogic knowledge to a whole new level. This program works in building up the learning you get from other levels of Yoga TTC. Those who are in the search for eternal peace and harmony, this course works the best for them. This course not only helps the person to come out of his mental boundaries but also helps to prepare his conscious receptors to receive the bliss of the divine. This Yoga Master's Course gives you more opportunity to know yourself deeper. It not focuses on Advanced Postures, Breathing Techniques or Meditations but it also gives you the "ART TO LIVE

### Course Highlights:

Total Duration: 500hours 120 Days;

Mode: Online, Live Zoom sessions (270hours) + Self-paced Learning (230hours);

Timings (Live Classes): 03:30 – 06:30pm;

Pre-requisites: Should have completed RYT200 / YCB Level-2;

Language: English & Hindi;

Styles of Yoga: Hatha, Ashtanga, Jnana, Vinyasa, Iyengar, Restorative, Therapeutic Yoga;

**Total Fees: 752USD / 65,000 INR;**

Access: For 1 Year;

### Course Focus:

An Online Yoga Master's Training Course typically focuses on advanced techniques and teaching methods to deepen both personal practice and professional teaching skills. Key areas include:

1. **Advanced Asana and Alignment:** Mastery of complex postures, adjustments, and advanced sequencing.
2. **In-Depth Yoga Philosophy:** Detailed study of ancient texts, deeper exploration of yoga's spiritual and ethical principles.
3. **Anatomy and Biomechanics:** A thorough understanding of body systems and how to teach safely and effectively.
4. **Pranayama & Meditation:** Mastery of advanced breathwork and meditation techniques.
5. **Specialized Teaching Skills:** Expertise in teaching various people with different case histories, handling injuries, and creating advanced classes.
6. **Ayurveda:** Learn Science of Ayurveda, Diet & Nutrition to have a healthy living.
7. **Personal Development:** Focus on enhancing one's own practice, spiritual growth, and self-awareness.

The course prepares experienced teachers for high-level instruction, offering both personal transformation and professional growth.

## Course Modules

### Module 1: Yoga Philosophy – Yoga & Yoga Practices

- Yoga: Etymology, Definitions, Aims & Objectives
- Principles of Sukshma & Sthula Vyayama, Asanas
- Principles of Pranayama, Bandhas & Mudras.
- Principles of Shatkarmas
- Hatha, Vinyasa, Ashtanga, Iyengar Yoga etc.
- Yogic Diet: Sattvic, Rajasic & Tamasic
- Practices of Healthy Living
- Mindfulness & Meditation
- Ethics for Yoga Teachers

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

- Prasthantrayee, Upanishads, Bhagwad Geeta, Samkhya Yog, Yoga Vashisth
- Six Schools of Indian Philosophy, Vedanta Darshana
- Jnana, Bhakti, Karma & Raja Yoga.
- Yoga Sutras of Patanjali
- 8 limbs of Ashtanga Yoga
- Hatha Yog Pradipika, Gehranda & Siva Samhita
- Yoga in Jainism & Buddhism
- Pancha Kosha, Nadis & Chakras
- Teachings of Different Yoga Masters.

### **Module 3: Anatomy & Physiology**

- Introduction to Human Body and Different Systems
- Biomechanics of Body, Bones, Joints & Muscles
- Musco-Skeletal & Cardio-vascular System
- Respiratory & Digestive System
- Nervous & Endocrine System
- Sensory organs
- Impact of Yoga Practices on Different Systems
- Knowing Physical Limitations, Injury prevention and Safe Alignment.
- Knowledge of common Diseases and their Management.

### **Module 4: Health & Wellness**

- Concept of Health, Wellness & Illness
- Concept of Panch Koshas, Adhi & Vyadhi
- 4 Pillars of Yoga
- Dincharya & Ritucharya
- Ahara, Nidra & Brahamcharya
- Importance of Psycho-social environment
- Trigunas, Panch-Kleshas, Taptrayas, Panch prana & Chakras

### **Module 5: Applied Yog**

- Yoga for Personality Development
- Yogic Management of Stress
- Yoga for Lifestyle Disorders
- Yoga for Non-Communicable Disorders
- Yoga for Mental Health
- Yoga as an Integrative Medication

### **Module 6: Yoga for Disease Prevention**

- Yoga for Acidity, IBS & Constipation
- Yoga for Sinusitis & Bronchial Asthma
- Yoga for Hypertension
- Yoga for Lower back pain & Neck pain
- Yoga for Arthritis
- Holistic Approach to Yoga
- Role of Various Yoga Practices in Prevention



## **Module 7: Yoga & Psychology**

- Concept of Human Psyche
- Cognitive Process & Stages of Consciousness
- Nature of Emotions & Physiological changes
- Yoga View of Mental Health
- Mental Illness
- Role of Yoga in Mental Health
- Importance of Psycho-social environment

## **Module 8: Kundalini Yoga**

- Concept of Kundalini Yoga
- Kundalini Diet
- Preparations & Precautions
- Kundalini Meditation With Mantras
- Yoga practices to balance 7 Chakras
- Different Methods of Kundalini Awakening
- Bandhas & Mudras
- Cleansings for Chakras

## **Module 9: Asanas: Practice & Alignment**

- Asanas: Definitions, types & Categories
- Sukshma & Sthula Vyayma
- Surya & Chandra Namaskara
- Asanas Alignment, Benefits and Contraindications.
- Standing, Seated, Prone and Supine Poses.
- Proper alignment principles and common Misalignments.
- Modifications, Variations and Adjustments.
- Advanced Hatha Yoga Asanas
- Ashtanga Primary & Intermediate Series
- Hatha Vinyasa Flow
- Asanas for Therapy

## **Module 10: Pranayama: Breathing Techniques**

- Pranayama: Preparation & Types.
- Puraka, Rechaka and Kumbhaka
- Antaranga and Bahiranga Kumbhaka
- Cleansing and Sectional Breathing
- Practice of Ashta Kumbhakas
- Physiological & Psychological Benefits.
- How to incorporate pranayama into class sequences.
- Pranayama practices with Kumbhaka

### **Module 11: Bandhas & Mudras**

- Jalandhar, Uddiayana & Moolbandha
- Practice of Mahabnadha
- Panchtattva & Panch Prana Mudras
- Yog Mudra & Maha Mudra
- Chin & Gyan Mudra
- Adi & Meru Danda Mudra
- 10 Mudras for Spiritual Enlightenment
- Pranava & Bhairava Mudra
- Shanmukhi Mudra
- Mudras as a Therapy
- Pranayama & Bandhas as a Therapy

### **Module 12: Meditation**

- Importance of Meditation
- Do's & Don'ts for Meditation
- Breathing Awareness / Anapana Sati
- Recitation of Pranava and Hymns
- So-Hum Meditation
- Cyclic Meditation
- Sakriya Dhyana
- Antarmauna
- Mantras Meditation & Sound Healing
- Yog Nidra Level-1 & 2
- Chakras Meditation
- Dynamic Meditation

### **Module 13: Shatkarmas: Cleansing Methods**

- Preparation
- Do's and Don'ts for Practices
- Neti: Jal & Sutra Neti
- Dhauti: Vamana (Kunjil) and Vahnisara (Agnisara)
- Kapalbhathi (Vatakrama)
- Shankh Prakshalana (Varisara Dhauti)
- Mukha Dhauti
- Nauli & Trataka
- Benefits & Its Contraindications

### **Module 14: Ayurveda**

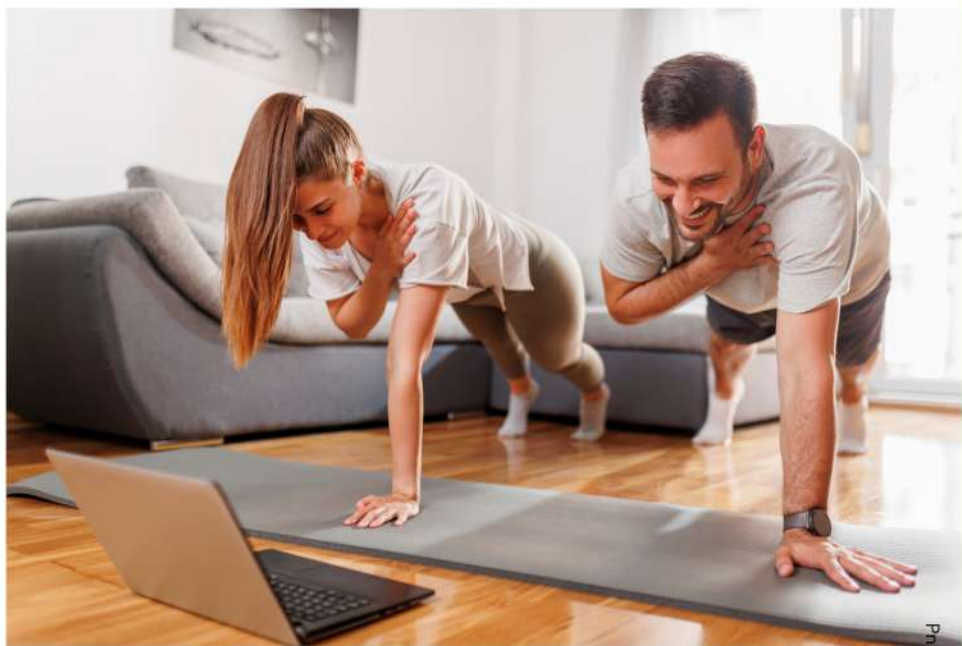
- Concept of Ayurveda
- Concept of Tri-Doshas
- Prakriti & Vikruti
- Concept of Shatrasas
- Dincharya & Ritucharya
- Diet for Tridoshas
- Introduction to Panchkarmas

## Module 15: Teaching Methodology

- Fundamentals of teaching Yoga
- How to offer clear verbal cues and guidance for students.
- Understanding the importance of tone, pace, and language in teaching.
- How to give adjustments (physical and verbal) and assist students safely.
- Developing your teaching voice and confidence in leading a class.
- Observing and providing constructive feedback on others' teachings.
- Adaptability and Flexibility in Teaching

## Module 16: Career Development

- Introduction to building a career as a yoga teacher.
- Marketing strategies: How to promote yourself and your classes.
- Understanding the yoga community and how to network with other teachers and studios.
- How to create a sustainable yoga teaching career (e.g., freelancing, workshops, retreats)



Ph

## 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)

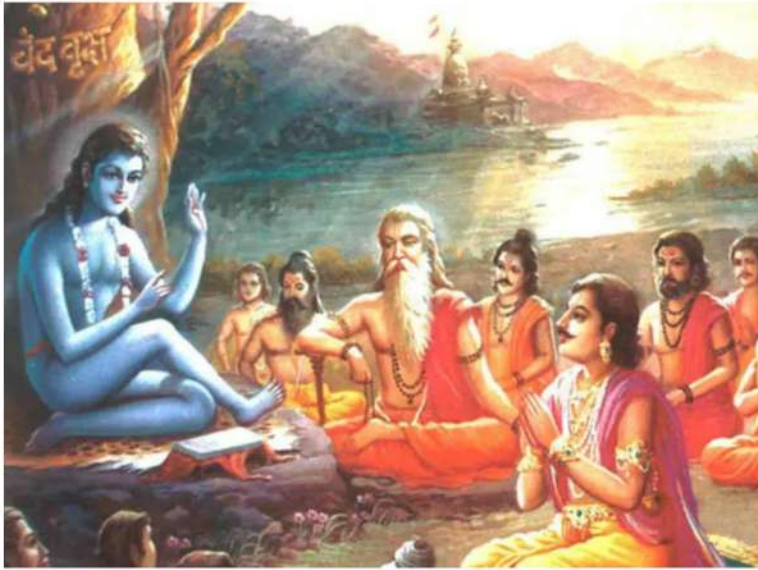
1. Philosophical Foundation of Yoga 30
2. Principles and Practices of Yoga in Traditional Texts 30
3. Allied Science 30 30
4. Applied Yoga 30

### 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 and Swami Vivekananda, Integral Yoga of Shri Aurobindo, 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 Paramparas (lineages) of contemporary times; Yoga Parampara 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.

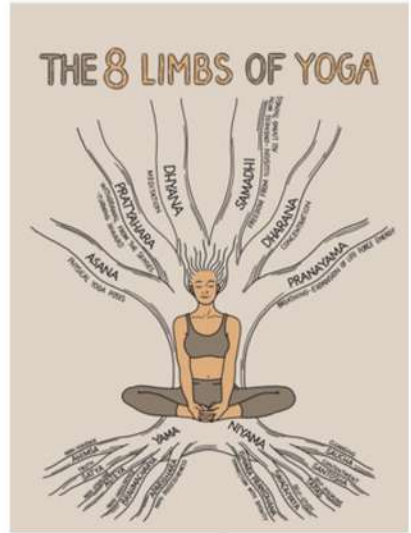
## 2.4 Patanjali Yoga Sutra:

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.

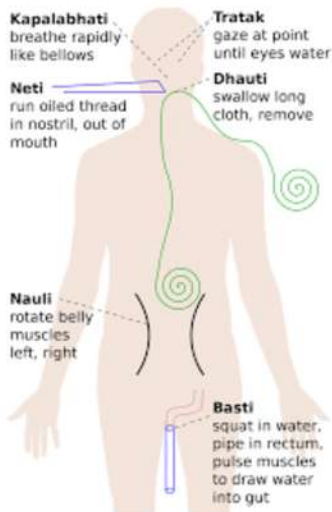
2.4.2 Concept of, chitta-vritti, chitta-vritti-nirodhopaya, concept of Ishwar and its relevance in Yogasadhana, Qualities of Ishwar, Ishwaraparidhana. Chitta-Vikshepas (Antarayas) and concept of chitta-prasadanam, Relevance of Chitta-prasadanam in Yoga Sadhana. Types and nature of Samadhi in Yoga Sutra,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

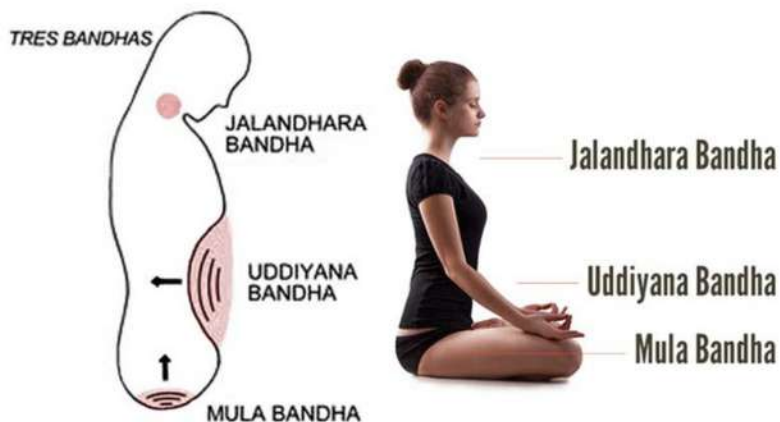
2.5.2 Importance of Hatha and its secrecy prerequisites of Hatha Yoga (dasha yama and dasha niyama);

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 (Vatkrma, Vyutkrma and Sheetkrma)

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 SuryaBhedhi and Chandrabhedhi 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 Imporatnce; 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: Pranipaata; 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

