

YCB Level-2 Yoga Wellness Instructor Course

YCB Level 2 , Yoga Wellness Instructor Course , Recognised by Ministry of Ayush



Om Yoga International



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@OMYOGAINTERNATIONAL

Online Courses Dates 2025-26

Start Date	End Dates	USD Fees	INR Fees
01st March 2025	30th April 2025	\$ 347 / 232	₹ 30,000 / 20,000
01st July 2025	30th August 2025	\$ 347	₹ 30,000
01st November 2025	30th December 2025	\$ 347	₹ 30,000
01st March 2026	30th April 2026	\$ 347	₹ 30,000

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





आयुष मंत्रालय, भारत सरकार
Ministry of AYUSH, Govt. of India

The **YCB Level-2** (Yoga Wellness Instructor) course is focused on advancing the skills and knowledge of practitioners who have already gained some foundational knowledge in yoga, typically through a Level-1 certification. It aims to deepen one's practice, understanding, and ability to teach yoga with greater proficiency and awareness. The course focuses on:

1. **Advanced Asana Practice:** More complex and detailed postures (asana), with an emphasis on alignment, adjustments, and deepening flexibility and strength.
2. **Anatomy & Physiology:** A deeper dive into the human body, focusing on how it moves, what muscles and joints are engaged during various asanas, and how to avoid injury.
3. **Pranayama (Breathing Techniques):** More advanced breathing practices, teaching the practitioner how to integrate breath with movement and the significance of breath for mental and emotional balance.
4. **Meditation and Mindfulness:** Developing skills for meditation practices and how they complement the physical asanas. Greater focus on mindfulness and presence.
5. **Yoga Philosophy:** In-depth study of the yogic texts (like the Yoga Sutras, Bhagavad Gita) and how to apply these teachings in daily life and in teaching yoga.
6. **Teaching Methodology:** How to effectively teach yoga to diverse groups of students. It covers teaching cues, sequencing, hands-on adjustments, and cultivating a safe and inclusive learning environment.
7. **Ethics of Yoga:** A focus on the ethical responsibilities of a yoga teacher, including creating a supportive environment, maintaining professionalism, and upholding the principles of yoga both on and off the mat.
8. **Practicum:** Students are usually required to teach a class or part of a class as part of the certification. This allows for feedback and growth in teaching skills.

The above areas are commonly addressed at Level-2 to prepare yoga practitioners for a more skilled and knowledgeable approach to teaching or deepening their personal practice.

Course Highlights:

- Total Duration: 02Months 60 Days ;
- Mode: Online, Live Zoom Sessions (120hours) + Self-paced Learning (80hours);
- Timings(Live Class): 03:30 – 06:30pm (Mon-Fri);
- Pre-requisites: None;
- Language: English & Hindi;
- Styles of Yoga: Hatha, Ashtanga, Vinyasa, Restorative, Iyengar;
- Total Fees: 347USD / 30,000 INR (Exam Fees excluding);
- Recordings Access for 1 Year.

. Mark Distribution:

Total Marks: 200 (Theory: 60+Practical – 140)

Theory

1. Introduction to Yoga and Yogic Practices 20
2. Introduction to Yoga Texts 20
3. Yoga for wellness 20

Total =60

Practical

1. Demonstration Skills 80
2. Teaching Skills 40
3. Application of knowledge 10
4. Field Experience 10

Total = 140



Yoga Wellness Instructor Training Course Modules

1. Yoga Philosophy: Yoga & Yogic Practice

- Yoga: Etymology, Definitions, Aim, Objectives and Misconceptions.
- Yoga: Origin, History & Development.
- Samkhya and Yoga Darshana.
- Life sketches & Teachings of Yoga masters
- Principles of Yoga & Practices of healthy living.
- Jnana, Bhakti & Karma Yoga.
- Concept of Sukshma & Sthula Vyayama, Surya Namaskara
- Concept and principles of Shatkarma
- Concept and principles of Yogasana
- Concept and principles of Pranayama
- Concept of Tri Bandha
- Dhyana and its significance
- Introduction to Yogic relaxation techniques

2. Yoga Philosophy: Study of Yoga Texts

- Prasthanatrayee & Purushartha Chatushtaya
- Yoga in Upanishads, Panchkosha Viveka
- Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.
- Significance of Bhagavad Gita
- Ahara, Vihara, Achara, Vichara
- Study of Patanjali Yoga Sutra
- Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam
- Bahiranga Yoga of Maharishi Patanjali
- Antaranga Yoga of Maharishi Patanjali
- Concept of mental well-being
- Hatha Pradipika and Gherand Samhita
- Hatha yoga and Raja Yoga.
- Sadhaka and Badhaka tattva
- Matha, Mitahara, Pathya & Apathya.
- Nadis, Prana and Pranayama
- Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana

3. Yoga Anatomy & Physiology

- General Introduction
- Human body and Nine systems
- Sensory Organs
- Concept of Health & Wellness.
- Tridoshas, Sapta Dhatu, Agni, Vayu and Mala
- Dinacharya and Ritucharya
- Ahara, Nidra and Brahmacharya
- Mental Hygiene: Maitre, Karuna, Mudita & Upeksha
- Psychosocial environment for health & wellness.
- Ahara(Mitahara & Yuktahara).
- Benefits of Suryanamaskara, Shatkarma
- Benefits of Asanas, Pranayama & Dhyana
- Contra indications of Yoga practices for well-being
- Knowledge of common diseases.
- Management of non-communicable diseases.

4. Yoga Practicals

- Prayer
- Shatkarmas
- Sukshma & Sthula vyayama
- Surya Namaskara with mantra
- Yogasanas
- Preparatory Breathing Practices
- Pranayama
- Bandhas & Mudras
- Dhyana Sadhana

Yoga Wellness Instructor Training Course Modules

5. Yog Asanas

- Asana: Definition, Types & categories
- Asanas Alignment, Benefits and Contraindications.
- Standing, Seated, Prone and Supine Poses.
- Proper alignment principles and common Misalignments.
- Modifications, Variations and Adjustments.

6. Pranayama & Meditation

- Pranayama: Preparation & Types.
- Puraka, Rechaka and Kumbhaka
- Practice of Different Pranayamas
- Practice of Bandhas & Mudras
- Concept of Dhyana
- Practice of Different Meditations

7. Ayurveda

- Concept of Tridoshas
- Concept of Saptadhatus, Agni
- Concept of Mala and vayu
- Dincharya & Ritucharya

8. Teaching Skills

- Teaching methods
- Factors influencing Yoga teaching
- Teaching Aids
- Teaching in different sets
- Demonstration in Yoga:
- Lesson plan
- Preparation of lesson plan
- Lesson Presentation
- Class Assessment

YCB Level-2 Yoga Wellness Instructor

1. Name of the Certification: Yoga Wellness Instructor

2. Requirement/ Eligibility:

a. b. For open candidates there is no eligibility criteria

For admission in the course it is suggested that the candidate should have passed

12th standard/ higher secondary school certificate from a recognized board or

equivalent. However, the Yoga Institutions can define their own eligibility

3. Brief Role Description: Certified Yoga Professionals (Yoga Wellness Instructor) to

teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios,

work places, Yoga wellness centres/ Primary Health care centres etc

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.



Yoga Philosophy

Unit 1- Introduction to Yoga and Yogic Practices

1.1 Yoga: Etymology, definitions (Patanjala Yoga Sutra, Bhagwad Gita & Kathopanishad), aim, objectives and misconceptions.

1.2 Yoga: Its origin, history and development.

1.3 Brief Introduction to Samkhya and Yoga Darshana.

1.4 Life sketches and teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati).

1.5 Principles of Yoga and practices of healthy living.

1.6 Principles and Practices of Jnana Yoga.

1.7 Principles and Practices of Bhakti Yoga.

1.8 Principles and Practices of Karma Yoga.

1.9 Concept and principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana.

1.10 Concept and principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana. 1.11 Concept and principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.

1.12 Concept and principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.

1.13 Introduction to Tri Bandha and their health benefits.

1.14 Dhyana and its significance in health and well being.

1.15 Introduction to Yogic relaxation techniques with special reference to Yoga Nidra



CONTENT

2. Introduction To Yoga Text

2.1 Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.

2.2 Yoga in Kathopnishad, Prashanopanisha, Tattriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.

2.3 Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita. 2.4 Significance of Bhagavad Gita in day to day life.

2.5 Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).

2.6 Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 46 - 51, III- 1 to 4).

2.7 Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with wellness.

2.8 Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).

2.9 Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi).

2.10 Concept of mental well being according to Patanjali Yoga.

2.11 Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita). Relationship between Hatha yoga and Raja Yoga.

2.12 Sadhaka and Badhaka tatva, principle to be followed by Hatha Yoga practitioner

2.13 Concept of Matha, Mitahara, Pathya & Apathya.

2.14 Concepts of Nadis, Prana and Pranayama for Subjective experiences.

2.15 Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana)

Yoga Anatomy and Physiology

3. Introduction To Yoga Anatomy and Physiology

3.1 General introduction to human body and nine major systems of human body.

3.2 Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin).

3.3 Basic functions of nine major systems of human body and homeostasis.

3.4 Yogic concept of health and wellness.

CONTENT

- 3.5 Concept of Tridoshas, Sapta Dhatu, Agni, Vayu and Mala; their role in wellness.
 - 3.6 Concepts of Dinacharya and Ritucharya and their importance in well being.
 - 3.7 Importance of Ahara, Nidra and Brahmacharya in well being.
 - 3.8 Yogic concept of mental hygiene: Maitre, Karuna, Mudita & Upeksha).
 - 3.9 Importance of psychosocial environment for health and wellness.
 - 3.10 Yogic concept and principles of Ahara(Mitahara, Yuktahara).
 - 3.11 Health benefits of Suryanamaskara, Shatkarma, Asanas, Pranayama and practices leading to Dhyana (as per the practical syllabus of the course).
 - 3.12 Salient features and contra indications of Yoga practices for well being (as per the practical syllabus of the course).
 - 3.13 Knowledge of common diseases; their prevention and management by Yoga.
 - 3.14 Knowledge of role of Yoga in the management of non communicable diseases.
 - 3.15 Concept of stress and Yogic management of stress and its consequences.
- Yoga Practical

1. Prayer

- 1.1 Concept and Recitation of Pranava
 - 1.2 Concept and Recitation of Hymns
 - 1.3 Selected universal prayers, invocations and Nishpatti Bhava.
- ### 2. Yogic Shat Karma
- 2.1 Neti: Sutra Neti and Jala Neti
 - 2.2 Dhauti: Vamana Dhauti (Kunjali)
 - 2.3 Kapalbhati (Vatakrama)



CONTENT

3. Yogic Sukshma Vyayama and Sthula Vyayama

a. Yogic Sukshma Vyayama (Micro circulation 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



b. Yogic Sthula Vyayama (Macro circulation practices)

Sarvanga Pushti

Hrid Gati (Engine daud)

4. Yogic Surya Namaskara with Mantra

5. Yogasana

5.1 Tadasana, Hastottanasana, Vrikshasana

5.2 Ardha Chakrasana, Padahastana

5.3 Trikonasana, Parshva Konasana, Katichakrasana

5.4 Dandasana, Padmasana, Vajarasana,

5.5 Yogamudrasana, Parvatasana

5.6 Bhadrasana, Mandukasana, Ushtrasana, Shashankasana,

Uttana Mandukasana,

5.7 Paschimottanasana, Purvottanasana

5.8 Vakrasana, Ardha Matsyendrasana, Gomukhasana

5.9 Makarasana, Bhujangasana, Shalabhasana, Dhanurasana

5.10 Pavanamuktasana and its variations

5.11 Uttanapadasana, Ardha Halasana,

Setubandhasana, Sarala-Matsyasana

5.12 Shavasana,



CONTENT

6. Preparatory Breathing Practices

6.1 Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)

6.2 Yogic Deep Breathing

6.3 Anuloma Viloma/ Nadi Shodhana

7. Pranayama

7.1 Concept of Puraka, Rechaka and Kumbhaka

7.2 Ujjayee Pranayama (Without Kumbhaka)

7.3 Sheetalee Pranayama (Without Kumbhaka)

7.4 Sitkaree Pranayama (Without Kumbhaka)

7.5 Bhramaree Pranayama (Without Kumbhaka)

8. Concept and Demonstration of Bandha

8.1 Jalandhara Bandha

8.2 Uddiyana Bandha

8.3 Mula Bandha

9. Concept and Demonstration of Mudra

9.1 Yoga Mudra

9.2 Maha Mudra

9.3 Vipareetakarani Mudra

10. Practices leading to Dhyana Sadhana

10.1 Body awareness and Breath awareness / Anapana Sati

10.2 Yog Nidra - Level 1

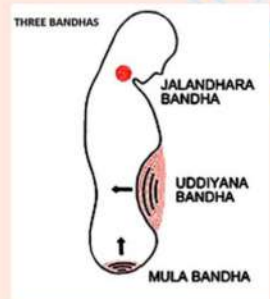
10.3 Antarmauna

10.4 Recitation of Pranava and Soham

10.5 Recitation of Hymns

10.6 Practice of Dhyana

10.7 Cyclic Meditation



CONTENT

11.. Ayurveda

6.1 Concept of Tridoshas,

6.2 Concept of Sapta Dhatu, Agni, Vayu, and Mala;

6.3 Dinacharya and Ritucharya

B. Teaching Skills (Methods of Teaching Yoga)

1.1 Teaching methods with special reference to Yoga

1.2 Factors influencing Yoga teaching

1.3 Need of teaching practice and its use in Yogic practice.

1.4 Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation

1.5 Methods of teaching Yoga to an individual, small group and large group

1.6 Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation

1.7 Lesson plan: Its meaning and need

1.8 Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group

1.9 Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.

1.10 Assessment of a Yoga class (detection and correction of mistakes).



About YCB Level 2

INTRODUCTION

I Introducing the groundbreaking first-of-its-kind, “The Complete Guidebook for Level 2- 400 Hrs. Yoga TTC”. This Yoga Teachers Training Exam is conducted by the Yoga Certification Board (A body that functions under the Ayush Ministry). Clearing the exam earns you the prestigious title of Yoga Wellness Instructor and enables you to work as a government-certified Yoga Professional worldwide. Earlier, Yoga aspirants struggled to study from many different resources to prepare for this exam, as there was no single book that comprehensively covered the syllabus for this exam. This comprehensive guidebook revolutionizes the field of Yoga Teacher Training by providing a single resource that covers the entire syllabus of the course. From the fundamentals of Asanas, Anatomy, and Physiology to a wide horizon of Philosophy, Patanjali Yoga Sutra, Various Hatha Texts, Deep understanding of Human psychology, this guidebook is your ultimate companion in mastering the art and science of Yoga. Furthermore, it goes above and beyond by including a compilation of 450 multiplechoice questions, enabling you to test your knowledge and preparation for becoming a skilled Yoga Wellness Instructor.

About YCB Level 2

INTRODUCTION

To make the most of this comprehensive guidebook, download the syllabus pdf of YCB Level 2 from the website of the Yoga Certification Board. <https://yogacertificationboard.nic.in/>, then start by familiarizing yourself with the table of contents, which outlines the syllabus in a structured manner. Dive into each section, reading and absorbing the knowledge provided. Use the 450 MCQs strategically as self-assessment tools to gauge your understanding and identify areas for further study. Follow Unit 4 to understand the practices and ensure an everyday practice routine to enhance the experiential dimension of yoga abhyas. Approach this book as a roadmap for your journey toward becoming a skilled Yoga Wellness Instructor, and let it be your trusted companion every step of the way. Prepare to embark on a transformative journey towards becoming a confident, knowledgeable, and proficient Yoga professional.



INTRODUCTION

ABOUT THE YCB LEVEL – 2, - 400 HRS. YOGA TTC EXAM

When you feel prepared to take the yoga certification exams, you can book them on the website of the Yoga Certification Board. The exams consist of two parts: one is multiple choice questions, and the other is a demonstration. Both exams can be taken online, and the process is explained in detail on the board's website. You are required to score 70% in both exams, post which you will receive the certificate with the title "Yoga Wellness Instructor". This is one of the most prestigious certificates in the Yoga community and is valid internationally.

MCQ exam- In the online setting, this exam happens through a Live monitoring process. You will not be able to open any other tabs on the computer, also you will be requested to not make much movements. This is to ensure the authenticity of the exam. There is no negative marking.

Practical- A panel of 4-5 examiners will be taking this exam. The duration would be 20-30 minutes. All the demonstrations will be based on Unit 4 of the syllabus. Additionally, they will be asking you to recite the sutra (refer to chapter 2.4). You would also be

INTRODUCTIO N

ABOUT THE YCB LEVEL – 2, - 400 HRS. YOGA TTC EXAM

asked to chant a prayer at the beginning of your exam and explain the meaning of it. They may also ask you some of the important concepts of yoga philosophy such as Panchakosha theory, Panch Prana, the meaning of Yoga, Ashtanga yoga, etc. This book gives you comprehensive information about the complete syllabus. Ensure that you prepare well and keep testing your knowledge through the MCQs.



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 RPYYT
- Face Yoga YTTC
- Sound Healing TTC

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