

CERTIFICATE COURSE

On

YOGA EDUCATION

Duration of the Course: 30 hours

Total number of classes – 20 (Theory) + 10 (Practical)

Unit – I: Introduction to Yoga

LH - 03

- 1.1 Concept and principles of Yoga
- 1.2 Definition, Aim, Objectives of Yoga
- 1.3 Importance of Yoga

Unit – II: Introduction to Yogic Practices

LH - 07

- 2.1 Classification of Yoga
- 2.2 Classical Approach to Yoga Practices: Kriyas, Yama, Niyama, Asana, and Pranayama
- 2.3 Bandha, Mudra & Dhyana as per Yogic Texts and Research Based Principles of Yoga
- 2.4 General guidelines for performing yoga practices

Unit – III: Ancient systems of Indian Philosophy and Yoga System

LH - 07

- 3.1 Ancient systems of Indian Philosophy - Sad-darshana
- 3.2 Jainism, Buddhism, Ajnana, Ajivika, Charvaka and Lokayata
- 3.3 Yoga and Sankhya philosophy and their relationship
- 3.4 Yoga as reflected in Bhagwat Gita

Unit- IV: Yoga and Health

LH - 03

- 4.1 Concept of health and disease: medical and yogic perspectives
- 4.2 Concept of disease
- 4.3 Concept of Panch Kosh for an integrated and positive health

- 5.1 Standing Posture: Ardachandrasana, Brikshasana,
Padahasthasana, Samakonasana, Trikonasana
- 5.2 Sitting Posture: Ardhakurmasana, Paschimottanasana,
Gomukhasana, Rajju Karshanasana,
Kukkutasana
- 5.3 Supine Posture: Setubandhasana, Halasana, Matsyasana, Supta
Pawanmuktasana, Naukasana
- 5.4 Prone Posture: Bhujangasana, Salvasana, Dhanurasana,
Astanga Namaskara, Sarpasana
- 5.5 Inverted Posture: Sarbangasana, Shirsasana, Bhagrasana, Kapali
Asana, Vrischikasana
- 5.6 Relaxation Asanas: Shavasana, Advasana, Makarasana,
Matsya Kridasana, Jyistikasana

(Two asanas are compulsory from each section)