

# AYUSHMAN YOG

अथ योगानुशासनम्



[www.ayushmanyog.com](http://www.ayushmanyog.com)

# CONTENT

- **ABOUT**.....02
- **FOUNDER-DIRECTOR | NIDHI THAKUR**.....05
- **MEET THE TEAM**.....07
- **COURSES**
  - ONLINE LIVE TRAINING PROGRAMS**
  - YCB LEVEL 1 YOGA TTC - YOGA PROTOCOL INSTRUCTOR.....09
  - YCB LEVEL 2 YOGA TTC - YOGA WELLNESS INSTRUCTOR.....13
  - YCB LEVEL 3 YOGA TTC - YOGA TEACHER & EVALUATOR.....17
  - YCB LEVEL 6 YOGA TTC - YOGA THERAPIST .....22
  - YOGIC MANAGEMENT OF FACIAL WELLNESS (FACE YOGA).....32
  - KIDS YOGA TTC.....34
  - SELF-PACED PROGRAMS**
  - YCB LEVEL 5 YOGA TTC - ASSISTANT YOGA THERAPIST.....36
  - YOGIC MANAGEMENT OF COMMON DISEASES - SELF-PACED & VIDEO-SUPPORTED COURSE.....39
  - YOGIC SUKSHMA VYAYAMA - SELF-PACED & VIDEO-SUPPORTED COURSE.....40
  - COMPLETE STUDY OF GHERANDA SAMHITA - ENGLISH & HINDI.....40
  - COMPREHENSIVE STUDY OF ISHAVASYA UPANISHAD - SELF-PACED COURSE.....41
  - MASTERING PRANAYAMA : THE SCIENCE OF BREATH - SELF-PACED COURSE.....41
  - COMPLETE STUDY OF KUMBHAKA PADDHATI OF RAGHUVIRA - ENGLISH & HINDI.....43

## ABOUT

At **Ayushman Yog**, we redefine yoga education and therapy through a blend of tradition, innovation and modern scientific understanding. As a globally recognized **online yoga teacher training school**, we offer **Yoga Certification Board (YCB) courses**, specialized therapeutic programs and in-depth studies of yogic texts—all designed to create skilled, knowledgeable and confident yoga professionals.

### A Legacy of Excellence & Recognition

- **Registered with the World Yoga Federation & Yoga Alliance International.**
- **Our programs include Yoga Certification Board (YCB) courses, enabling students to appear for YCB exams conducted by the Ministry of AYUSH, Govt. of India.**
- **Publications authored by our Founder-Director, Nidhi Thakur, providing authentic study material for yoga educators and therapists.**

### Our Course Offerings

#### YCB - Based Yoga Teacher & Therapist Courses

- **YCB Level 1, 2 & 3** - Foundational to Advanced Yoga Teacher Training
- **YCB Level 5** - Assistant Yoga Therapist
- **YCB Level 6** - Yoga Therapist
- **YCB Level 4** - Yoga Master (Launching Soon)
- **YCB Level 7** - Yoga Consultant (Launching Soon)

#### Specialized Internal Programs

- **Face Yoga TTC** - Rejuvenation techniques for facial health and wellness.
- **Kids Yoga TTC** - Systematic training to guide children's yoga for balanced growth and well-being.

### **Self-Paced Learning Programs**

Structured, lifetime-access programs for serious practitioners who wish to deepen their understanding of yogic practices, therapeutic frameworks, and classical scriptures. Designed for flexibility without compromising depth, these video-supported courses enable systematic learning at one's own pace.

- **Yogic Sukshma Vyayama** - Systematic approach to subtle body movements.
- **In-depth study of Texts** - Gherand Samhita, Hatha Yoga Pradipika and more.

### **Therapeutic Offerings**

- **Yogic Management of Common Diseases** - A structured therapy course integrating the Dual-Phase Yoga Therapy (DPYT) model, designed to address various health conditions through a blend of self-practice and guided therapeutic intervention.
- **Dual-Phase Yoga Therapy (DPYT)** - A Unique Contribution to Yoga Therapy - Developed by Ayushman Yog, DPYT forms the foundation of our therapeutic approach, promoting long-term self-care by combining Morning Management (self-practice) and Class Management (therapist-led sessions) to optimize healing through Prana Shakti.
- **Progressive Respiratory Awareness & Nasal Adjustment (PRANA)** - A structured 3-week breath training protocol designed to improve nasal breathing efficiency, regulate respiratory rhythm and cultivate slow, conscious exhalation. Rooted in traditional yogic wisdom yet adapted for modern life, PRANA serves as a foundational pathway toward respiratory health, mental clarity and progression into advanced pranayama practices.

### **Introducing DPYT - A Breakthrough in Yoga Therapy**

Dual-Phase Yoga Therapy (DPYT) is a pioneering approach developed by Ayushman Yog that integrates self-reliance with guided therapeutic intervention, creating a sustainable and empowering healing system.

- **Morning Management** - A structured self-practice to address morning imbalances like musculoskeletal pain, sluggish circulation and digestive issues.
- **Class Management** - A therapist led session ensuring proper guidance, alignment and deeper therapeutic work.

DPYT leverages Prana Shakti (vital energy) in the early morning hours when the body's natural healing capacity is at its peak. By combining self-practice with expert supervision, this approach fosters independence, consistency and long-term wellness—moving beyond conventional therapy models.

DPYT is incorporated into our Assistant Yoga Therapist and Advanced Therapy Courses, helping therapists develop structured, individualized healing programs for their clients.

### **Publications – A Knowledge Legacy.**

Ayushman Yog is committed to providing **comprehensive and structured study materials** to support students preparing for **Yoga Certification Board (YCB) examinations**. These materials, authored by our **Founder-Director, Nidhi Thakur**, ensure a clear and systematic approach to learning –

- **YCB Level 1** – Complete Guidebook of Yoga Protocol Instructor English & Hindi
- **YCB Level 2** – Complete Guidebook of Yoga Wellness Instructor
- **YCB Level 3** – Complete Guidebook of Yoga Teacher & Evaluator
- **YCB Level 5** – Complete Guidebook of Assistant Yoga Therapist
- **YCB Level 6** – Complete Guidebook of Yoga Therapist
- **Upcoming Publications** – Complete Guidebook of YCB Level 4 (Yoga Master YCB Level 7 (Yoga Consultant) and Dual-Phase Yoga Therapy (DPYT) – A Structured Approach to Yogic Healing.

These resources are designed to simplify complex concepts, provide structured guidance and support aspirants in their **YCB certification journey**.

### **Expanding the Yoga Learning Experience**

# **Ayushman Yog Online Book Club** – A unique platform where practitioners engage in deep study of yogic texts, guided by structured discussions and expert insights.

At **Ayushman Yog**, we are more than an education platform—we are pioneers in transformative yoga learning and therapy, shaping the future of yoga professionals worldwide.

# Visit **[www.ayushmanyog.com](http://www.ayushmanyog.com)** to explore our programs and embark on your journey!

## FOUNDER-DIRECTOR | NIDHI THAKUR



**Nidhi Thakur** is the **Founder & Director of Ayushman Yog**, a dedicated yoga educator, author and practitioner committed to bridging the gap between ancient yogic wisdom and modern life. With a strong academic foundation, she holds an **M.Sc. in Yoga and an M.Sc. in Vedanta**, deeply immersing herself in the profound teachings of these timeless disciplines.

Before dedicating herself fully to yoga education, she spent **a decade in the corporate world as an IT professional**. This transition from a fast-paced, technology-driven environment to the depth of yogic study reflects a profound evolution, one that integrates structured learning with holistic well-being. Understanding the challenges of modern living, she embraces a digital-first approach to make authentic yogic education accessible to a global audience.

### **A Vision for Yoga Education & Therapy.**

To support students in their learning journey, Nidhi has authored and compiled **comprehensive study materials**, including -

- **YCB Level 1 - Yoga Protocol Instructor**
- **YCB Level 2 - Yoga Wellness Instructor**
- **YCB Level 3 - Yoga Teacher & Evaluator**
- **YCB Level 5 - Assistant Yoga Therapist**
- **YCB Level 6 - Yoga Therapist**

Her work aims to provide **structured, reliable and accessible resources for aspiring yoga teachers and therapists**, ensuring a deep connection to the essence of yogic knowledge.

She has also developed **Dual-Phase Yoga Therapy (DPYT)** a structured therapeutic model that integrates **self-practice and guided intervention**, promoting long-term healing and self-reliance. Along with the Progressive Respiratory Awareness & Nasal Adjustment (PRANA) technique as a 3-week breath training protocol toward respiratory

health, mental clarity and progression into advanced pranayama practices.

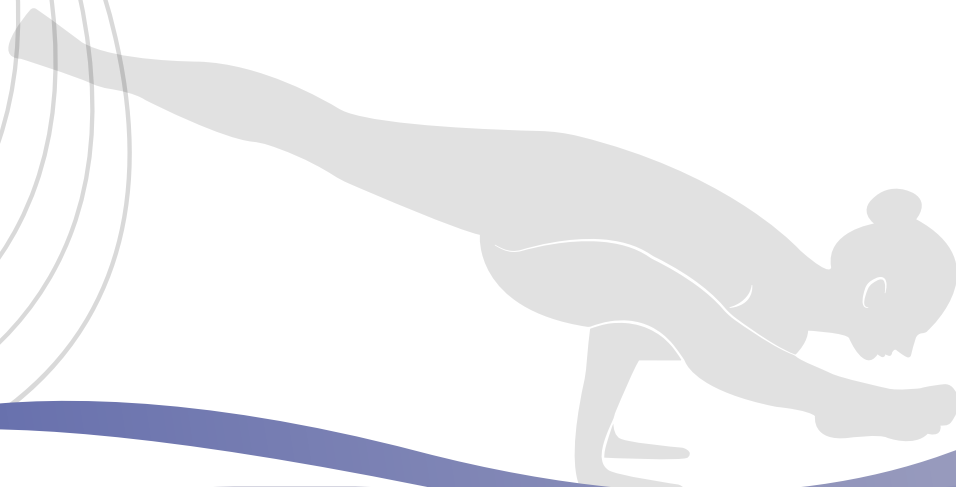
### **Leading Ayushman Yog to Excellence**

With a commitment to preserving the authenticity of yoga, while adapting it to contemporary needs, she leads Ayushman Yog as a premier platform for -

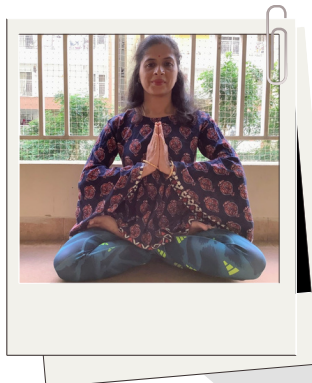
- **YCB accredited yoga teacher and therapist training.**
- **Specialized therapy courses.**
- **Scriptural studies and advanced yogic education.**

Under her leadership, Ayushman Yog has become a recognized name in the global yoga community, empowering students with structured learning, expert mentorship and a deep-rooted connection to authentic yogic traditions.

- **Contact : [yogafitness.nidhi@gmail.com](mailto:yogafitness.nidhi@gmail.com)**



## Meet The Team

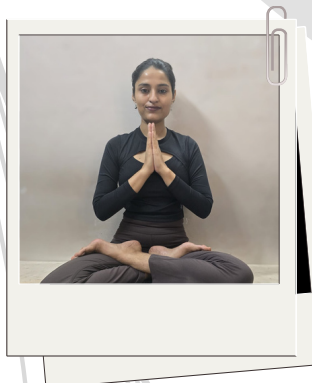


### **Sunita Bora**

YCB Level 2 - Yoga Wellness Instructor

**Experience** - 12 Years

**Faculty** - YCB TTC



### **Richa Kalara**

YCB Level 6 - Yoga Therapist

**Experience** - 10 years

**Faculty** - YCB TTC

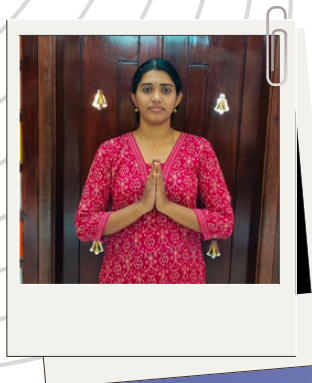


### **Amulya Parmesh**

YCB Level 3 - Yoga Teacher & Evaluator

**Experience** - 10 years

**Faculty** - YCB TTC Practical and Theory, Co-ordinator -  
Ayushman Yog Book Club

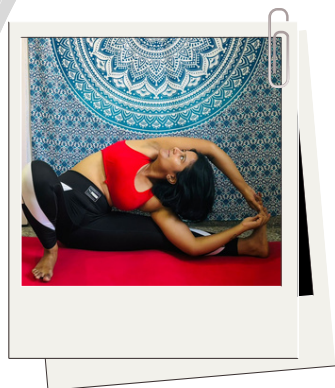


### **Sujatha Ramya**

YCB Level 2 - Yoga Wellness Instructor

**Experience** - 10 Years

**Faculty** - YCB TTC



### **Anubhuti Chambial**

YCB Level 2 - Yoga Wellness Instructor

**Experience** - 10 Years

**Faculty** - YCB Level 1 Theory



### **Shaphali Singh**

YCB Level 2 - Yoga Wellness Instructor

**Experience** - 8 Years

**Faculty** - YCB TTC, Yogic Management Of Facial Wellness -  
TTC



# COURSES

## Online Live Training Programs

### YCB Level 1 Yoga TTC - Yoga Protocol Instructor

**Duration** - 3 Months

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week Practice, Once a week theory class.

**Fee**

- Tuition Fee - 14,999/- INR
- YCB Examination Fee - 3,450/- INR

**Eligibility** - Open for everyone.

**Certification**

- **Government of India Certification (Yoga Certification Board)** - Awarded upon successful clearing of the YCB examination.
- **Ayushman Yog Certificate of Completion** - Issued upon successful completion of the course requirements.

### Practical Syllabus

#### Topic 1 - (4 Weeks) - YCB Syllabus

**Practice**

1. **Kriya** - Kapalabhati, Vatakrama, Agnisara Kriya, Jala Neti, Vamana Dhauti (Kunjal Kriya), Trataka, Shankha-Prakshalana.
2. **Yogic Sukshma & Sthula Vyayama** - Greeva Shakti Vikasaka (1,2,3,4), Bhuja Valli Shakti Vikasaka, Purna Bhuja Valli Shakti Vikasaka, Kati Shakti Vikasaka (1,2,3,4,5), Jangha Shakti Vikasaka (A&B), Janu Shakti Vikasaka, Pada Mula Shakti Vikasaka (A&B), Gulpha Pada Prishtha Pada Tala Shakti Vikasaka, Hrid Gati, Sarvanga Pushti.
3. **Traditional Surya Namaskar** - Movements With Breathing, With Antah Kumbhaka, With Bahya Kumbhaka, With Mantra, With Beeja Mantra.
4. **Asana**
  - a. **Standing** - Tadasana, Hastottanasana, Vrikshasana, Ardha Chakrasana, Padahastanasana, Kati Chakrasana, Trikonasana, Parshva Konasana.
  - b. **Sitting** - Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Yoga

Mudrasana, Parvatasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana, Paschimottanasana, Purvottanasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana.

c. **Prone Position** – Bhujangasana, Shalabhasana, Makarasana, Dhanurasana.

d. **Supine Position** – Pawanmuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana, Saral Matsyasana, Shavasana.

e. **Inversion** – Vipreetkarni, Sarvangasana, Halasana, Chakrasana, Sheershasana.

5. **Pranayama** – Sectional Breathing, Full Yogic Breathing, Simha Kriya, Anuloma-Viloma, Surya Bhedi, Chandra Bhedi, Sheetal, Seetkari, Ujjayi, Bhastrika, Bhramari.

6. **Bandha** – Jalandhara, Uddiyana, Mula, Maha Bandha.

7. **Mudra** – Hasta Mudra, 3 Kaya Mudra.

8. **Relaxation** – Yoga Nidra.

9. **Mantra Chanting** – Mandatory memorization of opening and closing mantras with meaning, various aspects of Om Chanting as per Mandukya Upanishad.

10. Teaching practice.

## **Topic 2 - (4 Weeks) - Disease Management**

### **Practice**

1. **Pawanmuktasana 1, 2 and 3.**

2. **Standing** – Bandha Hasta Uttanasana, Akarna Dhanurasana, Tiryaka Tadasana, Tiryaka Kati Chakrasana, Meru Prishthasana, Uttanasana, Druta Utkatasana, Sama Konasana, Dwi-Konasana, Parivritta Trikonasana, Utthita Lolanasana, Dolasana.

3. **Backward Bending Asana** – 6 variations of Bhujangasana, Tiryaka Bhujangasana, Ardha Shalabhasana – variations, Ardha Chandrasana, Uttana Prishthasana.

4. **Forward Bending Asana** – Saithalyasana, Gadyatmak Paschimottanasana, Pada Prasara Paschimottasana, Ardha Padma Paschimottanasana, Janu Sheershasana, Hasta Pada Angushthasana, Meru Akarshanasana, Gadyatmak Pada Hastasana, Sheersha Angustha Yogasana, Utthita Janu Sheershasana, Eka Padottanasana.

5. **Spinal Twisting Asana** – Meru Vakrasana – variations, Bhu Namanasana, Parivritta Janu Sheershasana.

6. **DPYT** – Dual Phase Yoga Therapy Model.

7. **Proper Management of 10 Common Diseases using DPYT Model** – Lower Back Pain (Lifestyle related, Herniated/Slipped Disc, Sciatica), Cervical Spondylosis, Indigestion/Constipation Arthritis, Diabetes, Heart Diseases, Thyroid, Menstrual Issues

(PCOD, PCOS, Irregular periods, Menopausal issues), Eye Health, Stress.

8. Assignments.

### **Topic 3 - (4 Weeks) - Ashtanga Primary Series**

#### **Practice - Intense Practice of Ashtanga Primary Series (Mysuru Style)**

##### **1. Surya Namaskar A&B.**

2. **Standing Sequence** - Pada Angushthasana - A&B, Pada Hastasana - A&B, Trikonasana - Utthita & Parivritta, Parshvakonasana - Utthita & Parivritta, Prasrita Padottanasana - A,B,C,D, Parshvottanasana, Utthita Hasta Padangusthasana - A,B,C, Ardha Baddha Padmottanasana, Utkatasana, Veerabhadrasana - A&B.

3. **Sitting Sequence** - Dandasana, Paschimottanasana - A&B, Purvottanasana, Ardha Baddha Padma Paschimottanasana, Trianga Mukha Ek Pada Paschimottanasana, Janu Sheershasana - A,B,C, Marichyasana - A,B,C,D, Navasana, Bhujapidasana - A&B, Koormasana, Supta Koormasana, Garbha Pindasana, Kukkutasana, Baddha Konasana- A&B, Upavistha Konasana - A&B, Supta Konasana, Supta Padangusthasana - A&B, Ubhaya Padangusthasana, Urdhva Mukha Paschimottanasana, Setu Bandhasana.

4. **Closing Sequence** - Urdhva Dhanurasana, Salamba Sarvangasana, Halasana, Karnapidasana, Urdhva Padmasana, Pindasana, Matsyasana, Uttana Padasana, Sheershasana - A&B, Yoga Mudra - A&B, Padmasana, Tolasana, Shavasana.

**Note** - Topics 2 and 3 will not be part of the YCB exam.

### **Theory Syllabus**

#### **1. Unit 1 - Introduction to Yoga and Yogic Practices**

- Etymology, Definition, Aim, Objective and Misconceptions.
- Origin, History & Development Of Yogic Practices.
- Guiding Principles.
- Triguna, Antahkarana Chatushtaya, Tri-sharira, Pancha-Kosha.
- Introduction to Gyana Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga (Of Patanjali), Hatha Yoga.
- Yogic Practices for Health and Wellbeing.
- Shatkarma.
- Principles Of Yogasana, Introduction to Sukshma/Sthula Vyayama & Surya Namaskar.
- Pranayama, Dhyana.

## 2. **Unit 2 - Introduction to Yoga Texts**

- Memorization of Sutra from Patanjali Yoga Sutra - Chapter 1 - Sutra number 1 to 12.
- Memorization of Shlokas from Bhagavad Gita - Chapter 2 - Shloka number 47,48,49, 50 and 70.
- Hatha Yoga Pradipika.
- Introduction to Prasthanatrayi.
- Mitahara and Yuktahara.
- Important Concepts of Patanjali Yoga Sutra.

## 3. **Unit 3 - Yoga for Health Promotion**

- Brief Introduction to the Human Body - Musculoskeletal System, Respiratory System, Cardiovascular System, Nervous System, Digestive System, Endocrine System.
- Yogic Positive Attitudes and Bhava.
- Introduction to Dinacharya & Ritucharya.
- Introduction to First-Aid and CPR.
- Yogic practices for Stress Management and Personality Development.

## **YCB Level 2 Yoga TTC - Yoga Wellness Instructor**

**Duration** - 3 Months

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week Practice, twice a week theory class.

**Fee**

- Tuition Fee - 16,999/- INR
- YCB Examination Fee - 4,540/- INR

**Eligibility** - Open for everyone.

**Certification**

- **Government of India Certification (Yoga Certification Board)** - Awarded upon successful clearing of the YCB examination.
- **Ayushman Yog Certificate of Completion** - Issued upon successful completion of the course requirements.

**Practical syllabus**

**Topic 1 - (4 Weeks) - YCB Syllabus**

**Practice**

1. **Kriya** - Kapalabhati, Vatakrama, Agnisara Kriya, Jala Neti, Vamana Dhauti (Kunjal Kriya), Trataka, Shankha-Prakshalana.
2. **Yogic Sukshma & Sthula Vyayama** - Greeva Shakti Vikasaka (1,2,3,4), Bhuja Valli Shakti Vikasaka, Purna Bhuja Valli Shakti Vikasaka, Kati Shakti Vikasaka (1,2,3,4,5), Jangha Shakti Vikasaka (A&B), Janu Shakti Vikasaka, Pada Mula Shakti Vikasaka (A&B), Gulpha Pada Prishtha Pada Tala Shakti Vikasaka, Hrid Gati, Sarvanga Pushti.
3. **Traditional Surya Namaskar** - Movements With Breathing, With Antah Kumbhaka, With Bahya Kumbhaka, With Mantra, With Beeja Mantra.
4. **Asana**
  - a. **Standing** - Tadasana, Hastottanasana, Vrikshasana, Ardha Chakrasana, Padahastanasana, Kati Chakrasana, Trikonasana, Parshva Konasana.
  - b. **Sitting** - Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Yoga Mudrasana, Parvatasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana, Paschimottanasana, Purvottanasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana.
  - c. **Prone Position** - Bhujangasana, Shalabhasana, Makarasana, Dhanurasana.
  - d. **Supine Position** - Pawanmuktasana, Uttanapadasana, Ardha Halasana,

Setubandhasana, Saral Matsyasana, Shavasana.

- e. **Inversion** – Vipreetkarni, Sarvangasana, Halasana, Chakrasana, Sheershasana.
5. **Pranayama** – Sectional Breathing, Full Yogic Breathing, Simha Kriya, Anuloma-Viloma, Surya Bhedi, Chandra Bhedi, Sheetal, Seetkari, Ujjayi, Bhastrika, Bhramari.
6. **Bandha** – Jalandhara, Uddiyana, Mula, Maha Bandha.
7. **Mudra** – Hasta Mudra, 3 Kaya Mudra.
8. **Relaxation** – Yoga Nidra.
9. **Mantra Chanting** – Mandatory memorization of opening and closing mantras with meaning, various aspects of Om Chanting as per Mandukya Upanishad.
10. Teaching practice.

## **Topic 2 - (4 Weeks) - Disease Management Practice**

1. **Pawanmuktasana 1, 2 and 3.**
2. **Standing** – Bandha Hasta Uttanasana, Akarna Dhanurasana, Tiryaka Tadasana, Tiryaka Kati Chakrasana, Meru Prishthasana, Uttanasana, Druta Utkatasana, Sama Konasana, Dwi-Konasana, Parivritta Trikonasana, Utthita Lolasana, Dolasana.
3. **Backward Bending Asana** – 6 variations of Bhujangasana, Tiryaka Bhujangasana, Ardha Shalabhasana – variations, Ardha Chandrasana, Uttana Prishthasana.
4. **Forward Bending Asana** – Saithalyasana, Gadyatmak Paschimottanasana, Pada Prasara Paschimottanasana, Ardha Padma Paschimottanasana, Janu Sheershasana, Hasta Pada Angushthasana, Meru Akarshanasana, Gadyatmak Pada Hastasana, Sheersha Angustha Yogasana, Utthita Janu Sheershasana, Eka Padottanasana.
5. **Spinal Twisting Asana** – Meru Vakrasana – variations, Bhu Namanasna, Parivritta Janu Sheershasana.
6. **DPYT** – Dual Phase Yoga Therapy Model.
7. **Proper Management of 10 Common Diseases using DPYT Model** – Lower Back Pain (Lifestyle related, Herniated/Slipped Disc, Sciatica), Cervical Spondylosis, Indigestion/Constipation Arthritis, Diabetes, Heart Diseases, Thyroid, Menstrual Issues (PCOD, PCOS, Irregular periods, Menopausal issues), Eye Health, Stress.
8. Assignments.

### **Topic 3 - (4 Weeks) - Ashtanga Primary Series**

#### **Practice - Intense Practice of Ashtanga Primary Series (Mysuru Style)**

##### **1. Surya Namaskar A&B.**

2. **Standing Sequence** - Pada Angushthasana - A&B, Pada Hastasana - A&B, Trikonasana - Utthita & Parivritta, Parshvakonasana - Utthita & Parivritta, Prasrita Padottanasana - A,B,C,D, Parshvottanasana, Utthita Hasta Padangusthasana - A,B,C, Ardha Baddha Padmottanasana, Utkatasana, Veerabhadrasana - A&B.

3. **Sitting Sequence** - Dandasana, Paschimottanasana - A&B, Purvottanasana, Ardha Baddha Padma Paschimottanasana, Trianga Mukha Ek Pada Paschimottanasana, Janu Sheershasana - A,B,C, Marichyasana - A,B,C,D, Navasana, Bhujapidasana - A&B, Koormasana, Supta Koormasana, Garbha Pindasana, Kukutasana, Baddha Konasana - A&B, Upavistha Konasana - A&B, Supta Konasana, Supta Padangusthasana - A&B, Ubhaya Padangusthasana, Urdhva Mukha Paschimottanasana, Setu Bandhasana.

4. **Closing Sequence** - Urdhva Dhanurasana, Salamba Sarvangasana, Halasana, Karnapidasana, Urdhva Padmasana, Pindasana, Matsyasana, Uttana Padasana, Sheershasana - A&B, Yoga Mudra - A&B, Padmasana, Tolasana, Shavasana.

**Note** - Topics 2 and 3 will not be part of the YCB exam.

### **Theory Syllabus**

#### **1. Unit 1 - Introduction to Yoga and Yogic Practices**

- Etymology, Definition, Aim, Objective and Misconceptions.
- Origin, History & Development Of Yogic Practices.
- Introduction to Samkhya & Yoga Darshan.
- Life Sketches of Maharishi Ramana, Shri Aurobindo Swami, Swami Vivekananda, Swami Dayananda Saraswati.
- Practice of Gyana Yoga, Bhakti Yoga, Karma Yoga.
- Principles Of Yogasana, Introduction to Sukshma/Sthula Vyayama & Surya Namaskar.
- Shatkarma, Pranayama, Dhyana.
- Introduction of Tri-Bandha.
- Yoga Nidra - IRT, QRT, DRT.

#### **2. Unit 2 - Introduction to Yoga Texts**

- Introduction to Prasthanatrayi, Purushartha Chatushtaya.
- Concepts of Yoga in Kathopanishad, Prashnopanishad, Tattiryopanishad with

emphasis on Panchakosha Viveka, Ananada Mimamsa.

c. Concept of Sthitaprajna, Bhakti, Karma, Dhyana and Healthy Living as per Bhagavad Gita.

d. Memorization of Sutra from Patanjali Yoga Sutra - Chapter 1 - Sutra number 1 to 12, Chapter 2 - Sutra number 46-51, Chapter 3 - Sutra number 1-4.

e. Important concepts of Patanjali Yoga Sutra - Chitta, Chitta Bhumi, Vritti, Vikshepa, Klesha, Kriya Yoga, Chitta-Prasadanam, Antaranga & Bahiranga Yoga.

f. Hatha Yoga Pradipika, Gherand Samhita.

g. Concepts of Nadis.

### **3. Unit 3 - Yoga for Wellness**

a. Brief Introduction to the Human Body - Musculoskeletal System, Respiratory System, Cardiovascular System, Nervous System, Digestive System, Endocrine System, Excretory System, Reproductive System.

b. Introduction to Sensory Organs - Eyes, Nose, Ears, Tongue and Skin.

c. Homeostasis.

d. Significance of Tridoshas, Sapta Dhatu, Agni, Vayu, Mala.

e. Introduction to Dinacharya & Ritucharya.

f. Yogic concept of mental hygiene.

g. Importance of Psychosocial environment for health & wellness.

h. Knowledge of Common Diseases, stress and their prevention with yogic practices.

## **YCB Level 3 Yoga TTC - Yoga Teacher & Evaluator**

**Duration** - 3 Months

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week Practice, twice a week theory class.

**Fee**

- Tuition Fee - 21,999/- INR
- YCB Examination Fee - 6,220/- INR

**Eligibility** - Open for everyone.

**Certification**

- **Government of India Certification (Yoga Certification Board)** - Awarded upon successful clearing of the YCB examination.
- **Ayushman Yog Certificate of Completion** - Issued upon successful completion of the course requirements.

**Practical syllabus**

**Topic 1 - (4 Weeks) - YCB Syllabus**

**Practice**

1. **Kriya** - Kapalabhati, Vatakrama, Agnisara Kriya, Jala Neti, Vamana Dhauti (Kunjal Kriya), Trataka, Shakha-Prakshalana.
2. **Yogic Sukshma & Sthula Vyayama** - Greeva Shakti Vikasaka (1,2,3,4), Bhuja Valli Shakti Vikasaka, Purna Bhuja Valli Shakti Vikasaka, Kati Shakti Vikasaka (1,2,3,4,5), Jangha Shakti Vikasaka (A&B), Janu Shakti Vikasaka, Pada Mula Shakti Vikasaka (A&B), Gulpha Pada Prishtha Pada Tala Shakti Vikasaka, Hrid Gati, Sarvanga Pushti.
3. **Traditional Surya Namaskar** - Movements With Breathing, With Antah Kumbhaka, With Bahya Kumbhaka, With Mantra, With Beeja Mantra.
4. **Asana**
  - a. **Standing** - Tadasana, Hastottanasana, Vrikshasana, Ardha Chakrasana, Padahastanasana, Kati Chakrasana, Trikonasana, Parshva Konasana.
  - b. **Sitting** - Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Yoga Mudrasana, Parvatasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana, Paschimottanasana, Purvottanasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana.
  - c. **Prone Position** - Bhujangasana, Shalabhasana, Makarasana, Dhanurasana.
  - d. **Supine Position** - Pawanmuktasana, Uttanapadasana, Ardha Halasana,

Setubandhasana, Saral Matsyasana, Shavasana .

- e. **Inversion** - Vipreetkarni, Sarvangasana, Halasana, Chakrasana, Sheershasana.
5. **Pranayama** - Sectional Breathing, Full Yogic Breathing, Simha Kriya, Anuloma-Viloma, Surya Bhedi, Chandra Bhedi, Sheetali, Seetkari, Ujjayi, Bhastrika, Bhramari.
6. **Bandha** - Jalandhara, Uddiyana, Mula, Maha Bandha.
7. **Mudra** - Hasta Mudra, 3 Kaya Mudra.
8. **Relaxation** - Yoga Nidra.
9. **Mantra Chanting** - Mandatory memorization of opening and closing mantras with meaning, various aspects of Om Chanting as per Mandukya Upanishad.
10. Teaching practice.

## **Topic 2 - (4 Weeks) - Disease Management**

### **Practice**

1. **Pawanamuktasana 1, 2 and 3.**
2. **Standing** - Bandha Hasta Uttanasana, Akarna Dhanurasana, Tiryaka Tadasana, Tiryaka Kati Chakrasana, Meru Prishthasana, Uttanasana, Druta Utkatasana, Sama Konasana, Dwi-Konasana, Parivritta Trikonasana, Utthita Lolanasana, Dolasana.
3. **Backward Bending Asana** - 6 variations of Bhujangasana, Tiryaka Bhujangasana, Ardha Shalabhasana - variations, Ardha Chandrasana, Uttana Prishthasana.
4. **Forward Bending Asana** - Saithalyasana, Gadyatmak Paschimottanasana, Pada Prasara Paschimottanasana, Ardha Padma Paschimottanasana, Janu Sheershasana, Hasta Pada Angushthasana, Meru Akarshanasana, Gadyatmak Pada Hastasana, Sheersha Angustha Yogasana, Utthita Janu Sheershasana, Eka Padottanasana.
5. **Spinal Twisting Asana** - Meru Vakrasana - Variations, Bhu Namanasna, Parivritta Janu Sheershasana.
6. **DPYT** - Dual Phase Yoga Therapy Model.
7. **Proper Management of 10 Common Diseases using DPYT Model** - Lower Back Pain (Lifestyle related, Herniated/Slipped Disc, Sciatica), Cervical Spondylosis, Indigestion/Constipation Arthritis, Diabetes, Heart Diseases, Thyroid, Menstrual Issues (PCOD, PCOS, Irregular periods, Menopausal issues), Eye Health, Stress.
8. Assignments.

### **Topic 3 - (4 Weeks)- Ashtanga Primary Series**

#### **Practice - Intense Practice of Ashtanga Primary Series (Mysuru Style)**

##### **1. Surya Namaskar A&B.**

2. **Standing Sequence** - Pada Angushthasana - A&B, Pada Hastasana - A&B, Trikonasana - Utthita & Parivritta, Parshvakonasana - Utthita & Parivritta, Prasrita Padottanasana - A,B,C,D, Parshvottanasana, Utthita Hasta Padangusthasana- A,B,C, Ardha Baddha Padmottanasana, Utkatasana, Veerabhadrasana - A&B.

3. **Sitting Sequence** - Dandasana, Paschimottanasana - A&B, Purvottanasana, Ardha Baddha Padma Paschimottanasana, Trianga Mukha Ek Pada Paschimottanasana, Janu Sheershasana - A,B,C, Marichyasana - A,B,C,D, Navasana, Bhujapidasana - A&B, Koormasana, Supta Koormasana, Garbha Pindasana, Kukkutasana, Baddha Konasana - A &B, Upavistha Konasana - A&B, Supta Konasana, Supta Padangusthasana - A&B, Ubhaya Padangusthasana, Urdhva Mukha Paschimottanasana, Setu Bandhasana.

4. **Closing Sequence** - Urdhva Dhanurasana, Salamba Sarvangasana, Halasana, Karnapidasana, Urdhva Padmasana, Pindasana, Matsyasana, Uttana Padasana, Sheershasana - A&B, Yoga Mudra - A&B, Padmasana, Tolasana, Shavasana.

**Note** - Topics 3 will not be part of the YCB exam.

#### **Theory Syllabus**

##### **1. Unit 1 - Introduction to Yoga and Yogic Practices**

a. Etymology, Definition - memorization of definitions in Sanskrit from Patanjali Yoga Sutra, Bhagavad Gita Kathopanishad, Aim, Objective and Misconceptions.

b. Origin, History & Development of Yogic Practices.

c. Introduction to Principal Upanishad - IshaVasya, Kena, Katha, Prashna, Tattirya, Mundaka, Mandukya, Aitreya, Chhandogya and Brihadaranyaka.

4 Mahavakyas and their significance.

d. Bhartiya Darshan - Astika (Shad-Darshan) and Nastika Darshan (Buddhism, Jainism, Charvaka, Agyani, Ajiva).

e. Life Sketches of Mahrishi Ramana, Shri Ramakrishna, Shri Aurobindo, Swami Vivekananda, Swami Dayananda, Swami Sivananda Saraswati, Paramhansa Madhavadas Ji, Yogacharya Shri T. Krishnamacharya.

f. Guiding Principles for Yoga Teachers.

g. Introduction and practice of Gyana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga and Hatha Yoga.

- h. Principles Of Yogasana, Introduction to Sukshma/Sthula Vyayama & Surya Namaskar.
- i. Shatkarma, Pranayama, Dhyana.
- j. Bandha & Mudra.
- k. Yogic Relaxation - IRT, QRT, DRT.

## 2. **Unit 2 - Introduction to Yoga Texts**

- a. Introduction to Prasthanatrayi, Purushartha Chatushtaya.
- b. Memorization of Shlokas from Bhagavad Gita - Sthitaprajna.
- c. General understanding of Bhagwad Gita including significance in present times, healthy living etc.
- d. Introduction to Yoga Vashishtha.
- e. Memorization of Sutras from Patanjali Yoga Sutra - Chapter 1 - Sutra number 1-12, Chapter 2 - Sutra number - 1,2 and 46-55, Chapter 3 - Sutra number 1-6.
- f. Important concepts of Patanjali Yoga Sutra - Chitta, Chitta Bhumi, Vritti, Vikshepa, Klesha, Kriya Yoga, Chitta-Prasadanam, Antaranga & Bahiranga Yoga.
- g. Hatha Yoga Pradipika, Gherand Samhita, Hatha Ratnavali.
- h. Concept of Shat Chakra, Nadi.

## 3. **Unit 3 - Yoga & Health**

- a. Brief Introduction to the Human Body - Musculoskeletal System, Respiratory System, Cardiovascular System, Nervous System, Digestive System, Endocrine System, Excretory System, Reproductive System.
- b. Homeostasis.
- c. Introduction to Sensory Organs - Eyes, Nose, Ears, Tongue and Skin.
- d. Introduction to psychology, concept of human psyche, stages of consciousness.
- e. Definition of Behaviour, Kinds of Behaviour motivation.
- f. Definition of Emotions, Nature, Physiological changes during emotions.
- g. Yogic view of Mental Health and Mental Illness.
- h. Yogic concept of health, wellness and illness.
- i. Importance of Psychosocial environment for health & wellness.
- j. Importance of Dinacharya & Ritucharya.
- k. Concept of Adhi, Vyadhi, Yoga as preventive care.
- l. Potential causes of ill health - Taptraya, Klesha, Antaryas.

#### 4. **Unit 4 - Applied Yoga**

- a. Definition of Education, Goal, Importance, Factors, Guru-Shishya Parampara.
  - b. Value Education, Importance, Types.
  - c. Role of yoga towards development of values, spiritual growth.
  - d. Salient feature of ideal yoga teacher, role of yoga teacher in value education.
  - e. Definition of Personality, the role of yoga & spirituality in personality development, the role of yoga & spirituality in positive attitudes.
  - f. Definition of Stress, nature, type, role of yogic practices in stress management.
  - g. Yogic Lifestyle and its relevance.
  - h. General knowledge of common disease and their prevention through Yogic Practices.
- 



## **YCB Level 6 Yoga TTC - Yoga Therapist**

**Duration** - 3 Months

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week class - Includes practical and theory

**Fee**

- Tuition Fee - 24,999/-
- YCB Examination Fee - 7,900/-

**Eligibility** - Minimum Level 1 Yoga TTC (Any Board)

**Certification**

- **Government of India Certification (Yoga Certification Board)** - Awarded upon successful clearing of the YCB examination.
- **Ayushman Yog Certificate of Completion** - Issued upon successful completion of the course requirements.

### **Practical Syllabus**

#### 1. **Unit 1 - Demonstrative Skills**

##### a. **Recitation of 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.

##### b. **Shatkarmas** - Demonstrating ability of performing following Shatkarma -

- Vaman Dhauti, Vastra Dhauti, Danda Dhauti.
- Neti (Sutra and Jala).
- Kapalbhathi, Agnisara.
- Nauli.
- Laghu and Poorna Shankha Prakshalana.
- Sukshma Vyayama, Sthula Vyayama.
- Ucharan sthal tathta vishudhi chakra shuddhi.
- Budhi तथा Dhriti shakti Vikasaka.
- Medha shakti Vikasaka.
- Kapola shakti Vikasaka.
- Griva shakti Vikasaka.
- Vaksha sthal shakti Vikasaka (i and ii).

- Kati shakti Vikasaka (i, ii, iv,v).
  - Jangha shakti Vikasaka (i, ii).
  - Pindali shakti Vikasaka.
  - Hrid Gati and Sarvanga Pushti.
- c. **Surya Namaskar**
- Yogic Surya Namaskar of BSY, Swami Dharendra Brahmachari and its variations.
- d. **Yogasana**
- **Standing Yogasana** - Tadasana, Ardchakrasana, Vrikshasana, Padahastasana, Virabhadrasana and its variations, Garudasana, Parivritta Trikonasana, Parshva Konasana.
  - **Sitting Yogasana** - Paschimottanasana, Vajrasana, Suptavajrasana, Vakrasana, Gomukhasana, Marichyasana, Ardhamatsyendrasana, Uttana Manduka asana, Shashankasana, Ushtrasana, Dandasana, Mandukasana, Koormasana, Kukkutasana, Bhadrasana.
  - **Prone lying Yogasana** - Makarasana, Bhujangasana, Shalabhasana, Dhanurasana.
  - **Supine lying Yogasana** - Uttanapadasana, Ardhalasana, Halasana, Chakrasana, Saral Matsyasana, Matsyasana, Pawanmuktasana and its variations, Naukasana, Shavasana, Setubandhasana, Sarvangasana.
  - **Topsy Turvy Yogasana** - Shirshasana and its variation.
- e. **Pranayama** - Knowledge and demonstrated ability to perform the following practices -
- Breath awareness.
  - Sectional breathing.
  - Anuloma Viloma and Nadi shodhana Pranayama.
  - SuryaBhedi and ChandraBhedi Pranayama.
  - Ujjayi pranayama and Bhastrika pranayama.
  - Sheetali and Sheetkari Pranayama.
- f. **Meditation** - Knowledge and demonstrated ability to heal at the Physical Level, Mental level, Prana Level and Conscious level with below mentioned practices.
- Antarmauna.
  - Ajapa japa.
  - Yoga Nidra.
  - Dharna.
  - Om Meditation, Vipasana and Prekshadhyana.

g. **Bandhas and Mudras** – Knowledge and demonstrated ability to perform the following practices –

- Jalandhara bandha, Uddiyana bandha, and Mool bandha, Mahabandha.
- Mahamudra, Bhairavi Mudra, Yoni Mudra, Shambhavi Mudra and Shanmukhi Mudra.

h. **Yogic Counselling** – Introduction to counselling, nature approaches and challenges; Approach to counselling: Attitude change towards Yoga through individualised counselling, Psychological & yogic method, Tackling ill effects of conflict and Frustration; Yogic methods, Yoga Psychology for Adjustment: Psychological, philosophical and Yogic counselling; the remedial measures; Action in relaxation—the secret of Karma Yoga; Psycho–physiological effects and health benefits of Pranayama, Shatkarma; Bandha and Mudra; Psychophysiological effects and health benefits of Meditation.

## 2. **Unit 2 - Therapeutic Skills**

a. **Yogic Therapeutic management for various disorders -**

- **Role of Yoga practices on various Musculo-Skeletal Disorders** like Back Pain, Neck pain, Arthritis, Fibromyalgia and Muscular dystrophy; Role of Yogic Diet on Musculo-Skeletal Disorders.
- **Role of Yoga practices on various Respiratory Disorders** like Bronchial Asthma, Bronchitis, Allergic Rhinitis, Sleep apnea & Sinusitis; Role of Yogic Diet on Respiratory Disorders.
- **Role of Yoga practices on various Cardiovascular disorders** like Hypertension, Atherosclerosis / Coronary artery disease, Angina pectoris / Myocardial Infarction; Role of Yogic Diet on Cardiovascular disorders Role of Yogic Diet on Cardiovascular Disorders.
- **Role of Yoga practices on various neurological disorders** like Migraine, Headaches, Cerebrovascular accidents, Epilepsy, Parkinson's disease, Hearing impairment; Role of Yogic Diet on Neurological Disorders.
- **Role of Yoga practices on various Digestive and Excretory Disorders** like Dyspepsia, Hyperacidity, Peptic Ulcers, Constipation, haemorrhoids and irritable bowel syndrome; Role of Yogic Diet on Digestive and Excretory Disorders.
- **Role of Yoga practices on various Obstetric & Gynaecological Disorders** like Menstrual Disorder (menstrual cramp, dysmenorrhea, pre-menstrual syndrome), polycystic ovarian syndrome (PCOS/PCOD), Pre-eclampsia or pregnancy induced



hypertension (PIH), Menopausal discomfort (anxiety, irritability, insomnia, hot flashes ); Role of Yogic Diet on Obstetric & Gynaecological Disorders.

- **Role of Yoga practices on various Endocrine & Metabolic Disorders** like Diabetes Mellitus, Thyroid Disorders, Obesity and Metabolic Syndrome; Role of Yogic Diet on Endocrine & Metabolic Disorders.
- **Role of Yoga practices on various Psychological and Psychiatric Disorders** like Obsessive Compulsive Disorder, Post-traumatic Stress Disorder, Depression, Anxiety, Schizophrenia, Attention Deficit Hyperactivity Disorder and Substance abuse; Role of Yogic Counselling Diet on Psychological and Psychiatric Disorders.
- **Role of Yoga practices on various old age problems** like Spinal deformity, loss of coordination, imbalance, improper gait pattern, Stress, Alzheimer's disease, Depression, and reduction of all physiological functions; Role of Yogic Diet in old age.

### 3. **Unit 3 - Assessment Skill**

- a. **Anthropometry measurements** - Weight, stature, eye height, Body Mass Index, Body Surface Area, Shoulder height, elbow height, head circumference, neck circumference, mid upper arm circumference, chest circumference, waist circumference, hip circumference, waist-hip ratio, Measurement of fat percentage.
- b. **Physiological parameters and clinical examination** - Knowledge of Clinical examination, heart rate, pulse rate and respiratory rate.
- c. **Knowledge of the effect of Yogasana** (lying, sitting, standing positions), Surya namaskar, Pranayama and Meditation on the human body, Spirometry, Knowledge of Reflexes, Measurement of strength of muscle. Measurement of flexibility. Recording of ECG, EEG, GSR and respiration.
- d. **Physical Measurements** - Effects of exercise, cold stress and postural change on blood pressure and pulse rate, Measurement of strength and flexibility of muscle.
- e. Understanding of muscle physiology with the help of a model/chart and its practical applications in Asana.
- f. **Knowledge of COG, LOG, BOS in Asanas** (in sitting, standing, lying, balancing asanas).
- g. **Knowledge of the biomechanics of Yogic postures.**

## **Theory Syllabus**

### **1. Unit 1 - Yoga and Human Body**

#### **a. Anatomy & Physiology**

- **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.
- **Blood and Immune System** - Composition of blood corpuscles - R.B.C., W.B.C., Platelets. Plasma, Haemoglobin - Coagulation of blood and anticoagulants. Blood groups and their importance, lymphatic system, Immunity - types & mechanism.
- **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.
- **Respiratory System** - Anatomy-Gross & Histological - Mechanism of Breathing, Exchange of gases, Pulmonary function tests - lung volumes - Control of respiration.
- **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.
- **Excretory System and temperature regulation** - Anatomy - Gross & Histology, Functions of glomeruli and renal tubules, Micturition and composition of urine - structure and functions of skin - Regulation of body temperature.
- **Endocrine System** - Anatomy - Gross & Histological, Thyroid, Parathyroid, Suprarenal, Pituitary, Islets of Langerhans - Function of thyroid and parathyroid hormone, effect of hypo and hyperactivity on the body. Hormones of the suprarenal gland and their action and effect of hypo- and hyperactivity on the body. Hormones of the pituitary gland- their action and effect of hypo & hyperactivity on the body. Role of insulin in glucose metabolism.
- **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 the semicircular canal.
- **Reproductive System** - Anatomy - Gross & History of the Male reproductive system- Spermatogenesis. Female reproductive system - Ovarian hormones, Menstruation, Pregnancy, Parturition, Lactation.



- **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 fibres, Receptors and reflex arc. Functions and important connections of Cerebrum, Pons, Medulla, Thalamus, Hypothalamus, Cerebellum - Autonomic nervous system - Sympathetic and parasympathetic - anatomy & functions.
  - **Homeostasis** - The concept of 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, Yoga sutra and Yog Vashishtha; a spiritual and scientific approach to human consciousness. Yogic Method of elevation of human consciousness: Bhakti Yoga, Gyan Yoga, Karma Yoga, Mantra Yoga, Ashtanga Yoga, 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.
2. **Unit 2 - Fundamental Principles of Yoga Therapy**
- a. **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.
- b. **Yogic Concept of Health** - Meaning and definitions, Concept of Adhi and Vyadhi, Role of Yoga in preventive health care - Heyam Dukham Anagatam, Tapatrayas, Kleshas and Antarayas.
- c. **Concepts of Triguna, Pancha Mahabhutas, Pancha Prana and Pancha Koshas.**
- d. **Role of Yogic Positive Attitudes** - Maitri, Karuna, Mudita and Upeksha for Healthy Living, Concept of Bhavas and Bhavana with its relevance in Health and well-being.

e. **Concept of Aahara, Vihara, Aachara and Vichara.**

f. **Role of Shuddhi Prakriya** in preventive, promotive and curative aspects of Yoga, Therapy -Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shatkarma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkara and Chitta-Shuddhi (Dharana, Dhyana and Samadhi).

### 3. **Unit 3 - Application of Yoga Therapy in Traditional Yoga Texts**

#### a. **Bhagavad Gita**

- Definitions of Yoga in the Bhagavad Gita and their relevance in Yoga therapy.
- Concept of Samkhya Yoga in Bhagavad Gita, Significance of Bhagavad Gita as a synthesis of Yoga.
- Concept of Sthita Prajna, stages and characteristics of it.
- Concept of Atman (Purusha) and Jeevatmana in Bhagavad Gita.
- Concept of Paramatman (Parmeshwar or Purushottam) as described in the Bhagavad Gita.
- Concept of world (Jagat, Samsara) as described in Bhagavad Gita.
- Psychotherapy concept of the Bhagavad Gita in various mental disorders like depression, anxiety, etc.
- Significance of Yoga sadhana, Karma yoga, Gyana Yoga, Dhyana Yoga and Bhakti Yoga in Bhagavad Gita.
- Concept and classification of Ahara and its role in Adhyatmik Sadhana as described in the Bhagavad Gita.
- Concept of Triguna in the context of the Bhagavad Gita.
- Importance of Bhagavad Gita in day to day life.

#### b. **Patanjali Yoga Sutra**

- Applications and Understanding of Patanjali Yoga & Personality Development.
- The nature of the seer in a pure state.
- Concept of Vrittis - Nature, classification, definition, method to control of chitta vrittis (Abhyasa and Vairagya).
- Ishwara Pranidhana - means to attain Samadhi, Definition & quality of Ishwara.
- Chitta Vikshepas, Chitta Prasadana and it's associates.
- Samadhi and its classification, Sabija Samadhi, Speciality of Nirvichar, R̥tambhara prajna, Nirbeeja Samadhi.
- Significance of Samyama and its applications, Parinamavada, Dharma and Dharmi,

Parinamanyateva.

- Samyama on Parinama traya, Knowledge of bhutaruta, Parachitta gyana, Antardhana. Aparanta gyana.
- Samyama on Maitri, Surya, Chandra, Nabhi chakra, Kantha Kupa, Kaurma Nadi, Murdha Jyothi, Pratibha, Hrdaya, Swartha, Udana, Samana, and their benefits.
- Attainments of divya Shrotra, Akasha Gamana, Bhutajaya, Animadi siddhi, Indriya Jaya, Kaya Jaya, Sarva Gyanatva.
- Concept of Kaivalya in Patanjali Yoga Sutra, Siddhi, Jatyantara parinama, Nirmana Chitta.
- Karma, Vasana, Smriti and Samskara.

c. **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 gyana – Jnana Sapta Bhumika, 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 Satva Guna (Good virtues), Eight Limbs of Meditation.

4. **Unit 4 - Physiological And Psychological Effects Of Hatha Yoga Practices**

a. **Shatkriyas and Sthula and Sukshma Vyayama Kriya**

- Physiological benefits of Sthula and Sukshma Vyayama on the human body in preparation for yogic practice.
- Knowledge of Sthula and Sukshma Vyayama for different parts of the body.
- An overview of diffusion, osmosis, and active transport across the 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.
- 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 sustaining the negative pressure in body physiology.

b. **Asana**

- Physiology of exercise, Asana – Types and Categories; Musculoskeletal 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 Yogasana: stretching; pivoting; strengthening; inverted; pressing; equilibration.
- Reciprocal inhibition and innervations.
- Concept of energy expenditure and role of asana practice on energy expenditure.

c. **Pranayama**

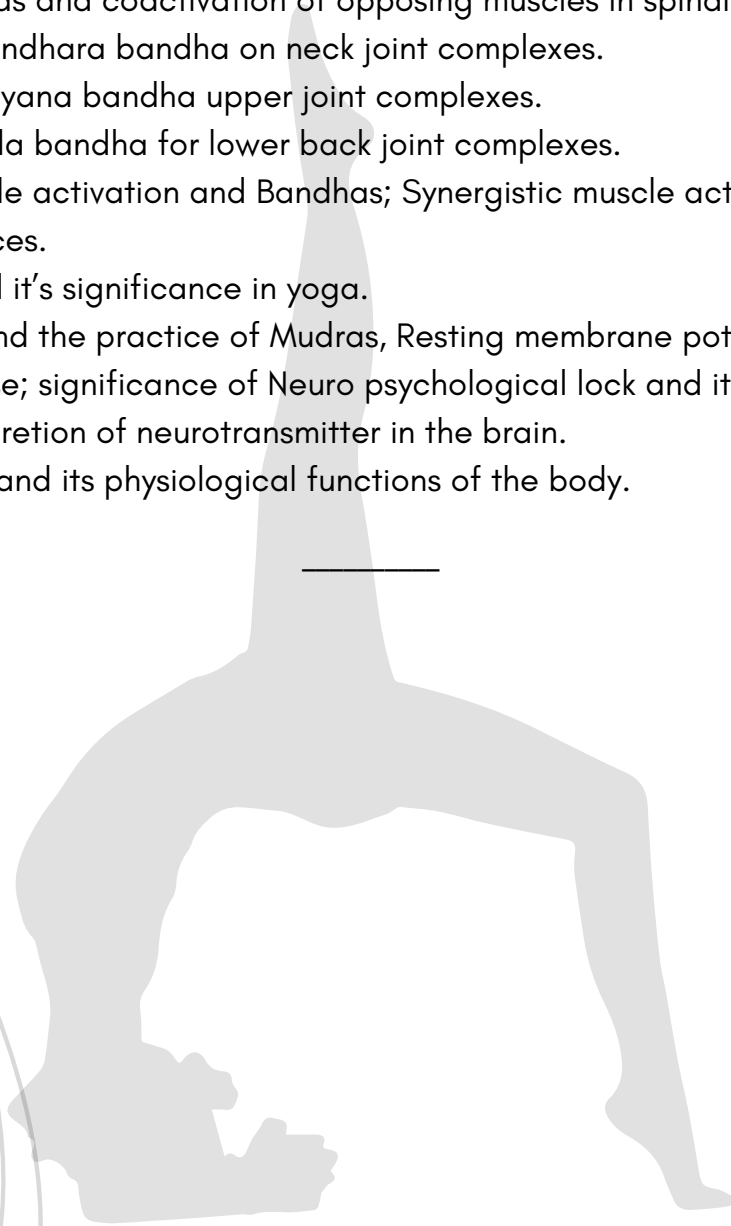
- Mechanism of the respiratory system and gas exchange, Regulation of respiration, Psycho – physiological effect of Pranayama.
- Changing the ratio of oxygen and carbon dioxide in our body, enabling different groups of muscles in breathing.
- Pranayama as a respiratory pump; Reflex impact over the sympathetic 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 Bahya kumbhaka.

d. **Meditation**

- Different types of meditation its impacts on the Central nervous system, Peripheral nervous system, Cardiovascular system, respiratory system, nerve muscle physiology.

e. **Mudra and Bandhas**

- Effect of Bandhas on joint complexes, Nerve reflexes, Proprioceptive neuromuscular facilitation.
- Central bandhas and coactivation of opposing muscles in spinal joint complexes.
- Effects of Jalandhara bandha on neck joint complexes.
- Effects of Uddiyana bandha upper joint complexes.
- Effects of Moola bandha for lower back joint complexes.
- Isometric muscle activation and Bandhas; Synergistic muscle activation during Bandha practices.
- Navadvvara and it's 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.



## **Yogic Management of Facial Wellness (Face Yoga)**

**Duration** - 1 Month

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week.

**Fee** - 6,999/- INR

**Eligibility** - Open for all.

**Certification**

- **Ayushman Yog Certificate of Completion** - Issued upon successful completion of the course requirements.

**Assignment based course, no exam.**

### **Syllabus**

#### **Module 1 - Understanding Facial Anatomy**

- Anatomy of the Face (Bones, Muscles, Skin, Nerves).
- Facial Expression and Functionality.
- Importance of Facial Posture and Relaxation.

#### **Module 2 - Face Yoga Techniques**

- Full Face Lift Massage.
- Eye Exercises for Strengthening & Reducing Puffiness.
- Anti-Wrinkle Massage.
- Lymphatic Drainage Techniques for Detoxification.

#### **Module 3 - Specialized Facial Massages**

- Hot Water Spoon Massage.
- Acupressure Face Massage.
- Simple Face Massage for Daily Practice.

#### **Module 4 - Tools & Enhancements**

- Jade Roller Massage.
- Gua Sha Techniques.
- Collagen Boosting Massage.

### **Module 5 - Holistic Face Care**

- Importance of Hydration & Water Poses.
- Natural Face Oils for Different Skin Types.
- DIY Face Packs for Glowing Skin.

### **Module 6 - Stress & Lifestyle Management**

- How Stress Affects the Face.
- Meditation & Breathing Techniques for Face Relaxation.
- Diet & Nutrition for Healthy Skin.

### **Module 7 - Advanced Face Yoga Practices**

- Jawline & Neck Sculpting.
- Exercises for Facial Symmetry & Firmness.
- Daily & Weekly Face Yoga Routine.

## **Kids Yoga TTC**

**Duration** - 1 Month

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week class - Includes practical and theory.

### **Fee**

• Tuition Fee - 6,999/-

**Eligibility** - Minimum Level 1 Yoga TTC (Any Board)

### **Certification** -

- **Ayushman Yog Certificate of Completion** - Issued upon successful completion of the course requirements.

## **Syllabus**

### **Module 1 - Foundations of Kids Yoga**

- Understanding age-appropriate yoga practices for different developmental stages.
- Pancha Kosha and Pancha Prana in relation to the growing body.
- Anatomy and physiology of the developing child.
- Child psychology and its relevance in kids' yoga teaching.
- Role and responsibilities of a Kids Yoga Teacher.
- Principles of effective session structuring and classroom management.

### **Module 2 - Age Wise Session Planning & Behavioural Understanding**

- Age-wise session planning for early childhood, middle childhood and adolescents.
- Managing behavioural challenges -
  - # Short attention span.
  - # High energy levels.
  - # Separation anxiety.
  - # Poor body awareness.
- Practices to enhance self-confidence, body awareness and emotional regulation.
- Storytelling and game-based yoga techniques for engaging young learners.

### **Module 3 - Developmental & Neurological Considerations**

- Session structuring for neurological and developmental conditions, including -
  - # ADHD
  - # Autism Spectrum Disorder (ASD)

- # Sensory Processing Disorder (SPD)
- # Developmental Coordination Disorder (DCD)
- # Session design considerations for physical-emotional changes during puberty.

#### **Module 4 - Ethics, Safety & Expansion**

- Importance of consent and ethical boundaries while teaching children.
- Creating a safe, inclusive and nurturing yoga environment.
- Introduction to Yogasana as a competitive sport.



## Self-Paced Programs

### YCB Level 5 Yoga TTC – Assistant Yoga Therapist

**Schedule** – Self-paced; can be completed at the student’s convenience. Lifetime access to all course materials.

#### **Fee**

- Material Fee – 999/- INR
- YCB Examination Fee – 4,450/- INR

**Eligibility** – Anyone can do but we recommend a minimum Level 1 Yoga TTC (Any Board).

#### **Certification**

- **Government of India Certification (Yoga Certification Board)** – Awarded upon successful clearing of the YCB examination.
- **Ayushman Yog Certificate of Completion** – Can be issued upon successful completion of the course requirements.

### Practical Syllabus

#### Topic 1 - (4 Weeks) - YCB Syllabus

##### Practice

1. **Kriya** – Kapalabhati, Agnisara Kriya, Neti, Vamana Dhauti (Kunjali Kriya), Trataka, Shakha-Prakshalana, Nauli.
2. **Yogic Sukshma & Sthula Vyayama** – Greeva Shakti Vikasaka (1,2,3,4), Bhuja Valli Shakti Vikasaka, Purna Bhuja Valli Shakti Vikasaka, Kati Shakti Vikasaka (1,2,3,4,5), Pada Mula Shakti Vikasaka (A&B), Gulpha Pada Prishtha Pada Tala Shakti Vikasaka, Hrid Gati, Sarvanga Pushti.
3. **Traditional Surya Namaskar** – Movements With Breathing, With Antah Kumbhaka, With Bahya Kumbhaka, With Mantra, With Beeja Mantra.
4. **Asana**
  - a. **Standing** – Tadasana, Trikonasana, Vrikshasana, Ardha Chakrasana, Padahasthasana, Parshvapakasana.
  - b. **Sitting** – Padmasana, Marjaryasana, Vakrasana, Ardhamatsyendrasana, Janushirsasana, Paschimottasana, Vajrasana, Suptavajrasana, Ushtrasana, Gomukhasana, Mandukasana, Koormasana, Kukkutasana, Bhadrasana.
  - c. **Prone Position** – Bhujangasana, Shalabhasana, Makarasana, Dhanurasana.
  - d. **Supine Position** – Pawanmuktasana and its variations, Setubandhasana, Ardha Halasana, Uttanapadasana, Matsyasana, Naukasana, Shavasana.

- e. **Inversion** - Vipreetkarni, Sarvangasana, Halasana, Chakrasana.
5. **Pranayama** - Sectional Breathing, Full Yogic Breathing, Simha Kriya, Anuloma-Viloma, Surya Bhedi, Chandra Bhedi, Sheetal, Seetkari, Ujjayi, Bhastrika, Bhramari.
6. **Bandha** - Jalandhara, Uddiyana, Mula, Maha Bandha.
7. **Mudra** - Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Vipareeta Karni Mudra.
8. **Relaxation** - Yoga Nidra, Ajapa Dharana, Antarmauna, Om Meditation.
9. **Mantra Chanting** - Mandatory memorization of opening and closing mantras with meaning, various aspects of Om Chanting as per Mandukya Upanishad.
10. Teaching practice.

## **Topic 2 - (4 Weeks) - Disease Management Practice**

1. Introduction to Dual Phase Yoga Therapy Model.
2. Various modifications of Surya Namaskar as per the specific issues.
3. Practical implementation of various props such as blocks, belts, bolsters, chairs, wheels etc. to supplement the posture as per the specific issues.
4. Understanding the modification of the postures as per the specific issues.
5. Lower Back Pain (Lifestyle-related, Herniated /Slipped Disc, Sciatica) management.
6. Cervical Spondylosis management.
7. Indigestion/Constipation management.
8. Arthritis management.
9. Diabetes management.
10. Heart Disease management.
11. Thyroid management.
12. Menstrual Issues (PCOD, PCOS, Irregular periods, Menopausal issues) management.
13. Eye Health management.
14. Stress management.
15. Assignments.

## **Theory Syllabus**

### **1. Unit 1 - Basic Principles of Yoga Therapy**

- a. Concept of Yoga - Its Definition, Aim, Objectives and Misconceptions.
- b. Significance of Hatha Yoga Practices - Shatkriyas, Yogasana, Pranayama, Mudra, Bandha and Dhyana.
- c. Guiding Principles to be followed by Yoga Therapy Assistant.
- d. Roles and Responsibilities of Yoga Therapy Assistant.

- e. Scopes and limitations of Yoga Therapy Assistant.
- f. Knowledge of vital parameters to assess the general state of patients – Measurement of Blood Pressure, Respiratory Rate, Pulse Rate and Body Temperature.
- g. Knowledge of the use of props : ropes/belts/cushions/special aids.
- h. Importance of pre-procedural preparedness for therapeutic Yoga sessions.

## 2. **Unit 2 - Yoga Therapy in Traditional Yoga Texts**

- a. Basic Knowledge of various yogic texts such as Patanjali Yoga Sutra, Hatha Yoga Pradipika and Gherand Samhita.
- b. Knowledge of schools of Yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga and Dhyana Yoga.
- c. Concept of klesha, Concept of chitta vritti.
- d. Ashtanga Yoga and it's therapeutic importance.
- e. Principles of Hatha yoga, Hatha yogic practices in view of therapy.

## 3. **Unit 3 - General Anatomy and Physiology**

- a. Basic knowledge of the Human Body Skeleton – organization of body cells, tissues, systems, membranes and glands.
- b. Basic Knowledge of Anatomy and Physiology of the following systems – Muscularskeletal system, Digestive system, Respiratory system, Cardiovascular system, Excretory system and Endocrine system.

## 4. **Unit 4 - Yoga and Allied Science**

- a. Knowledge of Yogic Principles – Ahara, Vihara , Achar – Vichar.
- b. Alternative Therapy : Basic principles of Ayurveda, Naturopathy.
- c. Concept of holistic well-being.
- d. Yogic concept of healthy living : Tridoshas, Tri dhatu – Mala.
- e. Therapeutic importance of Dinacharya and Ritucharya.
- f. Importance of Diet (Aahara).
- g. Yoga as preventive and promotive health care.

## **Yogic Management of Common Diseases - Self-Paced & Video -**

### **Supported Course**

**Schedule** - Self-paced; can be completed at the student's convenience. Lifetime access to all course materials.

**Material Fee** - 999/- INR

**Eligibility** - Anyone can do but we recommend a minimum Level 1 Yoga TTC (Any Board).

### **Certification**

- **Ayushman Yog Certificate of Completion** - Issued upon successful completion of the course requirements.

**No Live Classes, No exam.**

### **Topics**

1. Introduction to Dual Phase Yoga Therapy Model.
2. Lower Back Pain (Lifestyle-related, Herniated/Slipped Disc, Sciatica) management.
3. Cervical Spondylosis management.
4. Indigestion/Constipation management.
5. Arthritis management.
6. Diabetes management.
7. Heart Disease management.
8. Thyroid management.
9. Menstrual Issues (PCOD, PCOS, Irregular periods, Menopausal issues) management.
10. Eye Health management.
11. Stress management.
12. Assignments.

## **Yogic Sukshma Vyayama - Self-Paced & Video-Supported Course**

**Schedule** - Self-paced; can be completed at the student's convenience. Lifetime access to all course materials.

**Material Fee** - 999/- INR

**Eligibility** - Open for all.

**Certification**

- **Ayushman Yog Certificate of Completion** - Issued upon successful completion of the course requirements.

**No Live Classes, No exam.**

### **Topics**

1. Videos of all 48 Sukshma Vyayama.
2. Videos of all 5 Sthula Vyayama.

## **Complete Study of Gheranda Samhita - English & Hindi**

**Schedule** - Self-paced; can be completed at the student's convenience. Lifetime access to all course materials.

**Material Fee** - 699/- INR

**Eligibility** - Open for all.

**Certification** - No Certificate.

**No Live Classes, No exam.**

### **Topics**

1. **Chapter 1** - Shatkarma - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
2. **Chapter 2** - Asana - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
3. **Chapter 3** - Mudra & Bandha - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
4. **Chapter 4** - Pratyahara - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
5. **Chapter 5** - Pranayama - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
6. **Chapter 6** - Dhyana - Explanation of shlokas in English & Hindi, recordings of the

shlokas for pronunciation.

7. **Chapter 7**- Samadhi – Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.

## **Comprehensive Study of IshaVasya Upanishad - Self-Paced Course**

**Schedule** - Self-paced; can be completed at the student's convenience. Lifetime access to all course materials.

**Material Fee** - 999/- INR

**Eligibility** - Open for all.

**Certification** - No Certificate.

**No Live Classes, No exam.**

### **Topics**

Explanation of all the shlokas in English & Hindi, recordings of the shlokas for pronunciation.

## **Mastering Pranayama: The Science of Breath - Self-Paced Course**

**Schedule** - Self-paced; can be completed at the student's convenience. Lifetime access to all course materials.

**Material Fee** - 999/- INR

**Eligibility** - Open for all.

**Certification**

**Ayushman Yog Certificate of Completion** - Issued upon successful completion of the course requirements.

### **Syllabus**

#### **Module 1 - Foundations of Prana and Energy**

- Introduction to Prana.
- Prana and Upa-Prana.
- Nadi and Chakra.
- Understanding Pranayama.

- Basics of Prana Healing.

### **Module 2 - Respiratory Physiology & Mechanics**

- Respiratory System.
- Physiology of Antah and Bahya Kumbhaka.

### **Module 3 - Core Techniques for Foundation Building**

- Fundamentals of Pranayama Practice - Discipline, Timing, Ratio, Rounds, Mantra integration, Supporting factors in sadhanam, Awareness of the Swara, Balancing the Swara.
- PRANA Technique.
- Sectional Breathing.
- Full yogic Breathing.
- Psychic Breath.
- Sukh-Purvak Pranayama.
- Alternating Nostril - Nadi-Shodhana - 4-stage practice.
- Bhramari.

### **Module 4 - Vitalising Breathworks**

- Kapalabhati Kriya.
- Swana Pranayama.
- Bhastrika Pranayama - Various stages, alternating nostrils, Inclusion of kumbhaka and bandha.

### **Module 5 - Classical Pranayama Techniques**

- Insight into Advanced Pranayama practices, eligibility for practice, importance of preparatory breathwork, and inclusion of Bandha.
- Alternating Nostril - Nadi-Shodhana - with Mantra.
- Alternating Nostril - Nadi-Shodhana - with Bandha.
- SuryaBhedhi - various stages, inclusion of bandha.
- ChandraBhedhi - various stages, inclusion of bandha.
- Ujjayi - various stages, inclusion of bandha.
- Sheetalī- various stages, inclusion of bandha.
- Seetkari- various stages, inclusion of bandha.

## **Complete study of Kumbhaka Paddhati of Raghuvira - English & Hindi**

**Schedule** - Self-paced; can be completed at the student's convenience. Lifetime access to all course materials.

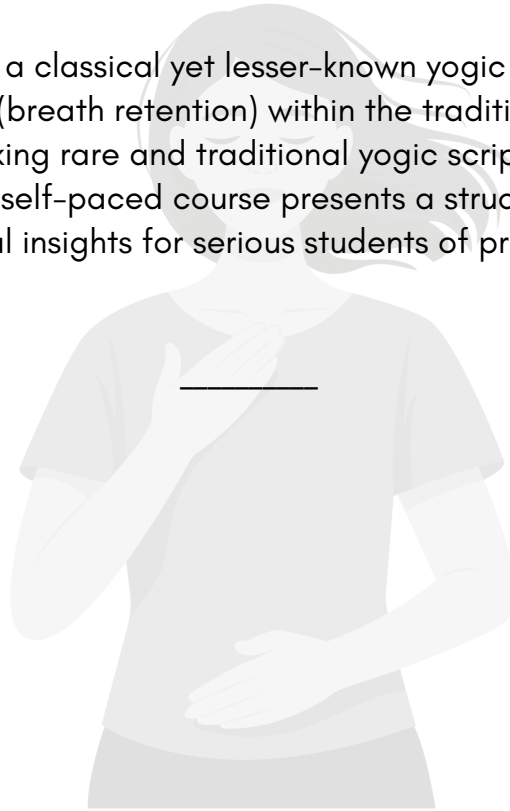
**Material Fee** - 999/- INR

**Eligibility** - Open for all.

**Certification** - No Certificate.

### **Topics**

**"Kumbhaka Paddhati"** is a classical yet lesser-known yogic text dedicated entirely to the science of Kumbhaka (breath retention) within the tradition of Hatha Yoga. As part of our commitment to making rare and traditional yogic scriptures accessible, this bilingual (Hindi & English) self-paced course presents a structured explanation of the verses along with practical insights for serious students of pranayama and breath science.





AYUSHMAN YOG

अथ योगानुशासनम्

[www.ayushmanyog.com](http://www.ayushmanyog.com)