

SYLLABUS

YP-Course 1 (Dual Certification: YMP+ YPI)

I. Yoga Master-Pro (YMP) (Yoga Peace Sansthan)

II. Yoga Protocol Instructor (YPI) (YCB, AYUSH, Government of India)

(a) Practical

Yoga Peace Signature (speciality) Learnings & Lessons

What is the most important thing in life ?

How to achieve Ultimate Happiness & Peace ?

Zero World !

Correct way of standing, sitting & lying down or sleeping

Samsthiti

Difference between Exercise & Yogic Kriya / Yogasanas

Ahara Vihara , Constipation, Acidity, Usha Paan

and more ...

Bhakti Yoga

Bhajans & Kirtans

Meditations

What is Meditation ?

Osho Omkar Meditation

Osho Gibberish (No Mind) Meditation

A. Demonstration Skills

Prayer: Concept and recitation of Pranava and hymns.

Patanjali Prayer, Shanti Mantra Om Sahnnavantu, Pavmana Mantra etc.

Yoga Cleansing Techniques

Knowledge of Dhauti, Neti and practice of Kapalabhati.

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
[Netra Shakti Vikasaka \(I, II,III & IV\)](#)
[Skandh Chakra \(I, II\)](#)
[Mushtika Bandh](#)
[Manibandh Chakra](#)
[Purna Bhuj Shakti Vikasaka \(II\)](#)
[Uttanpad Kriya \(Beginner & Advanced\)](#)
[Padprasar Katichakra Kriya \(Beginner & Advanced\) \(I, II, III, IV\)](#)
[Padprasar Parivrit Paschimottan Kriya \(Beginner & Advanced\) \(I, II \)](#)
[Dwi Paad Cycle Sanchlan Kriya](#)
[Gulf Naman](#)
[Gulf Chakra](#)

b. Yogic Sthula Vyayama (Macro Circulation Practices)

[Sarvanga Pushti](#)
[Hrid Gati \(Engine Daud\)](#)

Yogic Surya Namaskara

Yogasana

Tadasana, Vrikshasana, Ardha Chakrasana, Padahasthasana/ Uttanasana , Kati Chakrasana
Trikonasana/ [Utthita Trikonasana](#), [Utthita Parsvakonasana](#)
Dandasana, Sukhasana, Padmasana, Vajrasana,
Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
Paschimottanasana, Purvottanasana
Vakrasana, Gomukhasana, Baddhakonasana & Baddhakonasana kriya
Bhujangasana, Shalabhasana, Makarasana, Naukasana
Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana
Vipareetakarani, Saral Matsyasana, Shavasana,
[Chakrasana \(Beginner & Advanced\)](#), [Sarvangasana](#), [Shirshasana](#)

Preparatory Breathing Practices

Sectional breathing (abdominal, thoracic and clavicular)
Yogic deep breathing

Pranayama

Concept of Puraka, Rechaka and Kumbhaka
Anulmoa Viloma/Nadi Shodhana
Sheetalee (without Kumbhaka)
Bhramari (without Kumbhaka)
[Bhastrika \(YP Version\)](#)

Understanding of Bandha

Jalandhara Bandha

Uddiyana Bandha

Mula Bandha

Understanding of Mudra

Hasta Mudras (chin, Chinmaya, Brahma, adi, jnana, Dhyana and Nasika)

Practices leading to Meditation and Dhyana Sadhana

Recitation of Pranava & Soham

Recitation of selected hymns, invocations and prayers from Vedas & Upanishadas

Body and breath awareness

Yoga Nidra **

Shavasana

B. Teaching Skills (Methods of Teaching Yoga)

Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)

Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).

Preparation for a Yoga class (before and during the class)

Factors influencing yoga teaching.

Class management in Yoga: its meaning and needs.

Conducting yoga practical lessons: Precautions & Contraindications of practices)

Salient features of Ideal Yoga Instructor.

Models of ideal Yoga lesson plans

(b) Theory

Introduction to Yoga and Yogic Practices

Why Yoga Philosophy?, Basic Introduction of Main Indian Scriptures & Indian Darshanas

- 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions.
- 1.2 Yoga : Its origin, history and development.
- 1.3 Guiding principles to be followed by Yoga practitioners.
- 1.4 Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).
- 1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
- 1.6 Introduction to Yoga practices for health and well being.
- 1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
- 1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
- 1.9 Introduction to Yogasana: meaning, principles, and their health benefits.
- 1.10 Introduction to Pranayama and Dhyana and their health benefits.

Introduction to Yoga Texts

- 2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).
- 2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
- 2.3 Introduction and study of Hathpradipika.
- 2.4 General Introduction to Prasthanatrayee.
- 2.5 Concepts and principles of Aahara (Diet) in Hathapradipika and Bhagawadgita (Mitahara and Yuktahara).
- 2.6 Significance of Hatha Yoga practices in health and well being.
- 2.7 Concept of mental wellbeing according to Patanjala Yoga.
- 2.8 Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga.
- 2.9 Concepts of healthy living in Bhagwad Gita.
- 2.10 Importance of subjective experience in daily Yoga practice.

Yoga for Health Promotion

- 3.1 Brief introduction to human body.
- 3.2 Meaning and Means of health promotion and role of Yoga in health promotion.
- 3.3 Yogic positive attitudes (Maîtri, Karuna, Mudita, Upeksha).
- 3.4 Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.
- 3.5 Dincharya and Ritucharya with respect to Yogic life style.
- 3.6 Holistic approach of Yoga towards health and diseases.
- 3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).
- 3.8 Yogic management of stress and its consequences.
- 3.9 Yoga in prevention of metabolic and respiratory disorders.
- 3.10 Yoga for personality development.

Anatomy & Physiology

Why Learn Anatomy & Physiology ?

General Introduction of Main Human Body Organ Systems

Respiratory system

Digestive system/excretory system

Circulatory system/cardiovascular sys

Endocrine system

Immune system/lymphatic system

Integumentary system

Muscular system

Nervous system

Reproductive system

Skeletal system

Excretory System

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