

Yoga Peace -Course 2 (Dual Certification: YMF+ YWI)

I. Yoga Master – Fitness (YMF) (Yoga Peace Sansthan)

II. Yoga Wellness Instructor (YWI) (YCB, AYUSH, Government of India)

SYLLABUS (a) Practical (b) Theory

(a) Practical

Smile Tai-Chi (Dynamic)

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 Kapalbhathi (Vatakrama)

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)

Netra Shakti Vikasal 5, 6, 7, 8

Neck Traction (5, 6, 7, 8)

Skandh Sankarshan (Shoulder Traction) 1, 2

Skandha Chakra Variation

Kar Taal Shakti Vikasak Kriya

Chakki Sanchalan Kriya Self / with Partner

Nauka Sanchalan Kriya (Self / with Partner)

Paadprasar Parivrit Paschimotaan Kriya (Self & with Partner)

Paadprasar Parivrit Paschimotaan, Upvishth Konasana & Halasana Kriya

Janu Chakra Kriya

Uttanpaad Kriya

Pawanmuktasana Kriya (I , II)

Markatasana Kriya (III, IV)

Ek Paad Vtitakaar Kriya

Dwipad Vratakari Kriya

Pakshiasana Kriya

4. Yogic Surya Namaskara with Mantra

Surya Namaskar Variations & Flows

(Traditional , YCB, Traditional Advanced, AV SN1, AV SN2, Fat Go Namaskar)

Introduction of Ashtanga Vinyasa Yoga Series I (Primary Series)

5. Yogasana

5.1 Tadasana, Hastottanasana, Vrikshasana

5.2 Ardha Chakrasana, Padahastanasana

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,

Uttitha Trikonasana (Variation)

Uttith Parivrat Trikonasana

Utthita Parshva Konasana (Variation)

Veer Bhadrasana (I, II, III)

Utthita Hastapadangustasana

Dwikonasana

Utkatasana

Urdhva Prasarita Ekpaad Asana

Prasarita Padottanasana

Parvatasana

Tolasana

Adhomuktashvnanasana (& Variations)

Urdhvamukhashvnanasana (& Variations)

Yogmudra Asana

Akarna Dhanurasana

Parighasana

Marjari Asnaa (I, II)

Baddhakonasana with Partner

Upvishta Konasana / Ugrasana / Bhunamanasana

Chakrasana Variations - with partner (1,2) & On Bed with Support

Uttith Ek Paad Pawanmuktasana

Bhujangasana with Partner 1, 2

Shalabhasana with Partner 1, 2

Pashimotaanasana with Partner

Uttanasana On Bed

Ardha Baddaha Padam Pashimotaanasana

Marichyasana

Paadangushtasana

Garudasana

Hanuman Asana

Bakasana

Vashistha Asana

Bhardwaj Asana

Uttitha Padmasana

Janushirasasana

Supta Tadaasana

Jathara Parivartanasana

Sarvangasana, Halasana

Vrischikasana

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)

[Bhastrika \(YP Version\)](#)

[Nadi Shodhan Pranayama \(Anulom Vilom Pranayama \)](#)

[Suryabhedan Pranayama](#)

[Chandra Bhedan Pranayama](#)

8. Concept and Demonstration of Bandha

- 8.1 Jalandhara Bandha
- 8.2 Uddiyana Bandha
- 8.3 Mula Bandha

[Hasta Mudras \(Various \)](#)

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
- 10.2 Yoga Nidra
- 10.3 Antarmauna
- 10.4 Recitation of Pranava and Soham
- 10.5 Recitation of Hymns
- 10.6 Practice of Dhyana

[Meditations \(From Osho \)](#)

[Bhakti Yoga \(Bhajan & Kirtan \)](#)

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).

(b) Theory

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 [Shad Darshanas](#), 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.

Unit -2 Introduction to Yoga Texts

- 2.1 Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.
- 2.2 Yoga in Kathopnishad, Prashanopanisha, Tattiriyopnishad 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 Maharisi Patanjali (Dharana, Dhyana, Samadhi).
- 2.10 Concept of mental well being according to Patanjala 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).

Unit 3- Yoga for Wellness

- 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.
- 3.5 Concept of Tridoshas, Saptā Dhatu, Agni, Vāyu 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: Maître, 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.