

Symbiosis Center for Yoga

Certification Program in Yoga (CPY) Curriculum

6 Months

TECHNIQUES, TRAINING, PRACTICE

Asanas

- Joint loosening practices
- Standing postures
- Sitting postures
- Prone postures
- Supine postures
- Balancing postures
- Eye exercises
- Surya Namaskar

Breathing Techniques

- Abdominal Breathing
- Thoracic Breathing
- Thoracic & Clavicular Breathing
- Yogic Breathing

Pranayama

- Nadi Shodan, Sheetali, Sheet Kari, Bhramari, Ujjayi, Bhastrika, Surya Bheda

Mudras & Bandhas

- Gyan & Chin Mudras, Yoni Mudra, Bhairava, Hridaya, Shambhavi, Nasagra Dirshiti, Khechari, Ashwini, Vajroli/Sahajoli Mudra
- Jalandhar, Moola, Uddiyani bandha

Meditation

- Kaya Sthairyam
- Ajapajapa
- Antar Mouna
- Meditation practice for "Vasudhaiva Kutumbakam"

Relaxation

- Short & deep relaxation techniques
- Practicals of Health management programs

Basic Practicals of Health Management Programs

- Stress Management program
- Pre- & Post-Natal yoga
- Arthritis, Asthma, Diabetes, and Hypertension.

Introduction to Anatomy & Physiology of human body

Anatomy

Brief introduction to Anatomy & Physiology of human body:

- Musculo-Skeletal Structure
- Blood & Immune System
- Cardiovascular System
- Respiratory System
- Digestive System
- Excretory System
- Endocrine System
- Special 5 Senses-Ear, Nose, Tongue, Skin, Eyes
- Central Nervous System

YOGA THEORY

History

Introduction to Yoga & Concept of Health

- Definition & Objectives of World Health Organization
- History and Development of Yoga in different periods
- Principles and Objectives of Yoga
- Misconceptions about Yoga
- Yoga in relation to "Vasudhaiva Kutumbakam" (World is one Family)

Streams of Yoga

- Karma Yoga Jnana Yoga, Hatha Yoga, Raja Yoga, Kriya Yoga, Bhakti Yoga, Mantra Yoga.

Introduction to Modern Medical Science in relation to health

- Approach of Medical Science Health & Lifestyle
- Nutrition-Nutrients, Carbohydrates, Proteins, Lipids, Calorimetry, Minerals Vitamins, Enzymes

Ayurveda

- Ayurveda in relation to health, Concept of Ayurveda
- Concept of health & lifestyle
- Prakriti & Vikruti
- Ayurvedic constitution
- Diet chart for various Ayurvedic constitution

Introduction of different components of Yogic practices

- Shatkarma, Asanas, Pranayama, Mudras, Bandhas, Relaxation, Meditation

Basics of Yoga Class Management, Educational & Business Establishment Tools

Basic Theory of Health Management Programs

- Stress Management Program
- Yogic Management for Pregnancy
- Various Yogic Health Management Program – (Arthritis, Asthma, Diabetes, Hypertension) Gross & subtle cause of disease, Theoretical approach of Yogic practices, Diet & Nutrition, Lifestyle.

PROFESSIONAL ESSENTIALS

Teaching Practice

- Methods of Teaching yoga
- Conducting Group Class
- Personal Training

Health Management Program Projects

- Stress Management Program
- Yogic Management for Pregnancy- Pre- & Post Natal
- Various Yogic Health Management Program