



THE YOGA GURU™

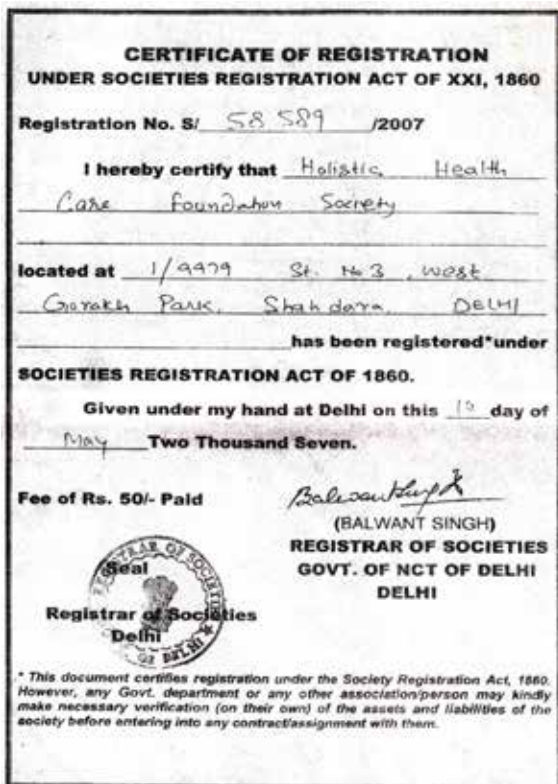


Teacher Training Prospectus

PART TIME | FULL TIME COURSES



We are Certified





The journey of the yoga teacher is one of self-practice and personal transformation. To become both an effective and inspiring yoga teacher, you must develop a strong relationship to your personal practice and development as a yogi and yogini. You must achieve self-mastery.

The Yogaguru's, Yoga Teacher's Training Program emphasizes training the mind, establishing self-esteem, opening up to grace, the integration of breath and movement, focusing on technical and biomechanical knowledge, adapting each asana to unique individual needs, and building effective and clear themes that deepen the student's experience and understanding of a transformational personal practice.

The Yogaguru's, Yoga Teacher's Training Program provides a metaphoric experience to discover more about personal power, self-esteem, personal boundaries, safety, self-acceptance, inner surrender and responsibility. Yoga Aasan, Pranayam & Meditation practices are used to encourage participants to reclaim their full potential; discover creativity, find passion, and experience confidence and caring about the body.

In this training program you will learn the techniques to take your own experience and understanding of yoga to a new level. You will become a stronger teacher by having a stronger practice. You will learn about the therapeutic approach to yoga using your own body and asana practice as your laboratory for self-discovery. You will also practice the advanced techniques of yoga rarely taught in public classes or usual workshops. In addition, you will explore and experience such transformational practices as Pranayama, Mantra, Mudra, Yog Nidra, and Meditation. This is not a course about "how to teach" - it is about "how to become a teacher" in the fullest sense of the word.



Who should Join This Program?

Those who want to be yoga professionals with mastery in the field are the right people to join. We will shape you in a way that you will develop a self-confidence to teach with in-depth knowledge on various issues which you may face in your professional life.

Special Features of the Courses

- The whole program will be participative.
- Student will be given an opportunity to conduct small yoga sessions to develop command and confidence.
- Life time permission to attend the teachers training weekly class to passout students (not regular studio class). There are special opportunities in research activities/Conference & Seminars for trained graduates. There would be special discount/provision if you want to continue regular class as a student instead of taking up teaching even after completing teacher training course.
- Support will be given for those who want to start their own Yoga studio. It is appreciated if you start yoga studio at least 5 km away from the currently running studio of The

Yogaguru or its affiliate studio. In special case, you can take pre-approval from TYG if you must have yoga studio (or group class) within 5 km radius to remain eligible for the lifetime benefit of TYG alumni.

- Placement will be given as yoga teachers after successful completion with mastery (for those who want to have placement). Conditions apply.
- You must complete the course in stipulated time period.
- One has to secure 50% marks to pass the exam. If one fail to secure passing marks, has to reappear for exam. The charge reappearing in exam would be INR 500 per subject.
- Student's knowledge is tested at 3 levels 1. File work (you prepare at home for greater involvement in the subject), 2. Practical examination (taking yoga class with application of the skill and information that you gather or experience while doing yoga teachers training) and 3. Written test.
- You must complete teachers training in stipulated time period. You can extend it up to one month with written application in special case. If you fail to complete within stipulated time period, your teachers training registration will expire. You can renew it by paying 50% of the actual fees.

ABOUT CERTIFICATION



Indian Certification

Holistic Healthcare Foundation Society & The YogaguruTM will jointly provide the certification.

Holistic Healthcare Foundation Society is registered under Govt. of Delhi. It is valid all over the world. Our yoga teacher training graduates are teaching in European, American, African and Asian countries. In India, our graduates are teaching in different schools and sports Complex maintained by Delhi Development Authority, Govt. of Delhi.

Graduates will be listed as Registered Yoga Instructors in www.theyogaguru.com & www.tygyoga.com

INTERNATIONAL CERTIFICATION

Our institute is accredited as registered yoga school (RYS) to provide Yoga Alliance International certification.

Graduates will be listed as Registered Yoga Instructor in Yoga Alliance International's website as well as our website www.tygyoga.com

Yoga Certification Board (YCB), Ministry of Ayush

Our syllabus covers all the contents prescribed by Yoga Certification Board, Ministry of Ayush. After completion of Course, student can apply for YCB Examination and appear to get certified. We are conducting examination preparation classes as well for the same.

Fees for the Course

| Course Name | Indian Certification Fees | Yoga Alliance International Certification | Yoga Certification Board (YCB) |
|------------------------------------|---------------------------|---|--------------------------------|
| | Offline Classes | Fees | Exam fees |
| RYT 200 (Yoga Instructor) | 21750 | 41750 | 4425 |
| RYT 500 (Yoga Therapist) | 41750 | 51750 | 6195 |
| RYT 800 (Yoga Teacher & Evaluator) | 62750 | 73750 | 7965 |

Specialized Courses

| | |
|---|--------|
| Women Health & Pregnancy Yoga Teacher's Training Course | 31,750 |
| Naturopathy (Be Your Own Doctor Course) | 21,750 |
| Food Mantra | 21,750 |
| Meditation Teacher Training | 11000 |

RYT 800

1. Classical Texts on Yoga

Write some notes on the following topics

- Yoga Darshan
- Samhkya Darshan
- Bhagwat Gita
- Shiva Samhita
- Upanishad and Yoga
- Jain Yoga
- Bauddha Yoga

Women Health & Pregnancy Yoga Teacher's Training Course

- YQ Explain the Pregnancy yoga along with do's and don't.
- Explain the Female reproductive system.
- Explain any 5 hormone with their benefits.
- Explain development of the baby.
- Explain any 5 asanas and Surya Namaskara in pregnancy.
- Explain 5 Pranayamas and Mudras in pregnancy.
- Explain Yognidra
- Explain meditation
- Explain 5 Myths about pregnancy
- Explain Garbh Sanskar
- Explain Garbhpnishad
- Explain garbh Geeta
- Explain Mantras in conception and pregnancy

Syllabus for Yoga Instructor Course (RYT 200)

Requirement/ Eligibility

For admission in the course it is suggested/ desired that the candidate should have passed 10th standard / secondary school certificate from a recognized board or equivalent.

Personal Attributes

The job requires an individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individuals to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.

Credit points for certificate: 12 credits

Duration of course: 200 hours (3 month as part time or 1 month as full time course)



Total Mark Distribution

| S. No | Theory | | Practical | |
|--|------------------------------|------------|--------------------------|------------|
| | Topics | Marks | Topics | Marks |
| 1. | Foundation of Yoga | 20 | Demonstration Skills | 80 |
| 2. | Introduction to Yoga Texts | 20 | Teaching Skills | 40 |
| 3. | Yoga for Promotion of Health | 20 | Application of knowledge | 10 |
| 4. | Human Anatomy & Physiology | 50 | Field Experience | 10 |
| Total | | 110 | | 140 |
| Total Marks: 250 (Theory: 110 + Practical: 140) | | | | |

Student's Evaluation Sheet for Practical Examination

| Evaluation Table | | | | | | |
|--|------------|----------------------------------|-----------|---------------|--------------------|------------|
| Section 1: Prayer, Sukshma Vyayaama and Shatkriyax | Max. Marks | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Prayer | 10 | | 10 | | | 5 |
| Shat Kriya 1 : | 10 | | 10 | 10 | | 5 |
| Shat Kriya 2 : | 10 | | | 10 | | 5 |
| Sukshma/sthula Vyayama : | 10 | | 10 | 10 | | 5 |
| TOTAL | | | | | | 20 |
| Section 2: Surya Namaskar & Yoga Asana | Max. Marks | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Surya Namaskar: | 10 | | 10 | 10 | | 10 |
| Tough Asana: | 10 | | 10 | 10 | | 10 |
| Easy Asana 1: | 10 | | 10 | 10 | 10 | 8 |
| Easy Asana 2: | 10 | | 10 | 10 | | 7 |
| TOTAL | | | | | | 35 |
| Section 3: Pranayama, Mudra, Bandha & Meditation | Max. Marks | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Pranayama 1: | 10 | | 10 | 10 | 10 | 5 |
| Pranayama 2: | 10 | | 10 | 10 | | 5 |
| Mudra | 10 | | 10 | 10 | | 5 |
| Bandha | 10 | | 10 | 10 | | 5 |
| Meditation: | 10 | | | 10 | 10 | 5 |
| TOTAL | | | | | | 25 |
| Section 4: Teaching Practice | Max. Marks | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Teaching Topic: | 20 | | | 20 | 20 | 40 |
| Section 5: Application of Knowledge | Max. Marks | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Question 1: | 10 | Yoga Video Submission | | 10 | | 5 |
| Question 2: | 10 | Yoga Teaching | | 10 | | 5 |
| Section 6: Field Experience | Max. Marks | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Certificate | 10 | Yoga Quiz Winners | | 10 | | 5 |
| Questions: | 10 | Sunday Talk, Conference, Seminar | | 10 | | 5 |
| TOTAL | | | | | | |
| Grand Total (out of 140) | | | | | | 140 |



Course Book

- Seven Secrets of Yoga Science
- Human Anatomy and Physiology

Introduction to Yoga and Yogic Practices

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

Introduction to Yoga Texts

- Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).
- Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
- Introduction and study of Hathpradipika.
- General Introduction to Prasthanatrayee.
- Concepts and principles of Aahara (Diet) in Hathpradipika and Bhagawadgita (Mitahara and Yuktahara).
- Significance of Hatha Yoga practices in health and well being.
- Concept of mental wellbeing according to Patanjala Yoga.
- Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga.



- Concepts of healthy living in Bhagwad Gita.
- Importance of subjective experience in daily Yoga practice.

Yoga for Health Promotion

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

Practical

- Demonstration Skills
- Prayer: Concept and recitation of Pranava and hymns.
- Yoga Cleansing Techniques: Knowledge of Dhauti, Neti and practice of Kapalabhati.
- Yogic Vyayama (Sukshma Vyayama and Sthula Vyayama)
- Yogic Sukshma Vyayama (Micro Circulation Practices): Neck Movement, Shoulder Movement, Trunk Movement, Knee Movement, Ankle movement
- Yogic Sthula Vyayama (Macro Circulation Practices): Sarvanga Pushti, Hrid Gati (Engine Daud)

Yogic Surya Namaskara

Yogasana:

- Tadasana, Vrikshasana, Ardha Chakrasana, Padahastasana, Kati Chakrasana, Trikonasana



- Dandasana, Sukhasana, Padmasana, Vajrasana
- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
- Paschimottanasana, Purvottanasana
- Vakrasana, Gomukhasana
- Bhujangasana, Shalabhasana, Makarasana
- Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana
- Vipareetakarani, Saral Matsyasana, Shavasana

Preparatory Breathing Practices

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

Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Anulmoa Viloma/ Nadi Shodhana, Sheetalee (without Kumbhaka), Bhramari (without Kumbhaka)

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

Teaching Skills (Methods of Teaching Yoga)

1. **Essentials of good lesson plan:** concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
2. Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).



3. Preparation for a Yoga class (before and during the class)
4. Factors influencing yoga teaching
5. Class management in Yoga: its meaning and needs.
6. Conducting yoga practical lessons: Precautions & Contraindications of practices)
7. Salient features of Ideal Yoga Instructor.
8. Models of ideal Yoga lesson plans

Book for reference for Theory

1. Yogaguru Mohan Karki: *Seven Secrets of Yoga Science*, The Yogaguru Institute, Noida, 2014
2. Yogaguru Mohan Karki: *Food Mantra*, The Yogaguru Institute, Delhi, 2020
3. Yogaguru Mohan Karki: *Science of Holistic Health*, The Yogaguru Institute, Delhi, 2018
4. Brahmachari Swami Dharendra: *Yogic Suksma Vyayama*, Dharendra Yoga Publications, New Delhi
5. Brahmachari, Swami Dharendra: *Yogasana Vijnana*, Dheerendra Yoga Prakashana, New Delhi
6. Iyengar, B. K. S. : *Light on Yoga*, Harper Collins Publisher, New Delhi, 2005
7. Saraswati, Swami Satyananda: *Asana, Pranayama, Mudra, Bandha*, Bihar School of Yoga, Munger, 2006
8. Basavaraddi, I.V. : *A Monograph on Yogic Suksma Vyayama*, MDNIY, New Delhi, 2016
9. Basavaraddi, I.V. : *A Monograph on Shatakarma*, MDNIY, New Delhi, 2016
10. Basavaraddi, I.V. : *A Monograph on Yogasana*, MDNIY, New Delhi, 2016
11. Basavaraddi, I.V. : *A Monograph on Pranayama*, MDNIY, New Delhi, 2016
12. Tiwari O.P. : *Asana Why & How ?*, Kaivalyadhama, SMYM Samiti, Lonavla
13. Saraswati, Swami Satyananda : *Suryanamashkara*, Bihar School of Yoga, Munger, 2006
14. Quality Council of India (QCI) : *Yoga professionals Official Guidebook for Level 1*, Excel Books, New Delhi 2016
15. Basavaraddi, I. V. & others: *Yoga Teachers Manual for School Teachers*, MDNIY, New Delhi, 2010
16. Gharote, M.L. : *Teaching Methods for Yogic practices*, Kaivalyadhama Ashram, Lonavla
17. Iyengar, B.K.S: *Yoga Shastra (Vol-I & II)* Ramamani Iyenger Memorial Yoga, Institute, Pune YOG, Mumbai
18. Ramdev, Swami : *Pranayama Rahasya*



Syllabus for Yoga Therapist /Wellness Coach (RYT 500)

Requirement/ Eligibility

12th standard/ higher secondary school certificate from a recognized board or Equivalent

Job Description

Certified Yoga Professionals (Yoga Wellness Instructor) to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places, Yoga wellness centers/ Primary Health care centers etc.

Personal Attributes

The job requires an individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individuals to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.

Duration of Course: 500 hours (6 month as part time or 3 month as full time course)

Total Mark Distribution

| S. No | Theory | | Practical | |
|--|----------------------------------|-----------|--------------------------|------------|
| | Topics | | Topics | Marks |
| 1. | Foundation of Yoga | 20 | Demonstration Skills | 80 |
| 2. | Introduction to Yoga Texts | 20 | Teaching Skills | 40 |
| 3. | Yoga for Wellness (Yoga Therapy) | 50 | Application of knowledge | 10 |
| | | | Field Experience | 10 |
| Total | | 60 | | 140 |
| Total Marks: 250 (Theory: 110 + Practical: 140) | | | | |

Course Book

- Yoga Therapy Manual
- Hatha Yoga Pradipika
- Gherand Samhita



**Student's Evaluation Sheet for Practical Examination
Yoga Therapist /Wellness Coach (RYT 500)**

| Evaluation Table | | | | | | |
|---|-------------------|----------------------------------|------------------|----------------------|---------------------------|--------------|
| Section 1: Prayer, Sukshma Vyayaama and Shatkriyax | Max. Marks | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Prayer | 10 | | 10 | | | 5 |
| Shat Kriya 1 : | 10 | | | 10 | | 5 |
| Shat Kriya 2 : | 10 | | 10 | 10 | | 5 |
| Sukshma/sthula Vyayama : | 10 | | 10 | 10 | | 5 |
| TOTAL | | | | | | 20 |
| Section 2: Surya Namaskar & Yoga Asana | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Surya Namaskar: | 10 | | 10 | 10 | | 10 |
| Tough Asana: | 10 | | 10 | 10 | | 10 |
| Easy Asana 1: | 10 | | 10 | 10 | 10 | 8 |
| Easy Asana 2: | 10 | | 10 | 10 | | 7 |
| TOTAL | | | | | | 35 |
| Section 3: Pranayama, Mudra, Bandha & Meditation | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Pranayama 1: | 10 | | 10 | 10 | 10 | 5 |
| Pranayama 2: | 10 | | 10 | 10 | | 5 |
| Mudra | 10 | | 10 | 10 | | 5 |
| Bandha | 10 | | 10 | 10 | | 5 |
| Meditation: | 10 | | | 10 | 10 | 5 |
| TOTAL | | | | | | 25 |
| Section 4: Teaching Practice | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Teaching Topic: | 20 | | | 20 | 20 | 40 |
| Section 5: Application of Knowledge | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Question 1: | 10 | Yoga Video Submission | | 10 | | 5 |
| Question 2: | 10 | Yoga Teaching | | 10 | | 5 |
| Section 6: Field Experience | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Certificate | 10 | Yoga Quiz Winners | | 10 | | 5 |
| Questions: | 10 | Sunday Talk, Conference, Seminar | | 10 | | 5 |
| TOTAL | | | | | | |
| Grand Total (out of 140) | | | | | | 140 |

Introduction to Yoga and Yogic Practices

- Yoga: Etymology, definitions (Patanjala Yoga Sutra, Bhagwad

Gita & Kathopanishad), aim, objectives and misconceptions.

- Yoga: Its origin, history and development.



- Brief Introduction to Samkhya and Yoga Darshana.
- Life sketches and teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati).
- Principles of Yoga and practices of healthy living.
- Principles and Practices of Jnana Yoga.
- Principles and Practices of Bhakti Yoga.
- Principles and Practices of Karma Yoga.
- Concept and principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana.
- Concept and principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- Concept and principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- Concept and principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- Introduction to Tri Bandha and their health benefits.
- Dhyana and its significance in health and wellbeing.
- Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.

Introduction to Yoga Texts

1. Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.
2. Yoga in Kathopnishad, Prashanopaniasha, Tattiriyopnishad with special emphasis on Pancha Kosha Viveka and Ananda Mimamsa.
3. Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.
4. Significance of Bhagavad Gita in day to day life.
5. Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
6. Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 46 - 51, III- 1 to 4).
7. Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with wellness.
8. Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
9. Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi).
10. Concept of mental well being



according to Patanjala Yoga.

11. Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita). Relationship between Hatha yoga and Raja Yoga.
12. Sadhaka and Badhaka tatva, principle to be followed by Hatha Yoga practitioner.
13. Concept of Matha, Mitahara, Pathya & Apathya.
14. Concepts of Nadis, Prana and Pranayama for Subjective experiences.
15. Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).

Yoga for Wellness

- General introduction to human body and nine major systems of human body.
- Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- Basic functions of nine major systems of human body and homeostasis.
- Yogic concept of health and wellness.
- Concept of Tridoshas, Sapta Dhatu, Agni, Vayu and Mala; their role in wellness.
- Concepts of Dinacharya and Ritucharya and their importance

in wellbeing.

- Importance of Ahara, Nidra and Brahmacharya in wellbeing.
- Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).
- Importance of psychosocial environment for health and wellness.
- Yogic concept and principles of Ahara(Mitahara, Yuktahara).
- Health benefits of Suryanamaskara, Shatkarma, Asanas, Pranayama and practices leading to Dhyana (as per the practical syllabus of the course).
- Salient features and contra indications of Yoga practices for wellbeing (as per the practical syllabus of the course).
- Knowledge of common diseases; their prevention and management by Yoga.
- Knowledge of role of Yoga in the management of non-communicable diseases.
- Concept of stress and Yogic management of stress and its consequences.

Yoga Practical

1. Prayer

- Concept and Recitation of Pranava, Concept and Recitation of Hymns, Selected



universal prayers, invocations and Nishpatti Bhava.

2. **Yogic Shat Karma**

- Neti: Sutra Neti and Jala Neti
- Dhauti: Vamana Dhauti (Kunjal)
- Kapalbhati (Vatakrama)

3. **Yogic Sukshma Vyayama and Sthula Vyayama**

- Yogic Sukshma Vyayama (Micro circulation practices): Neck Movement, Shoulder Movement, Trunk Movement, Knee Movement, Ankle movement
- Yogic Sthula Vyayama (Macro circulation practices): Sarvanga Pushti, Hrid Gati (Engine daud)

4. **Yogic Surya Namaskara with Mantra**

5. **Yogasana**

- Tadasana, Hastottanasana, Vrikshasana
- Ardha Chakrasana, Padahastanasana
- Trikonasana, Parshva Konasana, Katichakrasana
- Dandasana, Padmasana, Vajarasana
- Yogamudrasana, Parvatasana
- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
- P a s c h i m o t t a n a s a n a , Purvottanasana
- Vakrasana, Ardha

Matsyendrasana, Gomukhasana

- Makarasana, Bhujangasana, Shalabhasana, Dhanurasana
- Pavanamuktasana and its variations
- Uttanapadasana, Ardha Halasana, Setubandhasana, Sarala-Matsyasana
- Shavasana

6. **Preparatory Breathing Practices**

- Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing), Yogic Deep Breathing, Anuloma Viloma/ Nadi Shodhana

7. **Pranayama**

- Concept of Puraka, Rechaka and Kumbhaka
- Ujjayee Pranayama (Without Kumbhaka), Sheetalee Pranayama (Without Kumbhaka), Sitkaree Pranayama (Without Kumbhaka), Bhramaree Pranayama (Without Kumbhaka)

8. **Concept and Demonstration of Bandha**

- Jalandhara Bandha, Uddiyana Bandha, Mula Bandha

9. **Concept and Demonstration of Mudra**

- Yoga Mudra, Maha Mudra, Vipareetakarani Mudra

10. **Practices leading to Dhyana Sadhana**



- Body awareness and Breath awareness, Yoga Nidra, Antarmauna, Recitation of Pranava and Soham
 - Recitation of Hymns, Practice of Dhyana
- B. Teaching Skills (Methods of Teaching Yoga)**
- Teaching methods with special reference to Yoga
 - Factors influencing Yoga teaching
 - Need of teaching practice and its use in Yogic practice.
 - Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
 - Methods of teaching Yoga to an individual, small group and large group
 - Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation
 - Lesson plan: Its meaning and need
 - Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group
 - Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
 - Assessment of a Yoga class (detection and correction of mistakes).

Book for reference for Theory

1. Yogaguru Mohan Karki: *Seven Secrets of Yoga Science*, The Yogaguru Institute, Delhi, 2014
2. Yogaguru Mohan Karki: *Food Mantra*, The Yogaguru Institute, Delhi, 2020
3. Yogaguru Mohan Karki: *Science of Holistic Health*, The Yogaguru Institute, Delhi, 2018
4. Goyandka, Harikrishandass : *Yoga Darshan*, Geeta Press, Gorakhpur (Samvat 2061).
5. Ravi Shankar, Sri Sri : *Upanishad, Vol. I*
6. Swami Vivekananda : Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (4 separate books) Advaita Ashrama, Kolkata, 2011 & 2012
7. Basavaraddi I. V. and Pathak, S. P. : *Hathayoga ke Aadhar avam Prayoga* (Sanskrit-Hindi), MDNIY, New Delhi, 2007
8. SahayG.S.:*Hathayogapradipika*, MDNIY, New Delhi, 2013
9. Gita press Gorakhpur : *Shreemad Bhagvadgita*, Gita press Gorakhpur, Samvat 2073
10. Quality Council of India (QCI) : *Yoga professionals Official Guidebook for Level 2*, Excel Books, New Delhi 2016
11. Kalidas Joshi and Ganesh Shankar: *Yoga ke Sidhant Evam Abhyas*, Madhya Pradesh Hindigrantha Akadami, Bhopal, 1995
12. Brahmachari Swami Dharendra: *Yogic Suksma Vyayama*, Dharendra Yoga Publications, New Delhi, 1986



13. Digambarji Swami and Gharote M.L. : *Gheranda Samhita*, Kaivalyadhama S.M.Y.M. Samiti, Lonavala 1997
14. Sahay G.S.: *Hathayogapradipika*, MDNIY, New Delhi, 2013
15. Kalayan: *Upanishads* (23rd year Special) Geeta Press, Gorakhpur
16. Gore M. M.: *Anatomy and Physiology of Yogic Practices*, Kanchana Prakashana, Lonavala, 2004
17. Telles, Shirley: *A Glimse of the Human body*, Swami Vivekanand Yoga Prakashan, Bangalore, 1998
18. Swami Karmananda: *Management of Common Diseases*, Bihar Yoga Publication Trust, 2006, Munger
19. Bhogal, R. S: *Yoga & Mental Health and beyond*, ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010
20. Jayadeva, Yogendra: **Cyclopedia Vol I, II, III & IV**
21. Basavaraddi, I.V.: *How to manage Stress through Yoga*, MDNIY, New Delhi
22. Kotecha, Vaidya Rajesh: *A Beginner's Guide to Ayurveda*, Chakrapani Publications, Jaipur 2016
23. MDNIY: *Yoga Module for Wellness Series (1 to 10)*, MDNIY, New Delhi 2011

Books for Reference for Practicum

1. Brahmachari Swami Dharendra: *Yogic Suksma Vyayama*, Dharendra Yoga Publications, New Delhi
2. Brahmachari, Swami Dharendra: *Yogasana Vijnana*, Dheerendra Yoga Prakashana, New Delhi
3. Iyengar, B. K. S.: *Light on Yoga*, Harper Collins Publisher, New Delhi, 2005
4. Swami Kuvalyananda: *Pranayama*, Kaivalyadhama, Lonavla, 1992
5. Saraswati, Swami Satyananda: *Asana, Pranayama, Mudra, Bandha*, Bihar School of Yoga, Munger, 2006
6. Basavaraddi, I.V.: *A Monograph on Yogic Suksma Vyayama*, MDNIY, New Delhi, 2016
7. Basavaraddi, I.V.: *A Monograph on Shatakarma*, MDNIY, New Delhi, 2016
8. Basavaraddi, I.V.: *A Monograph on Yogasana*, MDNIY, New Delhi, 2016
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11. Basavaraddi, I.V. & Bharti Swami Anant: *Pratah Smarana*, MDNIY, New Delhi, 2016
12. Saraswati, Swami Satyananda: *Suryanamashkara*, Bihar School



- of Yoga, Munger, 2006
13. Joshi K.S.: *Yogic Pranayama*, Orient Paperbacks, New Delhi 2009
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16. Gharote, M.L.: *Teaching Methods for Yogic practices*, Kaivalyadhama Ashram, Lonavla
17. Iyengar, B.K.S: *Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial Yoga, Institute, Pune YOG, Mumbai*

Syllabus for Yoga Teacher and Evaluator (RYT 800)

Requirement/ Eligibility

Graduate in any stream from a recognized University or equivalent

Job Description

Master Trainers in Yoga educational Institutions, Yoga training Courses and training programs. He or she can also act as Evaluator and assessor of Yoga professionals. Can teach in studios, Institutions, colleges, universities, Institutions of higher Learning

Personal Attributes

The job requires an individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency, engaging with students, dedication to teaching, ability to build caring relationships with students, friendliness and approachability, Independent, credible, analytical skills etc.

Duration of Course: 800 hours (15 month as part time or 9 month as full time course)



Total Mark Distribution

| S. No | Theory | | Practical | |
|--|----------------------------|-----------|--------------------------|------------|
| | Topics | Marks | Topics | Marks |
| 1. | Foundation of Yoga | 20 | Demonstration Skills | 60 |
| 2. | Introduction to Yoga Texts | 20 | Teaching Skills | 20 |
| 3. | Yoga And Health | 20 | Evaluation Skill | 20 |
| 4. | Applied Yoga | 20 | Application of knowledge | 10 |
| 5 | | | Field Experience | 10 |
| Total | | 80 | | 120 |
| Total Marks: 200 (Theory: 80+Practical = 120) | | | | |

Course Book

- Patanjali Yoga Sutra
- Samkhya Darshan
- Shiv Samhita
- Upanishad/ Bhagwat Gita

Foundation of Yoga

- Etymology and Definitions of Yoga (Patanjali Yoga Sutra, Bhagwad Gita, Kathopanishad).
- Brief Introduction to origin, history and development of Yoga (Pre- Vedic period to contemporary times).
- Yoga in Principle Upanishads.
- Yoga tradition in Jainism: Syadvada (theory of seven fold predictions); Concept of Kayotsarga / Preksha meditation).
- Yoga Tradition in Buddhism: concept of Aryasatyas (four noble truths).
- Salient features and branches of

Bharatiya Darshana (Astika and Nastika Darshana).

- General introduction to Shad Darshana with special emphasis on Samkhya, Yoga and Vedanta Darshana.
- Brief survey of Yoga in Modern and Contemporary Times (Shri Ramakrishna, Shri Aurobindo, Maharishi Raman, Swami Vivekananda, Swami Dayananda Saraswati, Swami Shivananda, Paramhansa Madhavadas ji, Yogacharya Shri T. Krishnamacharya).
- Guiding principles to be followed by the practioner.
- Brief Introduction to Schools of Yoga; Jnana, Bhakti, Karma, Raja & Hatha.
- Principles and Practices of Jnana Yoga.
- Principles and Practices of Bhakti Yoga.
- Principles and Practices of



**Student's Evaluation Sheet for Practical Examination
Yoga Teacher and Evaluator (RYT 800)**

| Evaluation Table | | | | | | |
|---|-------------------|-----------------------------------|------------------|----------------------|---------------------------|--------------|
| Section 1: Prayer, Sukshma Vyayama and Shatkriyax | Max. Marks | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Prayer | 10 | | 10 | | | 5 |
| Shat Kriya | 10 | | 10 | 10 | | 5 |
| Sukshma/sthula Vyayama: | 10 | | 10 | 10 | | 5 |
| TOTAL | | | | | | 15 |
| Section 2: Surya Namaskar & Yoga Asana | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Surya Namaskar: | 10 | | 10 | 10 | | 5 |
| Tough Asana: | 10 | | 10 | 10 | | 5 |
| Easy Asana 1: | 10 | | 10 | 10 | 10 | 5 |
| Easy Asana 2: | 10 | | 10 | 10 | | 5 |
| TOTAL | | | | | | 20 |
| Section 3: Pranayama, Mudra, Bandha & Meditation | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Pranayama 1: | 10 | | 10 | 10 | 10 | 5 |
| Pranayama 2: | 10 | | 10 | 10 | | 5 |
| Mudra | 10 | | 10 | 10 | | 5 |
| Bandha | 10 | | 10 | 10 | | 5 |
| Meditation: | 10 | | | 10 | 10 | 5 |
| TOTAL | | | | | | 25 |
| Section 4: Teaching Practice | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Teaching Topic: | 10 | | | 10 | 10 | 20 |
| Section 5: Evaluation Skills | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Evaluation Topic: | 10 | | | 10 | 10 | 20 |
| Section 6: Application of Knowledge | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Question 1: | 10 | Yoga Video Submission | | 10 | | 5 |
| Question 2: | 10 | Yoga Teaching | | 10 | | 5 |
| Section 7: Field Experience | | Name of the Practice | Skill (a) | Knowledge (b) | Teaching Skill (c) | Total |
| Certificate | 10 | Yoga Quiz Winners | | 10 | | 5 |
| Questions: | 10 | Sunday Talk, Conference, Seminarm | | 10 | | 5 |
| TOTAL | | | | | | |
| Grand Total (out of 120) | | | | | | 120 |



Karma Yoga.

- Concept and Principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskars and their significance in Yoga Sadhana.
- Concept and Principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- Concept and Principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- Concept and Principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- Introduction to Bandha & Mudra and their health benefits.
- Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.
- Introduction to Dhyana and its role in health and wellbeing.

Introduction to Yoga Texts

- Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.
- Yoga in Kathopanishad, Prashnopanishad, Taittiriyaopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- Concept of Sthitaprajna (stages

and characteristics) in Bhagavad Gita.

- Significance of Bhagavad Gita as a synthesis of Yoga.
- Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- Introduction and highlights of Yoga Vasishtha, Definitions of Yoga and their relevance in Yoga Vasishtha.
- Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 1 to 2, 46 to 55, III- 1 to 6).
- Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Klesha and Vivek-Khyati and their relationship with wellness.
- Concept of Ishwara and its relevance in Yogasadhana, qualities of Ishwara, Ishwarapranidhana.
- Concept of Kriya Yoga of Patanjali and its importance for healthy living.
- Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
- Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi).
- Concept of mental well-being according to Patanjali Yoga.
- Hatha Yoga: Its origin, history



and development. Hatha Yoga: its meaning, and definition, aim, objectives and misconception about Hatha Yoga.

- Sadhaka Tattva and Badhaka Tattva principles to be followed by Hatha Yoga practitioner.
- Concept of Matha, Mitahara, Pathya & Apathya, Types of Aspirants.
- Hatha Yoga practices according to different Hatha Yogic Texts (Hatha Pradipika, Gheranda Samhita and Hatharatnavali).
- Concept of Shwasa-Prashwasa, Vayu, Prana, Upa-Prana, Shat Chakra etc.
- Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).
- Relevance and importance of Hatha Yoga practices in health and well being.

Yoga and Health

- Introduction to Human Body – Anatomy and Physiology
- Introduction to Human body.
- Basic structure and functions of Musculoskeletal system, Respiratory system, Cardio vascular system, Nervous system, Digestive system and Endocrine system.
- Homeostasis: its mechanism to

maintain internal environment of the body.

- Introduction to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
- Impact of Yogic practices on different systems of the human body: Benefits of Shatkarma, Yogasana, Pranayama and Bandha on Respiratory, Circulatory, Musculoskeletal system.
- Introduction to Psychology
- Introduction to psychology, concept of human psyche, stages of consciousness, cognitive process: Its meaning and nature.
- Definition and nature of Behavior, kinds of Behavior Motivation.
- Emotions: definition, nature and physiological changes during Emotion.
- Mental Health: Yogic view of Mental Health and Mental Illness.
- Role of Yoga in Mental Health. Importance of psychosocial environment for health and wellness.
- Yoga for Health and Wellness.
- Yogic concept of health, wellness and illness.
- Importance of psycho-social environment for health and



wellness.

- Role of Yoga in various dimensions (physical, mental, social and spiritual) of health.
- Importance of following Dinacharya and Ritucharya for wellbeing.
- Role of Ahara, Nidra and Brahmacharya in wellness.
- Yoga for Disease Prevention And Health Promotion.
- Meaning and definition of Health and Disease, Concept of Adhi and Vyadhi,
- Yoga as a preventive Health care- Heyam dukham anagatam.
- Potential causes of ill –health: Tapatrayas and Kleshas, Mental and Emotional ill Health: Anatrayas.
- Shuddhi Prakriyas in Yoga and their role in preventive and curative Health.
- Knowledge of Trigunas, Pancha-Kosha, Pancha-Prana and Shatkchakra and their role in Health and Disease.
- Yogic concept of Holistic Health and its importance in the management of Diseases.

Applied Yoga

- Yoga And Education
- Education: Its meaning, definition and goal, role and

importance of education in Human Excellence.

- Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education: Teacher, Student and Teaching, Guru- Shishya- Parampara and its importance in Yoga Education.
- Value Education: Its Meaning and Definition, Types of values, value –oriented Education in Personality Development.
- Contribution of Yoga towards Development of Values, Spiritual Growth.
- Salient features of Ideal Yoga Teacher, Role of Yoga Teacher in Value-oriented Education, Role of Yoga in development of healthy society.
- Yoga For Personality Development
- Personality: Meaning and types of personality.
- Determinants of Personality with reference to psycho-social environment.
- Knowledge of various facets and stages of development of personality.
- Personality Development; Role of spirituality and positive attitude in personality development.
- Role of Yogic practices (Asana, Pranayama, Shatkarma, Bandha,



Mudra etc.) in the Personality Development.

- Yogic management of stress and its Consequences
- Definition, nature and types of stress.
- Symptoms and consequences of stress on human mind.
- Yogic perspective of stress. Yogic principles for the management of stress and its consequences.
- Concepts and techniques of Stress management in Ashtanga Yoga of Patanjala Yogasutra and Bhagawad Gita.
- Specific practices for stress management: Yogasana, Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation.
- Yoga for prevention and management of Life Style Disorders
- Concept of Yogic life style and its relevance.
- General knowledge about life style related disorders: Acidity, Constipation, Irritable bowel Syndrome (IBS), Bronchial Asthma, Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis etc.
- Role of Yoga in prevention and management of common disorder: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma, Sinusitis,

Hypertension, Neck pain, Low Backache, Osteo-arthritis.

- Role of Yoga in prevention and management of non-communicable disorders.
- Yoga as an integrative medication.

Yoga Practical

- Prayer
- Concept and Recitation of Pranava
- Concept and Recitation of Hymns
- Selected universal prayers, invocations and Nishpatti Bhava.

Yogic Shat Karma

- Neti: Sutra Neti and Jala Neti
- Dhauti: Vamana Dhauti (Kunjil)
- Kapalbhati (Vatakrama)

Yogic Sukshma Vyayama and Sthula Vyayama

- Yogic Sukshma Vyayama (Microcirculation Practices)
- Neck Movement
- Shoulder Movement
- Trunk Movement
- Knee Movement
- Ankle movement
- Yogic Sthula Vyayama (Macrocirculation Practices)



- Sarvanga Pushti
- Hrid Gati (Engine run)

Yogic Surya Namaskara with Mantra

Yogasana

- Tadasana, Hastottanasana, Vrikshasana
- Ardha Chandrasana, Padahastanasana
- Trikonasana, Parshva Konasana, Katichakrasana
- Dandasana, Bhadrasana, Padmasana, Vajarasana,
- Yogamudrasana, Parvatasana
- Mandukasana, Ushtrasana, Shashankasana, Utthana Mandukasana,
- P a s c h i m o t t a n a s a n a , Purvottanasana
- Vakrasana, Ardha Matsyendrasana, Gomukhasana
- Makarasana, Bhujangasana, Salabhasana, Dhanurasana
- Pavanamuktasana and its variations
- Uttanapadasana, Ardha Halasana, Setubandh asana, Saral-matsyasana
- Halasana, Chakrasana
- Sirshasana
- Shavasana

Preparatory Breathing Practices

- Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)
- Yogic Deep Breathing
- Anuloma Viloma/ Nadi Shodhana

Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Ujjayee Pranayama (Without Kumbhaka)
- Sheetalī Pranayama (Without Kumbhaka)
- Sitkari Pranayama (Without Kumbhaka)
- Bhramari Pranayama (Without Kumbhaka)

Concept and Demonstration of Bandha and Mudra

a) Bandha

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

b) Mudra

- Yoga Mudra
- Maha Mudra
- Vipareetakarani Mudra



Practices leading to Dhyana Sadhana

- Body awareness and Breath awareness
- Yoga Nidra
- Antarmauna
- Recitation of Pranava and Sohama
- Recitation of Hymns
- Practice of Dhyana

Methods of Teaching & Evaluation

- Teaching methods with special reference to Yoga
- Factors influencing Yoga teaching
- Need of teaching practice and its use in Yogic practice.
- Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
- Methods of teaching Yoga to an individual, small group and large group
- Use of audio-visual aids, ICT, multimedia and online resources
- Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation
- Lesson plan: Its meaning and

need

- Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group
- Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
- Assessment of a Yoga class (detection and correction of mistakes).
- Measurement, assessment and evaluation: concepts, principles and applications
- Examination reforms and designing formative and summative evaluation
- Program evaluation: Yoga class/ workshops/ camps, yoga teaching, and yoga teacher
- Assessment of yoga centres and institutes- criteria, processes, instruments, results.

Book for reference for Theory

- Yogaguru Mohan Karki: Seven Secrets of Yoga Science, The Yogaguru Institute, Delhi, 2014
- Yogaguru Mohan Karki: Food Mantra, The Yogaguru Institute, Delhi, 2020
- Yogaguru Mohan Karki: Science of Holistic Health, The Yogaguru Institute, Delhi, 2018
- Goyandka, Harikrishandass: Yoga Darshan, Geeta Press, Gorakhpur (Samvat 2061).



- Karel Werner: Yoga and Indian Philosophy, Motilal Banarasidas.,1975
- Swami Vivekananda: Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- Basavaraddi I. V. and Pathak, S. P.: Hathayoga ke Aadhar avam Prayoga (Sanskrit-Hindi), MDNIY, New Delhi, 2007
- Sahay G. S.: Hathayogapradipika, MDNIY, New Delhi, 2013
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- The Sadhaks: Yoga Therapy, The Yoga Institute, Santacruz, 2002
- Swami Karmananda: Management of Common Diseases, Bihar Yoga Publication Trust, 2006, Munger
- Bhogal, R. S: Yoga and Modern Psychology, Kaivalyadhama , Lonavala
- Dr. M.L. Gharote: Applied Yoga, ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010
- Prof. Ram Harsh Singh: Yoga and Yogic Therapy, Chaukhambha Subharati Publishers, Varanasi, 2011
- MDNIY: Yoga Module for Wellness Series (1 to 10), MDNIY, New Delhi 2011
- Basavaraddi, I.V.: How to manage Stress through Yoga, MDNIY, New Delhi
- Robin, M., Nagendra, HR & Ford-Kohne, N: Yoga for Common Ailments, Simon & Schuster, UK, 1990
- Basavaraddi, I. V. & others: Yoga Teachers Manual for School Teachers, MDNIY, New Delhi, 2010



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- Brahmachari Swami Dharendra: Yogic Suksma Vyayama, Dharendra Yoga Publications, New Delhi
- Brahmachari, Swami Dharendra: Yogasana Vijnana, Dheerendra Yoga Prakashana, New Delhi
- Iyengar, B. K. S.: Light on Yoga, Harper Collins Publisher, New Delhi, 2005
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- Basavaraddi, I.V.: A Monograph on Shatakarma, MDNIY, New Delhi, 2016
- Basavaraddi, I.V.: A Monograph on Yogasana, MDNIY, New Delhi, 2016
- Basavaraddi, I.V.: A Monograph on Pranayama, MDNIY, New Delhi, 2016
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- Basavaraddi, I.V. & Bharti Swami Anant: Pratah Smarana, MDNIY, New Delhi, 2016
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- Iyengar, B.K.S: Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial Yoga, Institute, Pune YOG, Mumbai
- Goel, Aruna: Yoga Education Philosophy & Practices, Deep & Deep Publication, New Delhi
- Stephens, Mark: Teaching Yoga, Essential Foundation & Techniques, North Astantic Books, California
- Duggal, Styapal: Teaching Yoga, The Yoga Institute, Santacruz, Bombay, 1985
- Ramdev, Swami: Pranayama Rahasya
- Ravi Shankar, Sri Sri : Upanishad, Vol. I



Syllabus for Women Health & Pregnancy Yoga Teacher's Training Course

PART I : WOMEN HEALTH

- Female Reproductive system
- Menstruation Cycle
- PCOD
- PCOS
- Fibroids
- Hormonal misbalancing
- Menstrual problems
- Pre-menstrual Problem (PMS)
- Menopause
- Fibromyalgia
- Pelvic Problems
- Cervical cancer
- Causes of Infertility
- Diet
- Asanas according to the disease
- Pranayama according to the disease
- Mudras according to the disease
- Subconscious Health

PART II : PREGNANCY YOGA

- What is pregnancy, pregnancy yoga and Garbh Sanskar?
- Ideal Lifestyle during pregnancy
- Reproductive system
- Mystery behind conception
- Development of baby (Spiritual science & Modern Medical Science)
- Common Complaints and Complications
- Red fleg Symptoms
- Functions of hormones during pregnancy
- Diet during pregnancy

- Mantra Sadhana
- Asnas according to the gestational months
- Pranayama according to the gestational months
- Mudras
- Meditation
- Yognindra
- Mantra Sadhna
- What that is labour?
- Vedic birthing
- Frequently asked questions
- Myths during pregnancy

PART III : GARBH SANSKAR

- The Vedic Concept of Child's Programing
- Sex & Swar-Yog
- Sanskar During pregnancy
- There Is No Birth! Only Rebirth!!
- Ved & Upanishad
- Krishna Yajur Veda
- Abortion And Its Karmik Effects
- Abortion Is a Sin Not A Mistake
- The Importance Of Umbilicus & The 'Silver Cord'
- Rajat - Rajju
- Stories Of Garbha Sanskar
- Signs Of a Divine Being
- The Masters Speaks



Syllabus for Naturopathy

PART -I PHILOSOPHY

1. The evolution of the human body.
2. Philosophy of the body, mind, soul, spirit and spiritual body
3. a) Composition of the human body, according to Ayurveda, Naturopathy, Yoga, Modern Medicine & Homeopathy.
b) History and Fundamental (Basic) principles of Naturopathy
- 4 Comparative study of the Naturopathy with other systems of Medicine.
- 5 Ayurvedic Approach towards Naturopathy.
- 6 **Philosophy of Indian Naturopaths**
 - a. Vegiraj Krishnamraju
 - b. Mahatma Gandhi
 - c. Dr. S.J. Singh
 - d. Dr. B. Venkat Rao
 - e. Dr. k. Laxman Sharma
 - f. Dr Bithhal Das Modi
7. **Philosophy of International Naturopaths.**
 - a. Hippocrates
 - b. Vincent Priessnitz.
 - c. Sebastian Kneipp.
 - d. Louis Kuhne.
 - f. Adolf Just.
 - g. Henry Lindlahr.
 - h. Herbert M. Shelton
 - i. J.H. Kellog
 - j. Benedict Lust
8. Laws of Nature
 - a) Panchamahabhutas
 - b) Shareera Dharmas- Ahara, Nidra, Bhaya, Maithuna.
 - c) Inflammation and its different stages.
 - d) Natural rejuvenations.
 - e) Concept of disease according to Naturopathy
- 9 **Swasthya Vritam :-**
 - a) Dinacharya
 - b) Ratricharya
 - c) Ritucharya
- 10 Unity of disease unity of cure
- 11 Foreign matter and Toxins accumulation in the body and its importance in elimination through different ways of channels. (Toxemia/Foreign Matter Theory.)



12 Natural immunity (ways of acquiring it)

13 Difference between diseases.

14 The Philosophy of Health

a) Health Standards

b) Health status; Ancient era and current era.

c) Positive Habits

d) Demolishers of Health [Tea, Coffee, Salt, Sugar, Tobacco Chewing smoking Alcohol Non-Veg (Animal Food), Excess Fat & Oil, Negative Thinking & attitude etc.

15 Body's Protective Mechanism

a) Digestion First Line of Defense Against Disease

b) The Liver second line of Defense Against Disease.

c) The Endocrine Glands Third line of Defense Against Disease.

16. Nutrition supplements from food

a) Food is the Healer

b) Let Food Be your Medicine

c) Wheat Grass - Health benefits

d) Salt Eating

20. Philosophy of Death

PRACTICALS: Visiting to various nature cure clinics/hospitals.

PART –II PRACTICAL

1 Properties of Water, Mud, Air

and Sunlight.

2 Role of diet in Naturopathy and Yoga (Satvic, Tamsic, Rajsic)

3 Outline on a) Regular Habits for health b) Rest and Relaxation c) Live Food- Natural Raw diet d) Fasting e) Exercises.

4 The Diagnostic Procedures in Naturopathy & their Diagnostic Values :-

a) Facial Diagnosis

b) Iris diagnosis

c) Chromo Diagnosis

d) Spinal Analysis

5 Treatment Modalities in Nature Cure (in brief)

A. Hydrotherapy

- Enema
- Colon Hydrotherapy
- Hip Bath
- Spinal Bath
- Spinal Spray
- Foot Bath
- Arm Bath
- Contrast Arm & Foot Bath
- Steam Bath
- Sauna Bath
- Packs
- Full Wet Sheet Pack
- Jacuzzi
- Sitz Bath



- Full immersion Bath
- Under Water Massage
- Douches
- Cold Circular Jet Bath
- Whirlpool Bath
- Gastro Hepatic Pack
- Kidney Pack
- Oxygen Bath

B. Mud Therapy

- i) Mud Packs
- ii) Mud Bath

C. Chromo therapy

Color Treatment

- i) Heat, Light, Ultra-violet and infra red rays
- ii) Chromothermolium

Heliotherapy

- i) Sun Bath
- ii) Athapasnana (Banana Leaf Bath)

D. Air-Therapy

- i) Air Bath
- ii) Ozone Bath

E. Fasting Therapy

- Science of fasting, physiological effects, rules & regulations of fasting, classifications of fasting. Indications & Contra Indications of fast and breaking of fast

F. Magnetotherapy

G. Massage Therapy

H. Aroma Therapy

I. Chiropractic

J. Osteopathy

K. Physiotherapy

Reference Books

1. Philosophy and practice of Nature Cure - By Henry Lindlahr.
2. Practical Nature Cure - By Dr. K. Laxman Sharma
3. My Nature Cure - By M.K. Gandhi
4. Introduction to Natural Hygiene- By Herbert M. Shelton
5. Return to nature - Adolf Just
6. Everybody's guide to Nature cure - By Harry Benjamin
7. Diet and Diet Reforms - By M.K. Gandhi
8. Mucous less diet healing system - By Arnold Ehret



Syllabus for Meditation

Part-I THEORY

1. Fundamental principles of Pranayama & Meditation with reference in traditional Yogic texts.

- General introduction to Yoga and Yoga practices
- Introduction to Pranayama (Etymology, definition, aim and objectives of Pranayama in different Yogic texts).
- Introduction to Meditation (Etymology, definition, aim and objectives of Pranayama in different Yogic texts).
- Concept of Breathing, Vayu, Prana, Upapana.
- Concept of mind, consciousness, ego: traditional perspectives
- Concept of Swara Yoga and Shat Chakras
- Classification and Types of Pranayama as referred in different Yogic texts Classification and
- Types of Pranayama as referred in different Yogic texts
- Pre-requisites of Pranayama and practices leading to Meditation and their importance
- Indications and contraindications of Pranayama and Meditation Pranayama techniques for
- Health Promotion
- Meditation techniques for Health Promotion

2. Anatomy & Physiology of Pranayama and Meditation

- General introduction to human anatomy
- General introduction to human physiology Physiology of respiration

- Regulation of respiration Meditation and Heart physiology.
- Meditation and extra sensual perceptions
- Concept of mind, consciousness, ego: modern perspectives and yogic perspective
- Inter-relationship between Pranayama and Meditation
- Breathing exercise & Pranayama their differences and inter-relationship
- Effect of Pranayama and Meditation on different systems of the human body.

3. Applications of Pranayama & Meditation

- Role of Pranayama and Meditation in disease prevention and health promotion.
- Health benefits of Pranayama
- Health benefits of Meditation
- Pranayama and Meditation for Old age problems
- Pranayama and Meditation and Cognitive functions
- Pranayama and Meditation for Women's Health problems.
- Pranayama and Meditation for Stress management.
- Pranayama and Meditation for Children and their personality development
- Meditation and psychological conditions
- Research conducted on Pranayama and Meditation
- Relevance of Pranayama and Meditation practices in modern day
- Practical Sessions.



Experiences of the Teachers Training Graduates

Amelia from Australia

Learning yoga in India has been one of the most satisfying things I've ever done. After practicing yoga for the last 7 years in Australia, I thought I had some pretty good knowledge up my sleeve. My friends would call me 'yoga girl' and would always ask me to teach them what I knew, which was really only some basic asana that I learnt in class. But how much did I really know? Turns out, not a lot.



A few months before starting the teacher training course at "THE YOGAGURU", I had hired a yoga teacher to come to my house once a week. One of the biggest shocks was how different yoga was taught here than what it is in Australia and even in the US, where I lived for a short period of time. I noticed in Australia, yoga is more 'westernized'. In other words, there are only certain aspects of yoga taught. There is a lot of emphasis on asana only and perfecting a posture;

taught in a much more systematic way. However, since starting classes at The Radisson with Yogaguru and through the teacher training program, I have learnt so much more than what I thought I would. For example, it was my first time in experiencing, practicing and learning the benefits of Pranayama. Honestly, previously all I knew is that it had something to do with breathing! One of the other things that surprised me was learning that chanting 'OM' after practice was a must. I have also gained a better understanding of the benefits of each posture and how it affects our body. I can now understand why so many foreigners travel all the way here to learn yoga.

Sometimes foreigners are so dumbfounded by the Indian culture and all its intricacies. There is so much history, so much culture, so much to learn that a foreigner, like myself becomes so intrigued and fascinated.

My take on it: If you could eat Swiss chocolate in Switzerland, you would. If you could see the Mona Lisa in its real form, why would you have a printout copy



of the painting? It's the same with yoga: why learn yoga somewhere else other than its Motherland? All I say is that I can now put a big tick against "Learn yoga in India" on my 'To Do' list- And couldn't be more grateful to be here.

Kim from South Korea

I have travelled a lot in India. But I never gave a try for yoga classes although I recognized yoga is good for health. That was because I was not interested in yoga and I also had prejudices that yoga is a mysterious magical thing for only Hindu people to perform. Accidentally, I had to have a teacher training class for yoga this summer vacation. So I came to India again. It was not for myself but for my students who are majoring in Child Education in my college and working in an elementary school as a teacher at the same time. They asked me to teach them how to deal with P.E. combining yoga which has been in fashion in Korea in every corner of the educational field.



To go on to the main issue, I had this Yogaguru teacher training class. It was really difficult and weird for me. I had to take a few theoretical tests as well. Some sorts of things were written in unknown words like Sanskrit. I was a bit depressed. But I decided to have a go for it. Now, you can imagine what happened to me. I really started to enjoy yoga and finally fell in love with yoga, which made me feel light in my body and happy in my soul and especially took me out of strong headache. I cannot

describe how many benefits yoga has... It could be more than you know. I want to emphasize and recommend Pranayama who has hot tempers and headaches like me and Savasana for depressed people because of some worries.

To have a 2nd trial I am planning to go to India this winter so that I could have all the benefits I mentioned and I could adopt many doctrines and principles from yoga teachers course into my real class. Well... I still remember the friends I met in this course and I also miss Yogaguru Mohan who gave me holy lectures for medical issues and yogic science, Yogaguru Shailendra who has a strong will like a white tiger to give a technical power yoga lesson every early in the morning and Deepti who gave a basic yoga class with cares every evening. I strongly thank them and still miss them. They are my guru forever.

DH. Kim, South Korea

Life changing story of Apurva Saxena

My journey with The Yoga Guru began in March 2010, when I was recovering from my bad health and migraine issues. It was almost impossible for me to shed my weight. I was 75kgs at the age of 22.



It was not just a matter of worry for me, but depressing as well. But when I joined "The Yogaguru" my weight in four months



without dieting got down from 75kgs to 66kgs. Apart from the weight issue, I got rid of my migraine, my life had started changing as the instructors helped me and guided towards a happy and healthy life.

As a student, I found great interest in Yoga and always wanted to learn more and get trained in it professionally. Thankfully, Yogaguru Mohan guided me about the Teachers Training program and I

enrolled for it. It was an amazing experience, the Teachers Training course is an extensive theoretical as well as practical course which enables you train physically and mentally as well. I got a chance to become a yoga teacher and conduct classes after the course as well. The Yogaguru academy was a blessing for me and the warm and loving teachers are not just gurus. They are the 'coolest' gurus ever.

Thank you

Apurva Saxena, Pitampura, Delhi

I have learnt and a lot and this course has been a life changing experience.

I was associated with Yogaguru for over a year as a student in their Teacher training program as well as a regular practitioner of yoga. The course was very well thought out and had covered all aspects of yoga including theory,



the human body and its functioning, asana, pranayama and their benefits and contraindications. The teachers were very helpful and knowledgeable. Apart from the daily practice sessions, the weekend instructor's class was extremely useful where we practiced advanced postures and had our theory sessions. These classes gave us ample opportunity for doubt clearance and discussions on yoga. I have learnt and a lot and this course has been a life changing experience for me! Thank you Yoga guru!!

Subha Pande, Corporate Trainer–
Bangalore, India

The teachers have sound knowledge of their field which they pass on to their students in a graceful way.

Last year in October 2011, I joined the teacher training course in "THE YOGA GURU" and got to learn the various aspects of yoga in a friendly environment. The teachers have sound knowledge of their field which they pass on to their students in a graceful way. I like their natural way of teaching in this centre. And I have thoroughly enjoyed the course, Thank you so much for teaching us and for being so patient with us.



Neelu Bahel, Physiotherapist,
Rajasthan, India

My foundation, not just as



a Yoga trainer but also as a student, a yogi and a learner, was laid at The Yogaguru (TYG).

“It is rightly said that the foundation of a building determines its fate throughout its life. If the foundation built is strong, firm using the right kind of material and detailed attention than the rest of the work becomes a lot easier and smoother. My foundation, not just as a Yoga trainer but also as a student, a yogi and a learner, was laid at The Yogaguru (TYG). Every single day, I grew as a person with TYG. I was truly blessed to have found mentors like Shailendra sir and Dr. Mohan sir. They not just instilled great Yoga knowledge in me but helped me become a better person above all. I owe every inch of what I am today to The Yogaguru, and shall always do.



Thank you TYG!”

Shikha Sundriyal, MayurVihar, Delhi

The Teachers Training program was really great and unforgettable.

Namaskar Sir,

The Teachers Training program was really great and unforgettable. The association we had in my class still reminds me. I



wish I would be there in Noida again so that I would join those classes again. But this is the professional hazards with us. In my opinion yoga can only be continued in group. Alone it is difficult to keep pace. I will also join your new website: www.tygyoga.com.

I thank all my friends in Yogaguru as well.

Chanda Shanker

I learned a lot and feel confident about becoming a good yoga teacher.

The Teachers Training Program was very good experience for me. I got to learn a lot of new things about yoga in mere 3 months. Now, I feel quite confident about becoming a good yoga teacher and serve the people.



Manisha Pant Pandey, East End Apartment, Noida

I’ve started teaching with great success Rate.

Pranam Gurudev

My experience with Yogaguru is really good and learning is never ending journey. I want to remain student whole life. Even though I started Yoga in Year 1986 but started serious



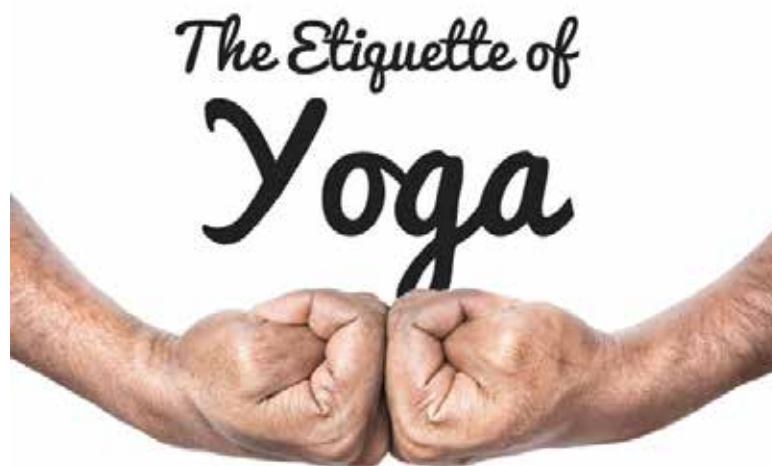


practice from year 2009 when we went to Mussorie for Yog retreat with Yogaguru. After Certification I have started teaching from April 2012 and satisfied with yoga teaching as it is a really Noble profession. My students are cured from many diseases and life style disorders like cervical, back pain, Cholesterol and also many people get rid of excess fat and weight loss from 6-7 kgs in three four months' time.

Now, I m addicted to Yog and some of my students are also expressing same feeling. I've dedicated myself to spread yoga addiction in positive note to more and more people in coming years.

Regards, Guruji!

Jasvinder Singh, Shahadra, Delhi



Are there Yoga etiquettes? Yes there are. When in Rome, do like the Romans do. This simple structure will help you to navigate your practice, the studio and your neighbours with utmost comfort for all. We practice yoga etiquette to show our respect for ourselves, our peers and our teachers. You may take yoga etiquettes as yoga rules. These rules of good yoga will help you feel comfortable when entering an unfamiliar setting. They are based on common sense and courtesy more importantly, it is about programming your mind right. So, be ready to lead a disciplined yoga routine to experience a sort of blessing with

loaded benefits in your physical, mental, emotional, intellectual and spiritual body. This deals with some issues specific to yoga classes and studios as well as to help you better.

Arrive On Time: Arrive at least 10 minutes before the class is scheduled to start. Please be on your mat with everything you need two minutes prior to the teacher entering the room. If you do arrive late, don't enter a class more than 10 minutes late if it has already started. Wait for the next class or the next day.



Remove Your Shoes: It is customary to leave your shoes outside the yoga room. We spend a good portion of the class on the floor. So, we try to keep it as clean as possible. Since we walk outside with our shoes, we leave them at the door as we enter the room. Since people will be walking around the studio barefoot, it is most hygienic if everyone takes off shoes first thing.

Switch off Your Cell Phone: Make a habit of doing this as soon as you get to the yoga studio. Keep your mobile always off, unless there is an emergency and you NEED to have your phone with you. Kindly tell the instructor and PLEASE keep it on vibrator or “no ring” mode.

Respect the Teacher: You sign on to respect the teacher for the next hour, when you enter a yoga class. You may discover halfway through the class that you don’t care for this teacher, style, or hour of the day. But you still should continue with the class, follow the teacher’s instructions, take your Shavasana, and chalk it up to experience.

Come to class sober and be a good role model: Please do not attend the class after using any recreational drugs or alcohol. Practice your stillness and discipline between the poses. Notice if you are in front of a beginner. They will follow you.

Keep Variations Appropriate: Keep in mind the level of the class you are attending. If it is an advanced class and some of the poses are too hard, it is fine to take a more basic variation of the poses being taught. Usually the teacher will offer this option. If you are attending a basic class, stick to the basic versions of the poses so you don’t confuse new students. The teacher will offer you the option to take a more advanced variation when appropriate. Modifications are fine if you need to modify postures because of a physical limitation or injury please do so. We would like to tell you the proper modification so please be open to these suggestions. Remember, what feels good (to the ego) is not always good for you. Be open to doing the yoga as is best for YOUR body. Allow the teacher to time the asanas. Please do not anticipate the next posture and take yourself into it. In a group we try to create that group energy. Starting postures together respects ALL levels in the class.

Leaving the Room & Going to the Bathroom during Resting Poses: Stay until the end of class. It is important for your health and the energy of the group. If you must leave the room for urgent reason, it is okay. But wait until we are between postures or having a break. It is fine to leave the class for a few minutes to go to the washroom: There is no need to ask the teacher’s



permission. The best time to go is when there is a period of rest, either in Child's Pose or Downward Dog pose. It is not right to routinely dodge out during difficult poses or skip part of Shavasana. Please refrain from walking in front of others while they are attempting asanas. When you are ready to re-enter peek in and make sure we are again between postures or on a break.

Grunting and moaning: Yoga is not always easy and comfortable. The heat in the room can increase these feelings of struggle or "misery". Power Yoga is a very physical practice. We all are burning through our karma and we are trying our best. The use of grunts and moans to accomplish posture or as a self motivator is inappropriate. You want to breathe as directed in the postures grunting- groaning and moaning will not make the postures any easier or better nor will it let others know how hard you are trying. Frankly, it is a distraction and disturbing to those close to you. Please find some awareness to the "voice" of your practice. Silence. Silence.

How to Handle Gas: Yoga often makes you burp. Burping quietly as you can is of course excusable; this is a very common issue. Regarding gas in the lower GI tract: as always it is best to leave the room if you have particularly bad gas and need to expel it. Please... we won't be offended by your exiting the room for a minute or so. yes,

we do a posture specifically to help move wind through the colon... but it is common for everyone to hold any gas in that posture for fear of embarrassment. Gas can be released in this posture and will give you much relief at home if you need it and you are comfortable. I guess the "bottom line" is... if it's going to stink- take it outside.

Gum- Yoga is about focus. Gum is about distraction. Please, don't have gum while you are practicing. It can also interfere with your breathing.

Towel and Mat- Buy your own sticky mat and towel for your practice. It is the best thing to do if you can afford. It'll help you keep your practice more hygienic at the same time your regular practice on own mat helps you to keep your energy vibration better. Your mats should be washed every 5-7 sessions. Wash sticky mats with a small amount of soap in warm water. You can hang them out to dry on the shower or outside for a few hours.

Water and drinking: You can bring small water bottle with you. Drink when the class breaks for a drink, drink when you need to and drink when you are thirsty. Please do not drink while laying in Shavasana. It's best not to be in posture, come out, drink and go back into the posture. Our time per posture is limited. Please focus on the posture when we are working- of course if a posture makes you dizzy,



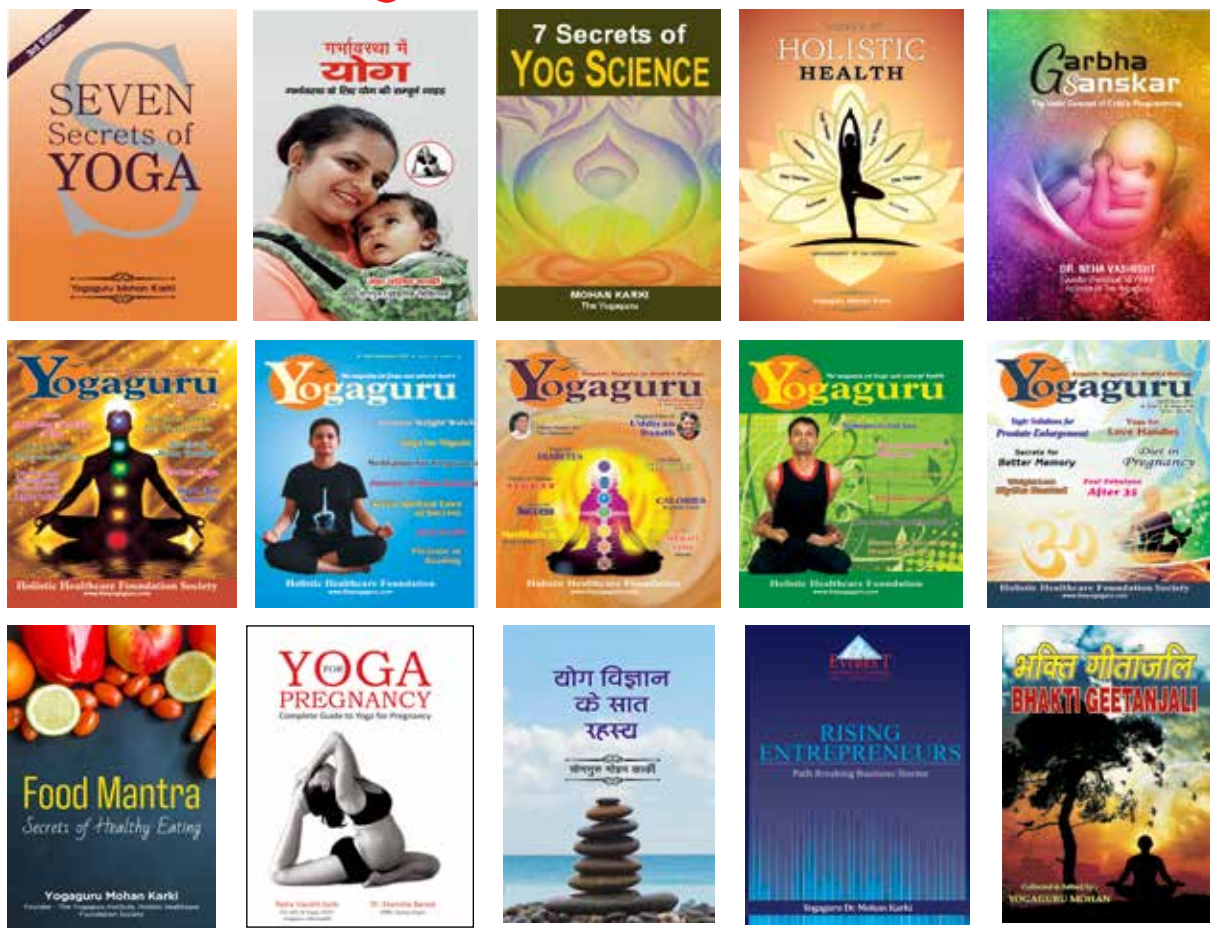
SIT DOWN IMMEDIATELY. Have water and rejoin. The point is, try not to let the water be a distraction. Let it be what it is. Please keep the cap on your water bottle at all times when you are not actively drinking.

Don't Skip Savasana: Your final relaxation in Savasana is an important part of your practice. Don't plan to leave the class early. If you must, tell the teacher in advance and take a short Savasana before you go. Don't make a habit of this. Shavasana do's and don'ts: Do lay still, eyes close. Do slow

down and quite your breath. Do rest. Don't drink water while in Savasana. Don't fix your hair. Don't scratch your leg. Don't wiggle your fingers. Don't fidget. Do try to cultivate stillness of the body. This is the first step toward stillness of the mind. Honor the silence of the room, especially during Savasana. Please no talking, moaning or loud noises in the studio.

Leave no trace: Please deposit trash, recycling, mats and towels in their proper place. Bring home your clothes, water bottles and equipment.

Writing & Publications





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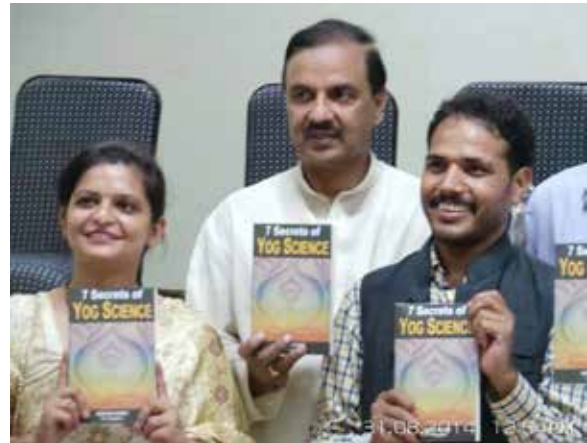
Ataricha Thapliyal
Gold Medalist- TTC(2015)

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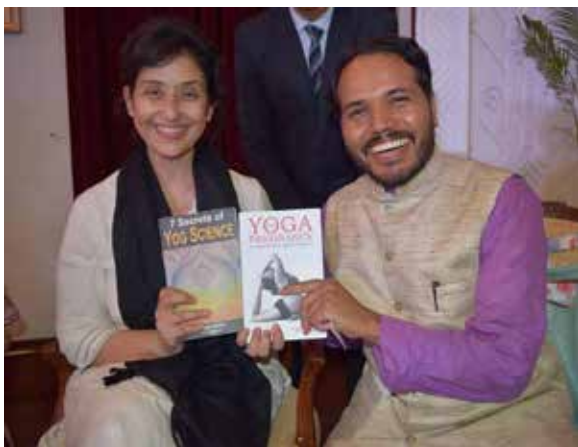
Yogaguru Activities



Book launched by Parampujya Ayurved Shiromani
Acharya Balkrishna ji Maharaj



Book launched by **Dr. Mahesh Sharma**
Minister Govt. of India



Super Star Bollywood Actress **Manisha Koerala**



Magazine launched by
Dr. J.P.N. Mishra & D.N. Sharma



Yogaguru Neha being Awarded



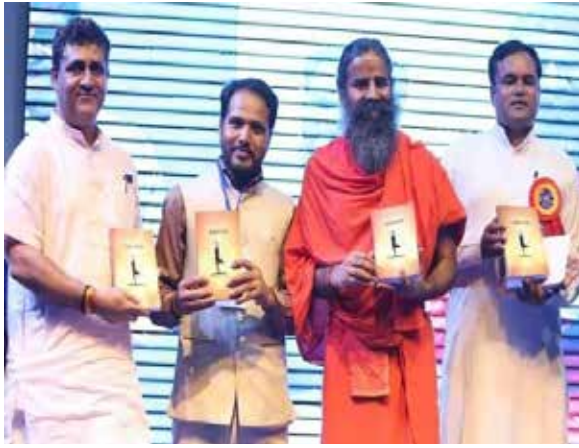
Yogaguru Mohan with Foreign Minister of Nepal



The Yogaguru Affiliation Certification, Faridabad



Yoga Session in Yogaguru, Noida



Parampujya Swami Ramdev ji Maharaj Releasing the book written by **Yogaguru Mohan Karki**



Yogaguru Mohan Chairing International Yoga Festival, Rishikesh, India



Book authored by Yogaguru Mohan Karki : "योग विज्ञान के सात रहस्य" Launching Evening



Yogaguru Mohan Karki being Awarded by Ministry of Ayush and INO at AIIMS, New Delhi



Teaching of Geeta Satsan at Yogaguru, Noida



Yogaguru Mohan Karki with Dr. Ishwar Basavaraddi, Director, MDNIY, Ministry of Ayush, Govt. of India



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Pitampura, New Delhi-110034
Email: theyogaguru@gmail.com

The Yogaguru Institute

Club 15A, Sector-15A, Noida
Email: theyogaguru@gmail.com

The Yogaguru Institute

Radisson Hotel, Sector-18, Noida
Email: theyogaguru@gmail.com

The Yogaguru Institute

F18, Block F, Basement, Secto 39, Noida
Email: theyogaguru@gmail.com

The Yogaguru Institute, Jasola Vihar

Netaji Sports Complex Jasola Vihar, New
Delhi, Delhi 110025
Email: theyogaguru@gmail.com

The Yogaguru, US

53 Church St, New Bedford, MA, United
States, Massachusetts.
Ph.: +1 774-208-4147
vineeta.singh.yogaguru@gmail.com
vagar.com/theogaguru

The Yogaguru Canada

Burlington, Canada
deetimacrobioticpractice@gmail.com

The Yogaguru Nepal

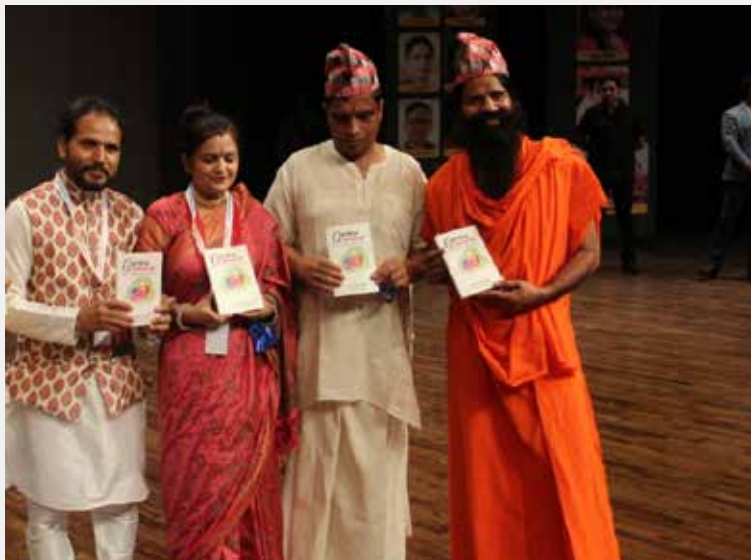
Triyuga-8, Shahikhola, Gaighat, Udaypur,
Nepal, Email: theyogaguru@gmail.com

Universal Yoga School, Faridabad

(Affiliated to The Yogaguru)
SCF 10, Ashoka Enclave Part II, Sector 37,
Faridabad, Haryana 121003
Mob.: 95990 96385

Omansh Health & Fitness, Ghaziabad

(Affiliated to The Yogaguru)
Basement, Plot Num – 290, Sector – 4,
Vaishali, Ghaziabad Mob.: 85270 45759



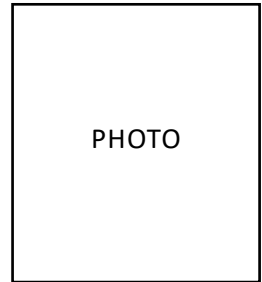
Garbha Sanskar:
The Vedic Concept of
Child's Programming
Book launched
by
Parampujya Yogrishi
Swami Ramdev ji
Maharaj & Parampujya
Ayurved Shiromani
Acharya Balkrishna
ji Maharaj written
by **Yogaguru Neha**
Vashisth Karki



Yoga Teachers' Training & Certificate Course



APPLICATION FORM



Please fill this form carefully, write legibly in capital letters

Name (Capital Letters):

Son/Daughter/Wife of:

Date of Birth and Age: Sex: Marital Status:

Address:

.....

Mobile: Email:

Nationality:

For NRIs / Foreigners:

a) Passport No:

b) Visa details:

ACADEMIC QUALIFICATIONS :

(Attach Certificate of Highest Exam Passed) (Student should give the name of School / College / University)

Occupation :

Mention the yoga certifications and institute:

Experience as a social worker (if any) address of the organization in which you have worked:

STARTING DATE OF THE COURSE:





Please answer the following questions. Use extra paper if necessary.

1. How long have you been practicing Yoga?
2. Describe your practice and how often do you practice?
3. Are you presently taking classes as a teacher? Describe the level of students (Beginners, Intermediate Advanced and Mixed).
4. Do you have any injuries, disabilities or illnesses that might affect your study and practice of Yoga?
5. Which Yoga books have you read or used as guides?
6. Which aspects of Yoga are you most interested in? (Asanas, Pranayama, Meditation, the yoga philosophy, etc.)
7. Describe any other Body/Mind/Spirit practices which you have experienced.

I have gone through the details of the course prospectus and instructions. I hereby agree to abide by all the rules and regulations of the institution.

Date:

Place:

Signature of Student

Please Note:

Along with this application form pay Rs in Cash/Online transfer or send Your Cheque/ Demand Draft in favor of "The Yogaguru" payable at Delhi to the following address: The Yogaguru, Noida, U.P, India

"The Yogaguru" A/C 049010200026080 IFSC: UTIB0000049 (Axis Bank)

FOR OFFICE USE ONLY

Receipt No:

Date:

Cheque/Online Transfer / Demand Draft No:

Bank Name:

Rs in words (Rupees)


Remarks:




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Founder President

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- **Pre-Conception Programme**
- **Post Pregenancy Programme**
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- **Vedic Conception (Alternate of IVF)**
- **Yogic Birthing (Spiritual Process for Delivery)**
- **Pregnancy Yoga Teacher Training**
(Classes available : Online/Offline)
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*Women Health workshop equips the participants with technique to cure and prevent health complications viz. PCOD, PCOS, Menopause, Hormonal Imbalances, infertility, Cervix Cancer, Cervical Spondylitis, Back pain, Stress , Sciatica pain, Frozen Shoulder, Muscle Pull, Tennis Elbow, Varicose Vein, Gestational Problems, Diabetes, Asthma, Fibromyalgia, Hypertension, Thyroid, Depression, Anxiety, Insomnia and other Gynaecology Problems.

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