

## Bharat Yoga Vidya Kendra Program September 2020

**Beginners Level:** Yoga M - Practical Oriented Mostly with little Theory. Inclusive of "Yoga Volunteer" of AYUSH

**Medium of Instruction:** English

**Mode of Conduction:** Online (Zoom)

**Course Duration:** 2 weeks (14 days)

**Eligibility and Age:** 15 to 75 years.

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| <b>Theory Hours:</b>                          | 3 Hours  |
| <b>Practical Hours:</b> 14 days x 1.5 hours = | 21 Hours |
| <b>Online Resource:</b>                       | 12 Hours |
| <b>Total Hours:</b>                           | 36 Hours |

### Syllabus for Theory:

1. Yoga : Etymology, Definitions, Aim, Objectives and Misconceptions.
2. Guiding principles to be followed by Yoga practitioners.
3. Introduction to Yoga practices for health and well being.
4. Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
5. Introduction to Yogasana: meaning, principles, and their health benefits.
6. Introduction to Pranayama and Dhyana and their health benefits.
7. Importance of subjective experience in daily Yoga practice.

### Syllabus for Practical:

1. Yoga M Postures
2. Prayer: Concept and recitation of Pranava and other hymns.
3. Griva Shakti Vikasaka ( I,II,III,IV)
4. Bhuja Balli Shakti Vikasaka
5. Purna Bhuja Shakti Vikasaka
6. Kati Shakti Vikasaka (I, II, III, IV, V )
7. Jangha Shakti Vikasaka (II-A&B )
8. Pada-mula shakti Vikasaka – A&B
9. Gulpha-pada-pristha-pada-tala shakti Vikasaka
10. Sectional breathing (abdominal, thoracic and clavicular)
11. Yogic deep breathing
12. Recitation of selected hymns, invocations and prayers from Vedas & Upanishads
13. Body and Breath awareness
14. Yoga Nidra

**Qualifying Criteria for Certification:** 80% attendance

**Course Fee:** Rs. 1500/- (for Indian Nationals) USD 35 (for Foreign Nationals) (Includes Course Handouts)

**Mode to Remit Fee:** Online transfer (Details will be shared upon receipt of application to shortlisted candidates)

**No. of Seats per Batch:** 25 (+5)

**Batches:**

6:00 am to 7:30 am

8:30 am to 10:00 am

4:00 pm to 5:30 pm

**Admission Process:** Upon receipt of application, short-listed candidates will be intimated by email and mode of fee payment will be informed. Waitlisted candidates will be accommodated in subsequent batches, which will be announced on the website.

**Certification:** Yoga Volunteer. Recognized by AYUSH, upon successful completion of this course you will be eligible to assist in conducting classes for groups in parks, workplaces, various other organizations and be a part of Fit India Movement. This certification will enable you to further apply for intermediate courses to become a protocol instructor.