



DAKSHIN YOGA KENDRA

Yoga Wellness Instructor (Crash Course)

This is a comprehensive course that makes the participants understand and appreciate yoga in its true essence. The objective of this course is to train and develop students to teach the ancient and traditional knowledge of yoga to all across the globe. On successful completion, a certificate for ‘Yoga Wellness Instructor’ will be issued by Yoga Certification Board (YCB) – Ministry of AYUSH, Govt of India.

The students are trained to develop a strong foundation in understanding the ancient authentic yoga philosophy, traditional yogic practices and also have an opportunity to explore the age-old yogic wisdom. The students are made to experience a transformation from inside.

Course duration – 45 days (July 1st to August 15th 2021)

Mode of teaching – Online (Zoom Platform)

Medium of Instruction – English





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Eligibility –

Education Qualification – 10th Pass from a recognised board of education

Age Limit – minimum 16 years completed

Course Fees – 8750 INR (Exclusive of Examination Fees) [Click Here to Pay.](#)

Curriculum – The syllabus comprises of both theory and practical with more emphasis on the practical aspects. The syllabus is designed in such a way that the student gains confidence to share his knowledge with others.

Certification

A certificate for ‘Yoga Wellness Instructor’ is issued by [Yoga Certification Board \(YCB\) -Ministry of AYUSH, Govt of India.](#) at the successful completion of the course.

This is an internationally recognized certification (Student will bear the Ayush Ministry Certification charges)

A mock exam will be conducted in-house during the training.

Total Marks: 200 (Theory: 60 + Practical: 140)





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After completion of the training, it is mandatory that the student takes an online exam for certification. Further details will be provided during the course of the training period. 80% attendance is mandatory for taking the examination.

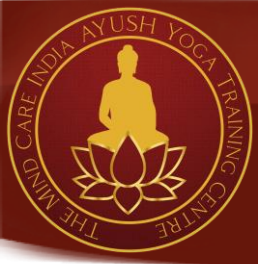
Detailed Syllabus – Theory and Practical

Theory

Week 1 – Introduction to Yoga and Yoga Practices (10 Hours)

1. Yoga: Etymology, definitions, aim, objectives and misconceptions.
2. Yoga: Its origin, history and development.
3. Brief Life sketches and teachings of great yogis and masters.
4. Principles and Practices of Jnana Yoga, bhakti yoga and karma yoga
5. Brief Introduction to Samkhya and Yoga Darshana.
6. Concept and principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana
7. Concept and principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.





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8. Concept and principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
9. Concept and principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
10. Introduction to Tri Bandha and their health benefits.
11. Dhyana and its significance in health and well being.
12. Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.

Week 2 - Introduction to Yoga Texts (10 Hours)

1. Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.
2. Yoga in Kathopnishad, Prashanopanisha, Tattriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
3. Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.
4. Introduction to Bhagvad Gita and the concept of Ahara, Vihara, Achara, Vichara in BG





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5. Study of Patanjali Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 46 - 51, III- 1 to 4).
6. Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with wellness.
7. Ashtanga Yoga of Maharishi Patanjali and the concept of mental well being according to PYS
8. Introduction to Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita). Relationship between Hatha yoga and Raja Yoga.
9. Sadhaka and Badhaka tatva, principle to be followed by Hatha Yoga practitioner.
10. Concept of Matha, Mitahara, Pathya & Apathya.
11. Concepts of Nadis, Prana and Pranayama for Subjective experiences.
12. Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).

Week 3 - Yoga for Wellness (10 Hours)

1. General introduction to human body and nine major systems of human body and their functions and homeostasis





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2. Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
3. Yogic concept of health and wellness.
4. Concept of Tridoshas, Sapta Dhatu, Agni, Vayu and Mala; their role in wellness
5. Concepts of Dinacharya and Ritucharya and their importance in well being.
6. Importance of Ahara, Nidra and Brahmacharya in well being.
7. Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).
8. Importance of psychosocial environment for health and wellness.
9. Yogic concept and principles of Ahara(Mitahara, Yuktaahara).
10. Health benefits of Suryanamaskara, Shatkarma, Asanas, Pranayama and practices leading to Dhyana (as per the practical syllabus of the course).
11. Knowledge of common diseases; their prevention and management by Yoga.
12. Knowledge of role of Yoga in the management of non communicable diseases.
13. Concept of stress and Yogic management of stress and its consequences.

Week 4 &5 – Practical

Opening Prayer – Recitation of Pranava and selected universal Prayers, Guru Vandana





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Yogic Sukshma Vyayam

Yogic Sthula Vyayam

Surya Namaskara

Yoga asanas

Pranayamas

Dhyana

Closing Prayer and Guru Vandana

B. Teaching Skills (Methods of Teaching Yoga)

Teaching and Learning

Types of teachers in yoga

Need for teaching Yoga

Teaching aids

Methods of teaching Yoga – Individual and Group

Lesson Plan and its presentation

Course Registration

- 1) Course Fee Payment : Click ***Here*** to Pay
- 2) Course Application Form : Click ***Here*** to redirect.

