



SBPASS YOGA SCHOOL

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Yoga Professional Certification

Level-1 (Yoga Protocol Instructor)

Syllabus: As per YCB Norms

Theory	Practical skills
<p>Introduction to Yoga and Yogic Practices</p> <ul style="list-style-type: none"> Yoga: Etymology, definition, aim, objective and misconceptions. Yoga: Its origin, history and development. Guiding principles to be followed by Yoga practitioners. Principles to Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/Panchakosha) Introduction to major school 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 of Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara. Introduction of Yogasana: meaning, principles, and their health benefits. Introduction to Pranayama and Dhyana and their health benefits. <p>2. Introduction to Yoga Texts</p> <ul style="list-style-type: none"> Introduction and study of Patanjali Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12) 	<p>A. demonstration skills</p> <p>4.1 Prayer : Concept and recitation of Pranava and hymns.</p> <p>4.2 Yoga Cleansing Techniques Knowledge of Dhauti, Neti, and practice of Kapalabhati</p> <p>4.3 <u>Sukshma Vyayama and Sthula Vyayama</u></p> <ul style="list-style-type: none"> Yogic Sukshma Vyayama(Micro Circulation Practices) <ol style="list-style-type: none"> Neck (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 (Janga Shakti Vikasaka II-A&B, Janu Shakti Vikasaka) Ankle movement (Pada- mula Shakti vikasaka – A&B , Gulpha-pada-pristha-pada-tala Shakti Vikasaka) <p>B. Yogic Sthula Vyayama (Macro Circulation Practices)</p> <ul style="list-style-type: none"> Sarvanga Pushti Hrid Gati (Engine Daud)

- Introduction and study of Bhagavad Gita including memorization of selected slokas (Chapter II-47,48,49,50 and 70).
- Introduction and study of Hathapradipika.
- General Introduction to Prasthanatrayee.
- Concepts and principals of Aahara (Diet) in Hathapradipika and Bhagawadgita (Mitahara and Yuktahara).
- Singificance of hatha Yoga practices in health and well being.
- Concept of mental wellbeing according to patanjala yoga.
- Yoga practices of Ptanjali Yoga: Bahiranga and Antaranga Yoga.
- Concepts of healthy living in Bhagwad Gita.
- Importance of subjectives experience in daily Yoga practice.

3. **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 (Maitri, Karuna, Mudita, Upeksha).
- Concept of bhavas (Dharama, 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.

4.4 **Yogic Suryanamaskar**

4.5 **Yogasana**

- Tadasana, Vrikshana, Ardha Chakrasana, Padahastasana. Kati Chakrasana, Trikonasana
- Dandasana, Sukhasana, Padmasana, Vjrasana
- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
- Paschimottanasana, Purvottanasana
- Vakrasana, Gomukhasana
- Bhujangasana, Shalabhasana, Makkarasana,
- Pavanmuktasana, Uttanapadasana, Ardha halasana, Setubandhasana
- Vipareetakarani, Saral Matsyasana, Shavasana

4.6 **Preparatory Breathing Practices**

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

4.7 **Pranayama**

- Concept of Puraka, Rehaka and Kumbhaka
- Anuloma viloma/ Nadi shodhan
- Sheetalee (without Kumbhaka)
- Bhramari (without Kumbhaka)

4.8 **Understanding of Bandha**

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

4.9 **Understanding of Mudra**

- Hasta Mudra (chin, chinmaya, Brahma, adi, jnana, Dhyana and nasika)

4.10 **Practices leading to Meditation and Dyana Sadhna**

- Recitation of Pranava & Sohan
- Recitation of selected hymns, invocations and prayers from Vedas & Upanishadas
- Body and breath awareness
- Yog Nidra

B. Teaching Skills (Methods of Teaching Yoga)

- Essentials of good lesson plan: concepts, needs, planning, of teaching Yoga(Shatkriya, Asana, Pranayama & practices & practices leading to Dyana)
- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group)
- Preparation for a yoga class (before and during the class)
- Factors influencing yoga teaching
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lesson: Precaution & Contraindication of practices.
- Salient features of ideal yoga instructor.
- Models of ideals Yoga lesson plans