



SBPASS YOGA SCHOOL

(Run by : SunderbaiPhoolchandjiAdarshShikshaSansthan)
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Yoga professional Certification

Level-2

Name : Yoga Wellness Instructor (YWI)
Duration : 400 Hrs.
Qualification : 12th pass

Terminal Competency: Successful candidates would be able to work as an yoga teacher. Employment opportunities in Government Schools, colleges and yoga institutions in yoga stream. Preference to certified candidates in yoga teacher recruitments in India as well as opportunities abroad. Certified level-2 yoga professionals will be sponsored by Indian Council of Cultural Relations to travel to various countries on the occasion of the International day of yoga.

Syllabus : As per YCB norms

Theory	Practical Skills
<p><u>Introduction to Yoga and Yogic Practices</u></p> <ul style="list-style-type: none">• 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 Shat karma:	<p><u>Yoga Practical</u></p> <ol style="list-style-type: none">1. Prayer<ul style="list-style-type: none">• Concept and Recitation of Pranava• Concept and Recitation of Hymns• Selected universal prayers, invocations and Nishpatti Bhava.2. Yogic Shat Karma<ul style="list-style-type: none">• Neti: Sutra Neti and Jaja Neti• Dhauti: Yamana Dhauti (Kunjal)• Kapalbhata (Vatakrama)3. Yogic Sukshma Vyayama and Sthula Vyayama<ol style="list-style-type: none">1. Yogic Suksbma Vyayama (Micro circulation practices)<ul style="list-style-type: none">• Neck MovementGriva Shakti Vikasaka (I,II,UI,IV)<ul style="list-style-type: none">• Shoulder MovementBhuja Valli Shakti Vikasaka Puma Bhuja Shakti Vikasaka<ul style="list-style-type: none">• Trunk MovementKati Shakti Vikasaka (1, II, III, IV, V)<ul style="list-style-type: none">• Knee Movement

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 well being.
- Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.

Introduction to Yoga Texts

- Introduction to Prasthanatrayee, Prushartha Chatushtaya and goal of human Life.
- Yoga in Kathopnishad, Prashanopnishad, Tattriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
- Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.
- Significance of Bhagavad Gita in day to day life.
- Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).
- Study of Patanjala Yoga Sutra including selected sutras from following chapters (I- 1 to 12, II- 46 - 51, III- 1 to 4).
- Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with well ness.
- 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 Patanjala Yoga.
- Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita). Relationship between Hatha yoga and Raja Yoga.
- Sadhaka and Badhaka tatva, principle to be followed by Hatha Yoga practitioner
- Concept of Matha, Mitahara, Pathya & Apathya.
- Concepts of Nadis, Prana and Pranayama

- Ankle movement

Pad a-mu la shakti
Vikasaka - A&B
Gu lpha-pada-pristha-
pada-tala shakti
Vi kasaka

b. Yogic Sthula Vyayama (Macro circulation practices)

- Sarvanga Pushti
 - Hrid Gati (Engine daud)
2. Yogic Surya Namaska ra with Mantra

Sukshma Vyayama & Shat Kriya

- Shat Kriyas - knowledge and ability to perform the same (Kapalbhati; Neti; Dhauti : vatasara, agnisara, kunjaj kriyas; Trataka & Pratyahara),
- Sukshma Vyayama - knowledge & ability to perform (neck, shoulder, trunk, knee, ankle)

Suryanamaskar & Yogasana

- Suryanamaskar - in-depth knowledge and demonstration ability
- Yogasanas – in depth knowledge and demonstration ability of 15 asanas of HP, any other 5 asanas chosen by applicant,

Pranayama & Meditation

- Pranayama - indepth knowledge and ability to perform sectional breathing,
- brahmari, suryabheda, chandrabheda, shitali, sjitkari, sadantaand ujjayi,
- Meditation - meditation, mudras, japa mala, mantra chanting, relaxation, etc.

for Subjective experiences.

- 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 well being.
- Importance of Ahara, Nidra and Brahmacharya in well being.
- Yogic concept of mental hygiene: Maitri, Karuna, Mudita & Upeksha).
- Importance of psychosocial environment for health and wellness.
- Yogic concept and principles of Ahara(Mitahara, Yuktahara).
- Health benefits of Surya namaskara , 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 well being (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.

Teaching Practice

- Communication & listening skills, adjusting to aspirant needs, managing
- dynamics of teacher-aspirant relationship.
- Principles and skills for educating aspirants
- Principles and skills for working with groups