



In the footsteps of
Bihar School of Yoga tradition

Yoga Teacher Training Course

ACCREDITED UNDER



YOGA CERTIFICATION BOARD
MINISTRY OF AYUSH, GOVT. OF INDIA



KARNATAKA SAMSKRIT UNIVERSITY,
GOVT. OF KARNATAKA



INDIAN YOGA ASSOCIATION
A SELF-REGULATORY BODY OF ALL YOGA ORGANISATIONS





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YOGA TEACHER TRAINING COURSE

(17 Apr 2021 to 17 Oct 2021)

Join our Teacher Training Programme and learn how this ancient tradition of yoga is still relevant in Today's modern and changing world. Come learn yoga, come nurture yourself. Learn how to integrate your life and those around you, to a holistic and Yogic lifestyle.

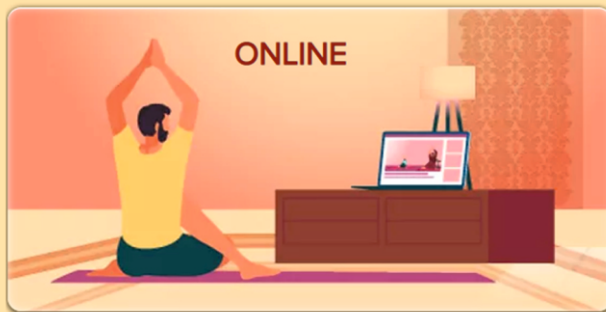
ABOUT YOGA WELLNESS CENTER

The Yoga Wellness Center (YWC), Bangalore, was established by the brothers Raj Kamal (Atmamukhi), and Chandra Kamal (Devatma) with the blessings of Swami Satyasangananda Saraswati from Bihar School of Yoga) in 2012. Swami Satyasangananda Saraswati has named Yoga Centre as "YOGA WELLNESS CENTER".

Both the Kamal brothers received higher education at the Bihar Yoga Bharti, the world's first Yoga University, and continued to teach yoga all around Bangalore, for the last 15 years. They are both fully trained yoga masters, who are adept and knowledgeable teachers in yoga.

Everything that is taught and practiced at the YWC is true to the Bihar School of Yoga Tradition. This is an integral, holistic yoga tradition in that it incorporates the best of several disciplines of Yoga, so that the aspirant experiences the best that Yoga has to offer.

MODE OF LEARNING



Classes will be available in both online and classroom mode. One can attend classes either online or in classroom or both.



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HIGHLIGHTS OF YOGA TEACHER TRAINING COURSE

Duration

6 months (Saturdays and Sundays) / equivalent to 400 hours

Theoretical Knowledge

A well designed program to experience Yoga Philosophy & Scriptures, Human Physiology & Well-being, Yoga Physiology and Applied Yoga from our Yoga Experts.

Practical Experience

Every student of YTTC is given access to the ongoing regular classes (online and classroom) that are conducted at the centre for the period of 6 months (during YTTC) + 3 (after YTTC as complementary). This enables students to improve self- practice, observe others and improve their daily practices and assist classes.

Our teacher training program, covers a range of practices- yoga required for a teacher to know including regular Hatha Yoga, Meditations and Yoga Nidra. The course is designed to encourage every students to understand various needs of people and offer specific yoga practices that address those needs- individual, corporate, special needs, stress, therapy, prenatal and for specific age groups.

Teaching Skill

Teaching Skill is one of the most important highlight of this course. That includes understanding the ideal qualities of yoga teacher, communication and presentation Skill development, learning various teaching methods such as Instruction, Observation, Demonstration, Correction, teaching Yoga to an individual, small group and large group, Sequencing. Also students will be given one study asana, sadhana asana, assignment, projects and Its Presentation.

Valid Certification

We are accredited YOGA TRAINING CENTRE under **YOGA CERTIFICATION BOARD, INDIAN YOGA ASSOCIATION** and **KARNATAKA SAMSKRIT UNIVERSITY**. Certificate will be provide form above authorities after assessment and examination process.

TIMINGS (IN IST INDIAN STANDARD TIME)

Saturdays

7 to 8.15 am: Hatha Yoga

8.30 to 9.45am: Meditation & Yoga Nidra

10.30 to 11.40 am: Theory Class

11.50 to 1.30 pm: Theory Class

Sundays

8 to 9 am: Hatha Yoga

9 to 10 am: Meditation & Yoga Nidra

10.30 to 11.40 am: Theory Class

11.50 to 1.30 pm: Theory Class

Monday to Friday: Hatha Yoga | **Timings:** either 6 am, 7.10 am or 6 pm (any one class a day)



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SYLLABUS

Our YTTC offers a unique blend of the vast knowledge of Bihar School of Yoga tradition and draws from the syllabuses of Yoga Certification Board (Yoga Protocol Instructor & Yoga Wellness Instructor), and Karnataka Samskrit University (Diploma in Yoga Sastra). This also allow participants to fulfill professional as well as academic needs.

Our Syllabus is divided into Six Modules

1. Yoga philosophy and scripture
2. Human physiology, disorders and wellbeing
3. Yoga physiology
4. Applied yoga
5. Teaching skills
6. Practicals

Note: Detailed YTTC Syllabus is attached at the end of this document.

COURSE FEE FOR THE YOGA TEACHERS TRAINING COURSE

Course Fee: INR 75000

There are 2 options for fee payment :

- ❖ One complete payment of INR 75,000 before the course starts.
- ❖ 3 installments of INR 26,000 each payable in the first week of Apr 2021, May 2021 and Jun 2021. Total payable INR 78,000.

Refund policy

A refund request can be made only within a period of 15 days after starting the course. The request has to be made in writing along with a reasonable explanation for withdrawal from the course. It will be reviewed by the faculty and the decision regarding the refund will be communicated in writing. Any amount refunded will be pro-rated.

Note:

- ❖ YCB Certification, Indian Yoga Association, and Karnataka Samskrit University enrollment and examination fee to be paid separately by Student
- ❖ **Refund Policy and 3 installment of Course fee payment are only applicable to Indian Nationals.**

ELIGIBILITY

Must be 18 years or older to apply. Fluency in written and spoken English is required. For admission in the course it is suggested / desired that the candidate should have passed 12th standard/Higher Secondary School Certificate.



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YOGA CERTIFICATION PROCEDURE

Ministry of AYUSH, Govt. of India established Yoga Certification Board for accreditation of PrCBs / Yoga Institutions / Centres for certification of Yoga professionals to bring synergy, quality and uniformity in knowledge and skills of Yoga professionals across the world by training, prescribing syllabus for various types of Yoga trainers and other such activities that may be considered necessary for promotion of Yoga.

Here at Yoga Wellness Center, we conduct two certification course accredited under Yoga Certification Board

- ❖ **Yoga Protocol Instructor (Duration: 200 Hours)**
- ❖ **Yoga Wellness Instructor (Duration: 400 Hours)**

Assessment procedure for certification of Yoga Professionals.

- ❖ Assessment and skill test of Yoga professionals is based on the syllabus approved by YCB for various certifications.
- ❖ Assessment of Yoga Professionals will be in two stages – Theory and Practical.

Qualifying Certification Exam

The candidate has to secure qualifying marks both in theory and practical independently.

- ❖ The candidate has to secure 70% marks in each of the theory and practical separately to qualify/pass the assessment test. However maximum 5% of grace marks will be given either in theory or practical who can qualify/pass the exam. Percentage of grace marks will be calculated on total marks in each of the theory and practical separately. In case marks are in decimal figure, it shall be rounded off to higher number.
- ❖ Candidate absent in either theory exam or practical/skill test will be considered as fail. If a candidate is present in theory exam but is unable to attend or does not appear in practical/skill test, he/she has to inform the concerned institution for appearing in the practical / skill test in the next scheduled date & time well in advance with valid reason / unavoidable circumstances. If the candidate is unable to do so he/she will be considered as fail. The assessing institution may consider the request of the candidate in exceptional case on merit basis.



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- ❖ If the candidates secures qualifying marks in practical test but fails in theory, he/she can reappear in theory exam only once within 3 month from the declaration of result.
- ❖ The candidate shall have to deposit the prescribed exam/assessment fee of the institution for appearing in the theory exam.
- ❖ If the candidate secures qualifying marks in theory but fails in practical, he/she will be considered as fail. The candidate shall apply for certification as fresh candidate. In such condition, the candidate shall pay full assessment fee as decided by the concerned institution. They do not have to pay enrolment fee for the particular types of certification. His/her unique enrolment no. shall be valid for life time.

Validity of Certificate

Validity of the certificate will be counted from the date of declaration of result.

- ❖ Yoga Protocol Instructor: 5 Years
- ❖ Yoga Wellness Instructor: 5 Years

Renewal of Certificate

The candidate, certified under different types of certification, has to appear in the Continuing Yoga Education (CYE) program for renewal of his/her certificate. Certified Yoga Professionals shall have to attend the CYEP before expiry of the certificate for its renewal.

SPECIMEN OF CERTIFICATE FOR YOGA PROFESSIONAL

Institution logo	 आयुष मंत्रालय, भारत सरकार Ministry of AYUSH, Govt. of India	
<h2>Yoga Certification Board</h2>		
<h3>Certificate</h3>		
Name of the candidate		Candidate Photo
is hereby certified as Yoga Protocol Instructor		
by		
<h2>The Yoga Certification Board</h2>		
under		
the voluntary certification of Yoga professionals, Ministry of AYUSH, Government of India		
Certificate No.:		
Validity Period:		
Evaluated by:		
(The validity of the certificate depends on the certified professional's continued compliance to prescribed competency standards and rules and regulations prescribed by the YCB for Yoga professionals.)		
Authorised Signatory Morarji Desai National Institute of Yoga		Authorised Signatory Yoga Certification Board
		
Issuing date :		



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DETAILED YTTC SYLLABUS



MODULE 1: YOGA PHILOSOPHY AND SCRIPTURE

- ❖ **Yoga:** Etymology (Yujir-yoge, Yuj-samyoge, Yuj-samyamne, Yuj-samadhou), definitions (Patanjala Yoga Sutra, Bhagwad Gita & Kathopanishad), aim, objectives and misconceptions.
- ❖ Yoga: Its origin, **history** and development.
- ❖ Principles of Yoga and practices of healthy living.
- ❖ Introduction to **Shad-Darsan** (Astika & Nastika Darsanas).
- ❖ Brief Introduction to **Samkhya** (DukhaTraya, Purusa & Prakriti, Avidya, Tri-Guna Theory, Evolution and Kaivalya)
- ❖ Life sketches and teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati).
- ❖ Principles and Practices of **Jnana Yoga**.
- ❖ Principles and Practices of **Bhakti Yoga**.
- ❖ Principles and Practices of **Karma Yoga**.
- ❖ **Veda, Upanishad**
 - Introduction to Prasthanatrayee, Purushartha Chatushtaya and Four Ashram.
 - Yoga in Kathopnishad, Prashanopanisha, Tattiriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
 - Antahkaran, Shad Ripu (Kama, Krodha, Lobha, Moha, Mada & Matsarya), Samskaras / Vasanas etc.
 - Four Mahavakyas.
- ❖ **Bhagavad Geeta**
 - 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).
- ❖ **Patanjali Yoga Darshan**
 - Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Kleshas and their relationship with wellness.
 - Sabija / Nirbija / Dharmamegha Samadhi.
 - Definition & description of Ishvara.
 - Concept of Samapatti.
 - The Ashtanga Yoga: Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
 - Antaranga Yoga of Maharisi Patanjali (Dharana, Dhyana, Samadhi).
 - Concept of mental wellbeing according to Patanjala Yoga.
 - Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha.
 - Concept and examples of Siddhis / Vibhutis.
 - Kaivalya.



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❖ **Hatha Yoga Scriptures**

- Introduction of four angas of **Hatha Yoga Pradipika**.
- Shatkriya, 15 Asana, 8 Kumbhakas, 10 Mudras.
- 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 for Subjective experiences.
- Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).
- Saptanga yoga of **Gherand Samhita**.



MODULE 2: HUMAN PHYSIOLOGY, DISORDERS AND WELLBEING

- ❖ Cell and cellular Yoga
- ❖ Nervous System
- ❖ The special senses (Eyes, Ears, Tongue)
- ❖ Endocrine System
- ❖ Muscular & Skeletal System
- ❖ Cardiovascular System
- ❖ Respiratory system
- ❖ Digestive System
- ❖ Excretory system
- ❖ Reproductive system
- ❖ 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 and principles of Ahara (Mitahara, Yuktahara)



MODULE 3: YOGA PHYSIOLOGY

- ❖ Panchakosha
- ❖ Tri-sharira
- ❖ Prana and Up-Prana
- ❖ Nadis and Up-Nadis
- ❖ Pancha Tattwa
- ❖ Chakra, Granthis and Kundalini Shakti



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MODULE 4: APPLIED YOGA

- ❖ Stress management
- ❖ Pre-natal yoga
- ❖ Corporate yoga



MODULE 5: TEACHING SKILLS

- ❖ Ideal Qualities of Yoga Teacher
- ❖ Communication and Presentation Skill
- ❖ Teaching Methods Teaching: Instruction, Observation, Demonstration, Correction, teaching Yoga to an individual, small group and large group, Sequencing
- ❖ Teaching Aids: Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation, Lecture method, Group work method, Project work,, Audio – visual aid, Just visualization, Principle of progression
- ❖ Know your students
- ❖ Structure of course, lesson plan, learning outcome
- ❖ Arrangement of workshop.



MODULE 6: PRACTICAL

- ❖ **Prayers**
 - Concept and Recitation of Pranava.
 - Concept and Recitation of Hymns.
 - Selected universal prayers, invocations and Nishpatti Bhava.
- ❖ **Shatkarma**
 - Laghoo shankhaprakshala
 - Kunjal kriya
 - Neti
 - Nauli
- ❖ **Asana**
 - Sukshma Vyayama as per Bihar Yoga Tradition : Pawanmuktasana 1, 2 & 3.
 - Yoga exercise for eyes.
 - Relaxation asana: Shavasana, Adhavasana, Makarasana, Matsyakridasana.
 - Meditation asana: Sukhasana, Ardha padmasana, Padmasana, Swastikasana, Siddhasana.
 - Vajrasana group: Vajrasana, Bhadrasana, Simhagarjanasana, Marjari asana, Vyaghrasana, Shashankasana, Shashanka-bhujangasana, Ushtrasana, Mandukasana, Utthan Mandukasana, Supta vajrasana.
 - Standing asana: Tadasana, Tiryaka tadasana, Kati chakrasana, Trikonasana, Veerabhadrasana, Utkatasana



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- Surya Namaskar.
 - Chandra Namaskar.
 - Padmasana group: Yogamudrasana, Matsyasana, Lolasana, Kukkutasana.
 - Backward bending asana: Bhujangasana, Sarpasana, Shalabhasana, Dhanurasana, Kandharasana, Chakrasana, Gomukhasana.
 - Forward bending asana: Janu sirsana, Paschimottanasana, Pada pasar paschimottanasana, Ardha Padma paschimottanasana, Pada hastasana, Sirsha angustha yogasana, Kormasana.
 - Spinal twist asana: Meru wakrasana, Ardha matsyendrasana, Pravritti janusirsasana.
 - Inverted asana: Vipreet karani asana, sarvangasana, Halasana, Sirsasana.
 - Balancing asana: Eka padasana, Gadudasana, Natrajasana, Bakasana, Dhyana bakasana, Utthita hasta padangushtasana, Merudandasana, Nirlamba paschimottanasana, Vatyanasana, Hamasana, Mayurasana, Samtolasana.
- ❖ **Pranayama:**
- ❖ Concept of Puraka, Rechaka and Kumbhaka, Sectional Breathing (Abdominal, Thoracic, Clavicular Breathing and Yogic Breathing), Nadi shodhana, Bhastrika, Kapalabhati, Bhramari, Sheetali, Ujjai, Surya Bheda.
- ❖ **Mudra**
- ❖ Gyan, Chin, Yoni, Bhairav , Hridaya , Shambhavi, Nasikagra , Aswini, Vipreetkarni, Shanmukhi, Yoga, Prana, Vajroli and sahajoli, Yoga mudra, Maha mudra.
- ❖ **Bandha**
- ❖ Jalandhar Bandha, Uddiyana bandha, Moolabandha, Maha Bandha
- ❖ **Meditation**
- ❖ Yoga Nidra, Kaya Sthairyam, Ajapa japa, Antar mouna, OM chanting, Tratak, Mantra japa.



REFERENCE BOOKS

- ❖ *Light on Yoga, BKS Iyenger*
- ❖ *Yoga professional official guidebook, Quality Council of India*
- ❖ *Four chapters of freedom, Bihar School of Yoga*
- ❖ *APMB, Bihar School of Yoga*
- ❖ *Yoga Nidra, Bihar School of Yoga*
- ❖ *Dharana Darshan, Bihar School of Yoga*
- ❖ *Yoga for common diseases, Bihar School of Yoga*
- ❖ *Hatha Yoga Pradipika, Bihar School of Yoga*
- ❖ *108 Upanishad (vol 1,2,3), Sri Ram Sharma Acharya*
- ❖ *Synthesis of Yoga, Sri Aurobindo*
- ❖ *Kalyan (Yoganka), Geeta press*
- ❖ *Raja, Karma, Bhakti, Jnana Yoga, Sw. Vivekananda*
- ❖ *Seven Systems of Indian Philosophy, Pt. Rajmani Tigunait*
- ❖ *Kundalini Yoga, Sw. Sivananda*
- ❖ *Concentration and Meditation, Sw. Sivananda*
- ❖ *Gheranda Samhita, Bihar School of Yoga*
- ❖ *Applies Yoga, Dr. M.L. Gharote, Ionawala*
- ❖ *Yoga Darshan, Geeta press*