

Certificate Course of Yoga Trainer

Code - SCC-08

Course Design: Credits-24

Maximum Marks: 100

Theory Marks: 40

Lectures: 36 hrs.

Practical Marks: 60

Tutorials: 00 hrs.

Remedial: 04 hrs.

Field Work/Practicum: 60 hrs.

For Each Unit available total Hours: 25, out of which, for lectures: 9 hrs. Tutorial: 00 hrs., Field work: 15 hrs., Remedial: 01 hrs.

Learning outcomes: After completion the course students will be able to-

- To practices asanas and techniques that are traditional and have evolved over centuries in India.
- To gain knowledge of anatomy and physiology, we will go deeper into the execution and alignment of asanas.
- To understand the philosophy of Yoga to transcend asanas and to understand the real purpose of Yoga.
- To focus on Pranayama, Mantras and Meditation to reach and experience the subtle aspects of Yoga practice.
- To apply their gain knowledge in their professional yoga training.

Unit-I Yoga introduction and Philosophy

- Yoga Philosophy, Ideas and Hypothesis
- Introduction to Yoga and Yogic Practices.
- Introduction to Hatha Yoga.
- Introduction to important Hatha Yoga Texts with special reference to Hatha Yoga Pradipika and Gheranda Samhita.
- Introduction to Patanjali Yoga Sutras.

Praticam:

- Surya Namaskar (Sun Salutation)
- Asanas
 - Knowledge of selected postures and demonstrated ability to perform these postures – meditative and cultural (dynamic and static versions).
 - Selected psychophysical and conceptual techniques pioneered by The Yoga Institute.

Unit-II Yoga anatomy

- Bhavas of the Buddhi – Basis of Yoga Education
- Introduction to Anatomy and Physiology
- Fundamentals of human anatomy and physiology.
- Introduction to Human Systems, Yoga and Health
- Yoga for wellness – prevention and promotion of positive health
- Yoga and stress management.
- Diet and Nutrition for Yoga

Practicum:

- Diet and Nutrition
- Well beingness skills
- Prepare a chart of human system for wellness

Unit-III Pranayama and Meditation

- Shatkarma
- Pranayama techniques
- Art of sequencing and improvisation
- Meditation (Dhyana).

Practicum:

- Practices of following techniques: Sahajbhava Asanas, Shat Karmas, Pranayamas
- Knowledge, teaching, and demonstrated ability to select Pranayamas.
- Practices leading to Meditation

Unit-IV Postures and Techniques

- Postures with their Sanskrit Names and terminology proper alignment, variations, modifications with ability to minimize the risk of injuries and Hands-on adjustments
- Confidence-building through teaching-practice
- Qualities of a yoga teacher and ethical guidelines
- Suitable Environment for yoga practices

Practicum:

- Postures skills
- Communication and Teaching Practice
 - Understanding and practice of basic skills of public speaking.
 - Familiarity and demonstration ability to apply teaching methods.

References:

1. Alter, J. S. (2004). *Yoga in modern India: The body between science and philosophy*. Princeton University Press.
2. Clennell, B. (2016). *The Woman's Yoga Book: Asana and Pranayama for All Phases of the Menstrual Cycle*. Shambhala Publications.
3. Coulter, D. (2004). *Anatomy of hatha yoga: A manual for students, teachers, and practitioners*. Motilal Banarsidass Publ..
4. Gore, M. M. (1991). *Anatomy and physiology of yogic practices*. Kanchan Prakashan.
5. Hewitt, J. (2012). *The complete yoga book: The yoga of breathing, posture and meditation*. Random House.
6. Joshi, K. S. (2006). *Yogic Pranayama: Breathing for Long Life and Good Health*. Orient Paperbacks.
7. Kaminoff, L., Matthews, A., & Ellis, S. (2007). *Yoga anatomy*. Champaign, IL: Human Kinetics.
8. Little, T. (2017). *Yoga of the Subtle Body: A Guide to the Physical and Energetic Anatomy of Yoga*. Shambhala Publications.

9. Maehle, G. (2007). *Ashtanga Yoga: Practice and Philosophy: A comprehensive description of the primary series of ashtanga Yoga, following the traditional vinyasa count, and an authentic explanation of the yoga sutra of Patanjali*. New World Library.
10. Phillips, S. H. (2009). *Yoga, karma, and rebirth: A brief history and philosophy*. Columbia University Press.
11. Saraswati, S. S., & Hiti, J. K. (1996). *Asana pranayama mudra bandha*. Bihar, India: Yoga Publications Trust.
12. Shaw, S. (2003). *The Little Book of Yoga Breathing: Pranayama Made Easy...* Weiser Books.
13. Sivananda, S. S. (2017). *The science of pranayama*. Youcanprint.
14. Stephens, M. (2012). *Yoga Sequencing: designing transformative yoga classes*. North Atlantic Books.