

# Certificate in yoga Therapy

## 1. Name of the Course

Certification in yoga Therapy

## 2. Duration

six months Internship (After class 10<sup>th</sup>)

## 3. Objectives

The course aims at

- i) Promoting positive health, prevention of stress related health problems and rehabilitation through Yoga.
- ii) Integral approach of Yoga Therapy to common ailments.
- iii) Imparting skills in them to introduce Yoga for health to general public and Yoga for total personality development of students in Colleges and Universities.
- iv) Invoke scientific attitude and team spirit to channelise their energies in to creative and constructive endeavours.
- v) To enable them to establish Yoga Therapy centers in the service of common man

## SYLLABUS FOR DIPLOMA IN YOGA COURSE (6 MONTH)

Sr.No.	Subject	Theory Marks	Internal Marks	Total Marks
Paper 1	FUNDATION OF YOGA	100		
Paper 2	BASIC RELEVANT TO YOGA THERAPY	100		

## NOTES ON SYLLABUS

	Hours	Marks
<b>101. Foundations of Yoga</b>	90	100
1. Orientation to Patanjala Yoga Sutra	50	50
2. Orientation to Hatha Yoga Pradeepika	25	20
3. Orientation to Gharanda Samhita	10	10
4. Orientation to Shiva Yoga Deepika	05	10

<b>102 Basics relevant to Yoga Therapy</b>	<b>90</b>	<b>100</b>
1. Basics of Sanskrit	40	35
2. Principles of Ayurveda	30	35
3. Principles of Naturopathy	10	15
4. Principal of Astrology	10	15

## ***Detailed Syllabus Diploma in Yoga Therapy***

### ***101. Foundations of Yoga***

1. Orientation to Patanjala Yogasutra: Introduction to Yogasutra - Nature of Yoga science, Definition of yoga, the nature of seer in pure and modified state, Vrittis - Nature, classification, definition, method to control of chitta vrittis. Samprajnata Samadhi and its classification, asamprajnata and its classification, variation in the attainment of Asamprajnata Samadhi; Iswarapranidhana - a means to attain Samadhi, definition and quality of Iswara. Chittavikshepa, Chittaprasadana and its associates, control of chitta-vikshepa, different methods of manasthiti and its benefits, Samapatti. Sukshnavishayatwa, Sabijasamadhi, Speciality of Nirvichara, Ritambharaprajna, Nirbijasamadhi, Kriya-yoga and its benefits; Classification, methods to control the Kleshas, Karmashaya, Vipaka of kleshamula, Heyaswarupa, Heyahetu, Drshya and Drasta, Samyoga - Nature & Cause, Hanopaya, Hanaswarupa, Vivekakhayathi, Astanga yoga-Vama, Niyama, Asana, Pranayama, Ratyahara-Bahiranga Yoga, Dharana, Dhyana, Samadhi-Antaranga Yoga, Powers Introduction.

### ***2. Orientation of Hathayoga pradiipika :***

Hatha yoga - Introduction, relationship of Hathayoga and Rajayoga, greatness of Hathayoga, Hathayogi parampara, importance of Hatha and its secrecy, place of Hathayoga Practice, Destructives and constructives of yoga, Yama and Niyama, Asana, methods of Hathayoga Practice, Mitahara, Pathya and Apathya. Rules in food taking, Hathayoga achievements. Pranayama - Benefits of Pranayama, Nadishuddi and Pranayama. Duration and time for pranayama practice, Gradation of Pranayama, Sweat and Pranayama, Food during pranayama practice, Yukta and Ayukta pranayama, Nadishuddi, Satkriya-Neti, Dhouti, Basti, Nauli, Trataka, Kapalbhathi, Gajakarani, Importance of Pranayama practice. Syntoms of Nadishuddhi, Manonnani, Varieties of Kumbhaka-Methods of practice, Classification of their benefits, Hathayogasiddhilakshanam. Kundalini as base for all yoga, Results of Kundalini prabyodha, Synonyms for Susumna, Mudras Bandhas-classification, benefits and methods of practice, Nadanusandhana. 3. Orientation to Gheranda Samhita : Ghatayoga - Introduction, Saptanga yoga, Benefits, Satkriyas - Classification Practicing methods and benefits. Mudra - Introduction, 25 mudras - Classification, Practising methods and benefits. A comparative study of Hathayoga and Ghata yoga.

### ***3. Orientation to Gheranda Samhita :***

Ghatayoga - Introduction, Saptanga yoga, Benefits, Satkriyas - Classification Practicing methods and benefits. Mudra - Introduction, 25 mudras - Classification, Practising methods and benefits. A comparative study of Hathayoga and Ghata yoga.

### ***4. Orientation to Shivayogadiipika :***

Shivayogadipika - Introduction, classification of yoga, Classification of Rajayoga, Comparison between Rajayoga and Shivayoga. Evolution theory, two types of Shivajnana, qualities of a teacher, Shivaswarupa. Importance of physical health, Hatha yoga a means to attain physical health, Bahya yoga. Antaranga yoga, Yama, Niyama, Asana, Place of practice of Hathayoga. Pranayama, Prakrtayoga, Vaikrtayoga. Kevalakumbhaka, Amana yoga, Ajapagayatri, Nadi, Pranava, Bandha, duration of Pranayama, meditation, Antarangayoga - Pratyahara, object for meditation, posture, chakra, adhara, means to control chitta, dharana, duration and objects of dharana, Samadhi and definition, Conductives for Samadhi, benefits of Astangayoga – Hathayoga

## **102. Basics relevant to Yoga Therapy :**

### **1. Basics of Sanskrit:**

Orthography of Devanagari varnamala, classification of varnas, purnaksara, samyuktaksara, karakas and mrduvyanjanas, writing of varnamala using Roman transliteration. Sanskrit words - classification of Sanskrit words; Subantas - Ajantha and Halanta words, genders, vachanas, cases of subanta words. Declaration of the following words in cases - Rama, Hari, Guru, Pitri, Lata Mati, Dhenu, Phalam, Vari, Gau, Marut, Vidvas, Rajan etc., Asmad, Yusmad, Tad, Kim etc. Kriyapada in Sanskrit - Classification, Lakaras, Purusas, Vachanas. Declaration of the following root words in Lat, Lan, Lrt, Lot and Vidhi Lin - Bhu, Khad, Vad, Dhya, Path, Sev, Kshi, Prachchh, Tush, Kath, Chint, Ad, As, Jagri, Bha, Kri.

### **2. Principles of Ayurveda in Yoga:**

Tridosas, Dhtu, Mala, Sadasa, concept of health according to Ayurveda, dinacharya, sadvrta, rutucharya, elements of snehana, svedana, vamanavirechana, bastikriya in panchakarma. 3. Principles of Naturopathy in Yoga: The evolution of the human body, philosophy of the body ; mind, soul, life, spirit and spiritual body, history and fundamental principles of Naturopathy. Philosophy of Indian Naturopaths: Mahatma Gandhiji Laws of Nature : Pancha Maha Bhutas, Shareera Dharmas - Ahara, Nidra, Bhaya, Maithunam, Inflammation and its different stages, Natural rejuvenation. Foreign matter and toxins, accumulation in the body and its importance in elimination through different ways or channels. Definition and maintenance of nature's constructive principles of health. Importance of physical and mental hygiene.

### **3. Principles of Naturopathy in Yoga:**

The evolution of the human body, philosophy of the body ; mind, soul, life, spirit and spiritual body, history and fundamental principles of Naturopathy. Philosophy of Indian Naturopaths: Mahatma Gandhiji Laws of Nature : Pancha Maha Bhutas, Shareera Dharmas - Ahara, Nidra, Bhaya, Maithunam, Inflammation and its different stages, Natural rejuvenation. Foreign matter and toxins, accumulation in the body and its importance in elimination through different ways or channels. Definition and maintenance of nature's constructive principles of health. Importance of physical and mental hygiene

### **4. Principles of Astrology :**

Basics of Indian Astronomy and Astrologically good and favourable dates and time under particular sign and constellations for administration of Herbal medicine and Natural treatments. This may be a part of study as project to find the specific dates and time under particular sign and constellation in which the medicine and the treatment is more potent and effective.

### **REFERENCE BOOKS:**

1. Sabda Manjari

2. Dhatu Manjari
3. Panchatantra
4. Raghuvamshamahakavyam of Kalidasa
5. Charakasamhita of Charaka
6. Astanga Hridaya -Vagbhata
7. Practice of Nature Cure - By Henry Lindlahr
8. History & Philosophy of Nature Cure - By S.J. Singh
9. My Nature Cure - By Sh. M. K. Gandhi