



AYUSHYA MANDIRAM

An Approved Yoga Training Center
of Yoga Certification Board
Ministry of Ayush



YOGA WELLNESS INSTRUCTOR / YOGA CERTIFICATIONS

Yoga Wellness Instructor is the second level certification by Ayush under the category of Yoga Education & Training.

WHAT YOGA WELLNESS INSTRUCTOR DO ?

Certified Yoga Professionals (Yoga Wellness Instructor) to teach Yoga for prevention of illness and promotion of wellness in schools, Yoga studios, work places, Yoga wellness centres/ Primary Health care centres etc

The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency.

REQUIREMENT/ELIGIBILITY

- ⦿ For open candidates there is no eligibility criteria.
- ⦿ For admission in the course it is suggested that the candidate should have passed 12th standard/ higher secondary school certificate from a recognized board or equivalent. However, the Yoga
- ⦿ Institutions can define their own eligibility.

MINIMUM AGE FOR YOGA WELLNESS INSTRUCTOR

No age limit means any person of any age can apply for this certification.

DURATION OF COURSE

Not less than 400 hours or not less than 6 month as part time or not less than 3 month as full time course.

SYLLABUS & MARK DISTRIBUTION

⦿ The Total Marks of Exam for Certification of Yoga Protocol Instructor is 200. Out of this, theory Part will be of 60 marks and the Practical of will be 140. Total Marks: 200 (Theory: 60 + Practical:140)

⦿ Theory Exam consists of 60 Multiple Choice Questions, each of 1 mark. All the questions are compulsory. The duration of theory exam is 2 hours. You are required to secure minimum passing marks, otherwise you will not be proceeded for practical exam. Hence, you will need to attend the theory exam by paying the exam fee again at the next available date of examination.

⊙ The candidate is required to attain 70% marks, out of the total of theory plus practical. It means that you will be required to get 140 marks to clear the exam and get certified. You will be required to secure 42 (70%) out of 60 marks of Theory exams and 98 (70%) out of 140 Marks of Practical exams.

THEORY PART

The duration of the theory examination is 2 hours. The candidates shall mark the answer in Optical Mark Reader (OMR) sheet. There is no negative marking in the written examination. Theory exam paper is bilingual – English & Hindi. For exam in other language, the question paper is in English and the language selected.

The theory exam consists of the following syllabus and each part is of 20 marks.

1. Introduction to Yoga and Yogic Practices (20 marks)
2. Introduction to Yoga Texts (20 marks)
3. Yoga for Wellness (20 marks)

(1) Introduction to Yoga and Yogic Practices

- i) Yoga: Etymology, definitions (Patanjala Yoga Sutra, Bhagwad Gita & Kathopanishad), aim, objectives and misconceptions.
- ii) Yoga: Its origin, history and development.
- iii) Brief Introduction to Samkhya and Yoga Darshana.
- iv) Life sketches and teachings of Yoga masters (Maharishi Ramana, Shri Aurobindo Swami Vivekananda, Swami Dayananda Saraswati).
- v) Principles of Yoga and practices of healthy living.
- vi) Principles and Practices of Jnana Yoga.
- vii) Principles and Practices of Bhakti Yoga.
- viii) Principles and Practices of Karma Yoga.
- ix) Concept and principles of Sukshma Vyayama, Sthula Vyayama, Surya Namaskara and their significance in Yoga Sadhana.
- x) Concept and principles of Shatkarma: Meaning, Types, Principles and their significance in Yoga Sadhana.
- xi) Concept and principles of Yogasana: Meaning, definition, types and their significance in Yoga Sadhana.
- xii) Concept and principles of Pranayama: Meaning, definition, types and their significance in Yoga Sadhana.
- xiii) Introduction to Tri Bandha and their health benefits.
- xiv) Dhyana and its significance in health and well being.
- xv) Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.

2 Introduction to Yoga Texts

1. Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.
2. Yoga in Kathopanishad, Prashanopanishad, Tattiriyopnishad with special emphasis on Panchakosha Vivek and Ananda Mimamsa.
3. Concept of Sthitaprajna, Bhakti, Karma and Dhyana in Bhagavad Gita.
4. Significance of Bhagavad Gita in day to day life.
5. Concept of healthy living in Bhagavad Gita (Ahara, Vihara, Achara, Vichara).

6. Study of Patanjali Yoga Sutra including selected sutras from following chapters (I-1 to 12, II-46 - 51, III-1 to 4).
7. Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam and their relationship with wellness.
8. Bahiranga Yoga of Maharishi Patanjali (Yama, Niyama, Asana, Pranayama, Pratyahara).
9. Antaranga Yoga of Maharishi Patanjali (Dharana, Dhyana, Samadhi).
10. Concept of mental well being according to Patanjali Yoga.
11. Hatha Yoga: Its parampara, knowledge of basic Yoga texts (Hatha Pradipika and Gherand Samhita). Relationship between Hatha yoga and Raja Yoga.
12. Sadhaka and Badhaka tatva, principle to be followed by Hatha Yoga practitioner.
13. Concept of Matha, Mitahara, Pathya & Apathya.
14. Concepts of Nadis, Prana and Pranayama for Subjective experiences.
15. Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, Nadaanusandhana).

(3) Yoga for Wellness

1. General introduction to human body and nine major systems of human body.
2. Introductions to sensory organs (Eyes, Nose, Ears, Tongue and Skin).
3. Basic functions of nine major systems of human body and homeostasis.
4. Yogic concept of health and wellness.
5. Concept of Tri doshas, Sapta Dhatu, Agni, Vayu and Mala; their role in wellness.
6. Concepts of Dinacharya and Ritucharya and their importance in well being.
7. Importance of Ahara, Nidra and Brahmacharya in well being.
8. Yogic concept of mental hygiene: Maître, Karuna, Mudita & Upeksha).
9. Importance of psychosocial environment for health and wellness.
10. Yogic concept and principles of Ahara (Mitahara, Yuktahara).
11. Health benefits of Surya namaskara, Shat karma, Asanas, Pranayama and practices leading to
12. Dhyana (as per the practical syllabus of the course).
13. Salient features and contra indications of Yoga practices for well being (as per the practical syllabus of the course).
14. Knowledge of common diseases; their prevention and management by Yoga.
15. Knowledge of role of Yoga in the management of non communicable diseases.
16. Concept of stress and Yogic management of stress and its consequences.

PRACTICAL PART

Practical includes Demonstration, Teaching skill, Therapy skill, Evaluation skill, application of knowledge and field Experience as per the level of certification.

Demonstration Skills (80 Marks)

i) Prayer:

Concept and Recitation of Pranava

Concept and Recitation of Hymns

Selected universal prayers, invocations and Nishpatti Bhava

ii) Yogic Shat Karma

Neti: Sutra Neti and Jala Neti

Dhauti: Vamana Dhauti (Kunjal)

Kapalbhati (Vatakrama)

iii) Yogic Sukshma Vyayama and Sthula Vyayama

a. Yogic Sukshma Vyayama (Micro circulation practices):

- ⊙ Neck Movement: 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: Jangha Shakti Vikasaka(II-A&B) Janu Shakti Vikasaka
- ⊙ Ankle movement: Pada-mula shakti Vikasaka –A&B Gulpha-pada-pristha-pada-tala shakti Vikasaka

b. Yogic Sthula Vyayama (Macro circulation practices)

⊙ Sarvanga Pushti

⊙ Hrid Gati (Engine daud)

Yogic Surya Namaskara with Mantra

iv) Yogasana

⊙ Yogasana5

⊙ Tadasana, Hastottanasana, Vrikshasana

⊙ Ardha Chakrasana, Padahastana

⊙ Trikonasana, Parshva Konasana, Katichakrasana

⊙ Dandasana, Padmasana, Vajarasana

⊙ Yogamudrasana, Parvatasana

⊙ Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana

⊙ Paschimottanasana, Purvottanasana

⊙ Vakrasana, Ardha Matsyendrasana, Gomukhasana

⊙ Makarasana, Bhujangasana, Shalabhasana, Dhanurasana

⊙ Pavanamuktasana and its variations

⊙ Uttanapadasana, Ardha Halasana, Setubandhasana, Sarala-Matsyasana

⊙ Shavasana

v) Preparatory Breathing Practices

⊙ Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)

⊙ Yogic Deep Breathing

⊙ Anuloma Viloma/ Nadi Shodhana

iv) Pranayama

⊙ Concept of Puraka, Rechaka and Kumbhaka

⊙ Ujjayee Pranayama (Without Kumbhaka)

⊙ Sheetal Pranayama (Without Kumbhaka)

⊙ Sitkaree Pranayama (Without Kumbhaka)

⊙ Bhramaree Pranayama (Without Kumbhaka)

vi) Concept and Demonstration of Bandha

- ⊙ Jalandhara Bandha
- ⊙ Uddiyana Bandha
- ⊙ Mula Bandha

vii) Concept and Demonstration of Mudra

- ⊙ Yoga Mudra
- ⊙ Maha Mudra
- ⊙ Vipareetakarani Mudra

viii) Practices leading to Dhyana Sadhana

- ⊙ Body awareness and Breath awareness
- ⊙ Yoga Nidra 10.3 Antarmauna
- ⊙ Recitation of Pranava and Soham
- ⊙ Recitation of Hymns
- ⊙ Practice of Dhyana

Teaching Skills (Methods of Teaching Yoga)

- ⊙ Teaching methods with special reference to Yoga
- ⊙ Factors influencing Yoga teaching
- ⊙ Need of teaching practice and its use in Yogic practice.
- ⊙ Teaching Aids : Meaning and Need, Role of Language, Voice, Fluency, Clarity and Body language in an ideal presentation
- ⊙ Methods of teaching Yoga to an individual, small group and large group
- 1.6 Lecture cum demonstration in Yoga: Its meaning, importance and method of its Presentation
- ⊙ Lesson plan: Its meaning and need
- ⊙ Preparation of lesson plan in Yoga, Preparation of lesson plan for an individual and for a group
- ⊙ Presentation of lessons in specific Yogic practices: Kriya, Asana, Pranayama, and Dhyana.
- ⊙ Assessment of a Yoga class (detection and correction of mistakes).

Application of Knowledge (10 Marks)

Field Experience (10 Marks)

Thus, Practical Test consists of Demonstration Skills: 80 marks, Teaching Skills: 40 Marks, Application of Knowledge: 10 Marks, Field Experience: 10 Marks.

Reference Books for Theory & Practicals Exam

Yoga Certification Board has suggested a list of recommended books for theory as well as practical exams. These books are listed below :

Theory Exam Reference Books

- Yoga Darshan, by Harikrishandass Goyandka, Geeta Press, Gorakhpur.
- Upanishad, Vol. I By Sri Sri Ravi Shankar.
- Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga (Separate Books) by Swami Vivekananda, Advaita Ashram, Kolkata.
- Hathayoga ke Aadhar avam Prayoga(Sanskrit-Hindi), By Basavaraddi I. V. and Pathak, S. P. MDNIY, New Delhi, 2007.
- Hatha Yoga Pradipika by G.S. Sahay. This book is very much useful for who are preparing for UGC NET and QCI exams. Word by word meaning is given in this book. It has good explanations of shlokas. Word by word meaning from Sanskrit to English. Author's detailed and valuable notes make this book special for all Yoga, Specially suitable for all Academic use.
- Shreemad Bhagavadgita, Gita press Gorakhpur.
- Yoga professionals Official Guidebook for Level 2 By Quality Council of India (QCI), Excel Books, New Delhi 2016.
- Yogic Suksma Vyayama By Swami Dharendra Brahmachari, Dharendra Yoga Publications, New Delhi, 1986
- A Beginner's Guide to Ayurveda, Vaidya Rajesh Kotecha, Chakrapani Publications, Jaipur. If anyone wants to know, learn about Ayurveda, then this is your complete guide for you. This BOOK will answer all your enquiry and doubts about any serious health issues and diseases.
- Gheranda Samhita By Digambarji Swami and Gharote M.L. Kaivalyadhama S.M.Y.M. Samiti, Lonavala 1997
- Yogic Suksma Vyayama, Dharendra Yoga Publications, New Delhi.
- Upanishads (23rd year Special), Kalyan, Geeta Press, Gorakhpur.
- Yoga ke Sidhant Evam Abhyas, By Kalidas Joshi and Ganesh Shankar, Madhya Pradesh Hindigrantha Akadami, Bhopal, 1995.
- Anatomy and Physiology of Yogic Practices, M. M. Gore, Kanchana Prakashana, Lonavala.
- Management of Common Diseases by Swami Karmananda, Bihar Yoga Publication Trust.
- Yoga Module for Wellness Series (1 to 10) By MDNIY, MDNIY, New Delhi 2011.
- How to manage Stress through Yoga By Basavaraddi, I. V., MDNIY, New Delhi.
- Cyclopedia Vol I, II, III & IV By Jayadeva, Yogendra.
- Management of Common Diseases By Swami Karmananda, Bihar Yoga Publication Trust, 2006, Munger.
- Yoga & Mental Health and beyond By Bhogal, R. S, ACE Enterprises, Madhu Rajnagar, Pune Road, Pune, 2010.
- A Glimse of the Human body By Telles, Shirley, Swami Vivekanand Yoga Prakashan, Bangalore, 1998.
- Yoga Teachers Manual for School Teachers by Basavaraddi, I. V. & others, MDNIY, New Delhi.

Practical Exams Reference Books

- Yogic Suksma Vyayama, Dharendra Yoga Publications, New Delhi.
- Yogasana Vijnana, Dheerendra Yoga Prakashana, New Delhi.
- Light on Yoga by BKS Iyengar, Harper Collins Publisher.
- Asana, Pranayama, Mudra, Bandha, Bihar School of Yoga, Munger.
- Pranayama By Swami Kuvalyananda, Kaivalyadhama, Lonavla, 1992.
- A Monograph on Yogic Suksma Vyayama, by I. V. Basavaraddi, MDNIY.
- A Monograph on Shatakarma, by I. V. Basavaraddi, MDNIY.
- A Monograph on Yogasana, by I. V. Basavaraddi, MDNIY.
- A Monograph on Pranayama, by I. V. Basavaraddi, MDNIY.
- Pratah Smarana By Basavaraddi, I. V. & Bharti Swami Anant, MDNIY, New Delhi, 2016.
- Suryanamashkara By Swami Satyananda Saraswati, Bihar School of Yoga, Munger, 2006.
- Yogic Pranayama By Joshi K.S., Orient Paperbacks, New Delhi 2009.
- Yoga professionals Official Guidebook for level 2 By Quality Council of India (QCI), Excel Books, New Delhi.
- Asana Why & How ?, by O.P.Tiwari, Kaivalyadhama, SMYM Samiti, Lonavla.
- Suryanamaskar by Swami Satyananda Saraswati Bihar School of Yoga, Munger.
- Yoga professionals Official Guidebook for Level 1, Excel Books, New Delhi (QCI).
- Yoga Teachers Manual for School Teachers by Basavaraddi, I. V. & others, MDNIY, New Delhi.
- Teaching Methods for Yogic practices by Shri M.L.Gharote, Kaivalyadhama Ashram, Lonavla.
- Yoga Shastra (Vol-I & II) by BKS Iyengar, Ramamani Iyenger Memorial Yoga, Institute, Pune YOG, Mumbai.
- Pranayama Rahasya by Swami Ramdeva.
- Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial Yoga By Iyengar, B.K.S, Institute, Pune YOG, Mumbai.

Source: Yoga Certification Board Website.