

# AYUSHMAN YOG

अथ योगानुशासनम्



[www.ayushmanyog.com](http://www.ayushmanyog.com)

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## ABOUT

At **Ayushman Yog**, we redefine yoga education and therapy through a blend of tradition, innovation and modern scientific understanding. As a globally recognized **online yoga teacher training school**, we offer **Yoga Certification Board (YCB) courses**, specialized therapeutic programs and in-depth studies of yogic texts—all designed to create skilled, knowledgeable and confident yoga professionals.

### **A Legacy of Excellence & Recognition**

- ✓ **Registered with the World Yoga Federation & Yoga Alliance International.**
- ✓ **Our programs include Yoga Certification Board (YCB) courses, enabling students to appear for YCB exams conducted by the Ministry of AYUSH, Govt. of India.**
- ✓ **Publications authored by our Founder-Director, Nidhi Thakur, providing authentic study material for yoga educators and therapists.**

### **Our Course Offerings**

#### **YCB - Based Yoga Teacher & Therapist Courses**

- YCB Level 1, 2 & 3 - Foundational to Advanced Yoga Teacher Training
- YCB Level 5 - Assistant Yoga Therapist
- YCB Level 4 - Yoga Master (Launching Soon)
- YCB Level 6 - Yoga Therapist (Launching Soon)
- YCB Level 7 - Yoga Consultant (Launching Soon)

#### **Self-Paced Learning Programs**

- Yogic Sukshma Vyayama - Systematic approach to subtle body movements.
- In-depth study of Texts - Gherand Samhita, Hatha Yoga Pradipika and more.

## **Specialized & Internal TTC Programs**

- Pre & Post Natal Yoga TTC – Holistic care for motherhood through yoga.
- Face Yoga TTC – Rejuvenation techniques for facial health and wellness.

## **Therapeutic Offerings**

- **Yogic Management of Common Diseases** – A structured therapy course integrating the Dual-Phase Yoga Therapy (DPYT) model, designed to address various health conditions through a blend of self-practice and guided therapeutic intervention.
- **Dual-Phase Yoga Therapy (DPYT)** – A Unique Contribution to Yoga Therapy – Developed by Ayushman Yog, DPYT forms the foundation of our therapeutic approach, promoting long-term self-care by combining Morning Management (self-practice) and Class Management (therapist-led sessions) to optimize healing through Prana Shakti.

## **Introducing DPYT – A Breakthrough in Yoga Therapy**

Dual-Phase Yoga Therapy (DPYT) is a pioneering approach developed by Ayushman Yog that integrates self-reliance with guided therapeutic intervention, creating a sustainable and empowering healing system.

- **Morning Management** – A structured self-practice to address morning imbalances like musculoskeletal pain, sluggish circulation and digestive issues.
- **Class Management** – A therapist led session ensuring proper guidance, alignment and deeper therapeutic work.

DPYT leverages Prana Shakti (vital energy) in the early morning hours when the body's natural healing capacity is at its peak. By combining self-practice with expert supervision, this approach fosters independence, consistency and long-term wellness—

moving beyond conventional therapy models.

DPYT is incorporated into our Assistant Yoga Therapist and Advanced Therapy Courses, helping therapists develop structured, individualized healing programs for their clients.

## **Publications – A Knowledge Legacy**

Ayushman Yog is committed to providing **comprehensive and structured study materials** to support students preparing for **Yoga Certification Board (YCB) examinations**. These materials, authored by our **Founder-Director, Nidhi Thakur**, ensure a clear and systematic approach to learning :

- 📖 **YCB Level 1** - Complete Guidebook of Yoga Protocol Instructor English & Hindi
- 📖 **YCB Level 2** - Complete Guidebook of Yoga Wellness Instructor
- 📖 **YCB Level 3** - Complete Guidebook of Yoga Teacher & Evaluator
- 📖 **YCB Level 5** - Complete Guidebook of Assistant Yoga Therapist
- 📖 **Upcoming Publications**: Complete Guidebook of YCB Level 4 (Yoga Master), YCB Level 6 (Yoga Therapist), YCB Level 7 (Yoga Consultant) and Dual-Phase Yoga Therapy (DPYT) – A Structured Approach to Yogic Healing.

These resources are designed to simplify complex concepts, provide structured guidance and support aspirants in their **YCB certification journey**.

## **Expanding the Yoga Learning Experience**

💡 **Ayushman Yog Online Book Club** – A unique platform where practitioners engage in deep study of yogic texts, guided by structured discussions and expert insights.

At **Ayushman Yog**, we are more than an education platform—we are pioneers in transformative yoga learning and therapy, shaping the future of yoga professionals worldwide.

🌐 Visit **[www.ayushmanyog.com](http://www.ayushmanyog.com)** to explore our programs and embark on your journey!

## FOUNDER-DIRECTOR | NIDHI THAKUR







**Nidhi Thakur** is the **Founder & Director of Ayushman Yog**, a dedicated yoga educator, author and practitioner committed to bridging the gap between ancient yogic wisdom and modern life. With a strong academic foundation, she holds an **M.Sc. in Yoga and an M.Sc. in Vedanta**, deeply immersing herself in the profound teachings of these timeless disciplines.

Before dedicating herself fully to yoga education, she spent **a decade in the corporate world as an IT professional**. This transition from a fast-paced, technology-driven environment to the depth of yogic study reflects a profound evolution, one that integrates structured learning with holistic well-being. Understanding the challenges of modern living, she embraces a digital-first approach to make authentic yogic education accessible to a global audience.

### **A Vision for Yoga Education & Therapy.**

To support students in their learning journey, Nidhi has authored and compiled **comprehensive study materials**, including :

-  **YCB Level 1 - Yoga Protocol Instructor**
-  **YCB Level 2 - Yoga Wellness Instructor**
-  **YCB Level 3 - Yoga Teacher & Evaluator**
-  **YCB Level 5 - Assistant Yoga Therapist**

Her work aims to provide **structured, reliable and accessible resources for aspiring yoga teachers and therapists**, ensuring a deep connection to the essence of yogic knowledge.

She has also developed **Dual-Phase Yoga Therapy (DPYT)**—a structured therapeutic model that integrates **self-practice and guided intervention**, promoting long-term healing and self-reliance.

## **Leading Ayushman Yog to Excellence**

With a commitment to preserving the authenticity of yoga, while adapting it to contemporary needs, she leads Ayushman Yog as a premier platform for :

- ✓ **YCB-accredited yoga teacher and therapist training.**
- ✓ **Specialized therapy courses.**
- ✓ **Scriptural studies and advanced yogic education.**

Under her leadership, Ayushman Yog has become a recognized name in the global yoga community, empowering students with structured learning, expert mentorship and a deep-rooted connection to authentic yogic traditions.

✉ **Contact : [yogafitness.nidhi@gmail.com](mailto:yogafitness.nidhi@gmail.com)**

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## Meet The Team



### **Archana Chakravarthy**

YCB Level 3 - Yoga Teacher & Evaluator, RYT 200 Hrs TTC,  
RPYT Prenatal TTC, RCYT Children Yoga TTC, Yin Yoga TTC

**Experience** - 15 years

**Faculty** - YCB TTC, Pre-Post Natal TTC, Yoga Therapist TTC



### **Dhanashri Gonjare**

YCB Level 3 - Yoga Teacher & Evaluator

**Experience** - 13 years

**Faculty** - YCB TTC



### **Shaphali Singh**

YCB Level 2 - Yoga Wellness Instructor

**Experience** - 8 Years

**Faculty** - YCB TTC, Yogic Management Of Facial Wellness -  
TTC



### **Sunita Bora**

YCB Level 2 - Yoga Wellness Instructor

**Experience** - 12 Years

**Faculty** - YCB TTC





### **Amulya Parmesh**

YCB Level 3 - Yoga Teacher & Evaluator

**Experience** - 10 years

**Faculty** - YCB TTC Practical and Theory, Co-ordinator -  
Ayushman Yog Book Club

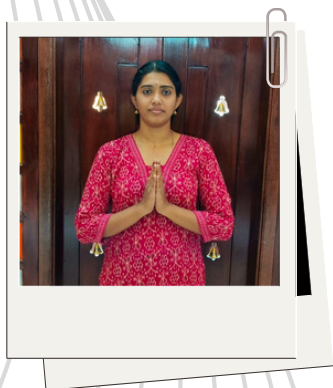


### **Bhawana Singh**

YCB Level 3 - Yoga Teacher & Evaluator

**Experience** - 12 years

**Faculty** - YCB TTC Theory



### **Sujatha Ramya**

YCB Level 2 - Yoga Wellness Instructor

**Experience** - 10 Years

**Faculty** - YCB TTC



# COURSES

## **YCB Level 1 Yoga TTC – Yoga Protocol Instructor**

**Duration** - 3 Months

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week Practice, Once a week theory class.

**Fee**

- Tuition Fee - 14,000/- INR
- Examination Fee - 3,450/- INR

**Eligibility** - Open for everyone.

**Certification** - Govt. Certificate (Yoga Certification Board)

### **Practical Syllabus**

#### **Topic 1 - (4 Weeks) - YCB Syllabus**

##### **Practice**

1. **Kriya** – Kapalabhati, Vatakrama, Agnisara Kriya, Jala Neti, Vamana Dhauti (Kunjali Kriya), Trataka, Shankha-Prakshalana.
2. **Yogic Sukshma & Sthula Vyayama** – Greeva Shakti Vikasaka (1,2,3,4), Bhuja Valli Shakti Vikasaka, Purna Bhuja Valli Shakti Vikasaka, Kati Shakti Vikasaka (1,2,3,4,5), Jangha Shakti Vikasaka (A&B), Janu Shakti Vikasaka, Pada Mula Shakti Vikasaka (A&B), Gulpha Pada Prishtha Pada Tala Shakti Vikasaka, Hrid Gati, Sarvanga Pushti.
3. **Traditional Surya Namaskar** – Movements With Breathing, With Antah Kumbhaka, With Bahya Kumbhaka, With Mantra, With Beeja Mantra.
4. **Asana**
  - i. **Standing** – Tadasana, Hastottanasana, Vrikshasana, Ardha Chakrasana, Padahastanasana, Kati Chakrasana, Trikonasana, Parshva Konasana.
  - ii. **Sitting** – Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Yoga Mudrasana, Parvatasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana, Paschimottanasana, Purvottanasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana.

- iii. **Prone Position** - Bhujangasana, Shalabhasana, Makarasana, Dhanurasana.
- iv. **Supine Position** - Pawanmuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana, Saral Matsyasana, Shavasana.
- v. **Inversion** - Vipreetkarni, Sarvangasana, Halasana, Chakrasana, Sheershasana.
5. **Pranayama** - Sectional Breathing, Full Yogic Breathing, Simha Kriya, Anuloma-Viloma, Surya Bhedi, Chandra Bhedi, Sheetal, Seetkari, Ujjayi, Bhastrika, Bhramari.
6. **Bandha** - Jalandhara, Uddiyana, Mula, Maha Bandha.
7. **Mudra** - Hasta Mudra, 3 Kaya Mudra.
8. **Relaxation** - Yoga Nidra.
9. **Mantra Chanting** - Mandatory memorization of opening and closing mantras with meaning, various aspects of Om Chanting as per Mandukya Upanishad.
10. **Teaching practice.**

## **Topic 2 - (4 Weeks) - Disease Management**

### **Practice**

1. **Pawanmuktasana 1, 2 and 3.**
2. **Standing** - Bandha Hasta Uttanasana, Akarna Dhanurasana, Tiryaka Tadasana, Tiryaka Kati Chakrasana, Meru Prishthasana, Uttanasana, Druta Utkatasana, Sama Konasana, Dwi-Konasana, Parivritta Trikonasana, Utthita Lolasana, Dolasana.
3. **Backward Bending Asana** - 6 variations of Bhujangasana, Tiryaka Bhujangasana, Ardha Shalabhasana - variations, Ardha Chandrasana, Uttana Prishthasana.
4. **Forward Bending Asana** - Saithalyasana, Gadyatmak Paschimottanasana, Pada Prasara Paschimottasana, Ardha Padma Paschimottanasana, Janu Sheershasana, Hasta Pada Angushthasana, Meru Akarshanasana, Gadyatmak Pada Hastasana, Sheersha Angustha Yogasana, Utthita Janu Sheershasana, Eka Padottanasana.
5. **Spinal Twisting Asana** - Meru Vakrasana - variations, Bhu Namanasana, Parivritta Janu Sheershasana.
6. **DPYT** - Dual Phase Yoga Therapy Model.
7. **Proper Management of 10 Common Diseases using DPLYT Model** - Lower Back Pain (Lifestyle related, Herniated/Slipped Disc, Sciatica), Cervical Spondylosis, Indigestion/Constipation Arthritis, Diabetes, Heart Diseases, Thyroid, Menstrual Issues (PCOD, PCOS, Irregular periods, Menopausal issues), Eye Health, Stress.
8. **Assignments.**

### **Topic 3 - (4 Weeks) - Ashtanga Primary Series**

#### **Practice - Intense Practice of Ashtanga Primary Series (Mysuru Style)**

##### **1. Surya Namaskar A&B.**

2. **Standing Sequence** - Pada Angushthasana - A&B, Pada Hastasana - A&B, Trikonasana - Utthita & Parivritta, Parshvakonasana - Utthita & Parivritta, Prasrita Padottanasana - A,B,C,D, Parshvottanasana, Utthita Hasta Padangusthasana - A,B,C, Ardha Baddha Padmottanasana, Utkatasana, Veerabhadrasana - A&B.

3. **Sitting Sequence** - Dandasana, Paschimottanasana - A&B, Purvottanasana, Ardha Baddha Padma Paschimottanasana, Trianga Mukha Ek Pada Paschimottanasana, Janu Sheershasana - A,B,C, Marichyasana - A,B,C,D, Navasana, Bhujapidasana - A&B, Koormasana, Supta Koormasana, Garbha Pindasana, Kukkutasana, Baddha Konasana- A&B, Upavistha Konasana - A&B, Supta Konasana, Supta Padangusthasana - A&B, Ubhaya Padangusthasana, Urdhva Mukha Paschimottanasana, Setu Bandhasana.

4. **Closing Sequence** - Urdhva Dhanurasana, Salamba Sarvangasana, Halasana, Karnapidasana, Urdhva Padmasana, Pindasana, Matsyasana, Uttana Padasana, Sheershasana - A&B, Yoga Mudra - A&B, Padmasana, Tolasana, Shavasana.

**Note** - Topics 2 and 3 will not be part of the YCB exam.

#### **Theory Syllabus**

##### **1. Unit 1 - Introduction to Yoga and Yogic Practices**

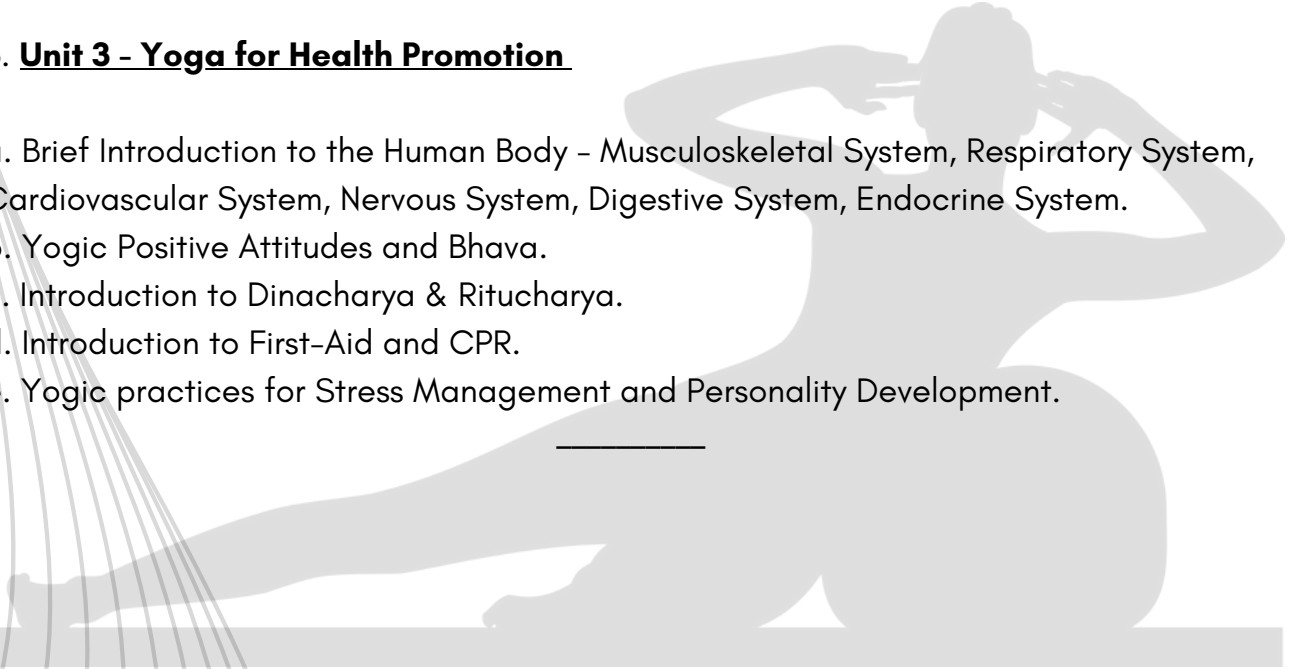
- Etymology, Definition, Aim, Objective and Misconceptions.
- Origin, History & Development Of Yogic Practices.
- Guiding Principles.
- Triguna, Antahkarana Chatushtaya, Tri-sharira, Pancha-Kosha.
- Introduction to Gyana Yoga, Bhakti Yoga, Karma Yoga, Ashtanga Yoga (Of Patanjali), Hatha Yoga.
- Yogic Practices for Health and Wellbeing.
- Shatkarma.
- Principles Of Yogasana, Introduction to Sukshma/Sthula Vyayama & Surya Namaskar.
- Pranayama, Dhyana.

## **2. Unit 2 - Introduction to Yoga Texts**

- a. Memorization of Sutra from Patanjali Yoga Sutra - Chapter 1 - Sutra number 1 to 12.
- b. Memorization of Shlokas from Bhagavad Gita - Chapter 2 - Shloka number 47,48,49, 50 and 70.
- c. Hatha Yoga Pradipika
- d. Introduction to Prasthanatrayi.
- e. Mitahara and Yuktahara.
- f. Important Concepts of Patanjali Yoga Sutra.

## **3. Unit 3 - Yoga for Health Promotion**

- a. Brief Introduction to the Human Body - Musculoskeletal System, Respiratory System, Cardiovascular System, Nervous System, Digestive System, Endocrine System.
- b. Yogic Positive Attitudes and Bhava.
- c. Introduction to Dinacharya & Ritucharya.
- d. Introduction to First-Aid and CPR.
- e. Yogic practices for Stress Management and Personality Development.



## **YCB Level 2 Yoga TTC - Yoga Wellness Instructor**

**Duration** - 3 Months

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week Practice, twice a week theory class.

**Fee**

• Tuition Fee - 16,000/- INR

• Examination Fee - 4,540/- INR

**Eligibility** - Open for everyone.

**Certification** - Govt. Certificate (Yoga Certification Board)

### **Topic 1 - (4 Weeks) - YCB Syllabus**

#### **Practice**

1. **Kriya** - Kapalabhati, Vatakrama, Agnisara Kriya, Jala Neti, Vamana Dhauti (Kunjal Kriya), Trataka, Shankha-Prakshalana.

2. **Yogic Sukshma & Sthula Vyayama** - Greeva Shakti Vikasaka (1,2,3,4), Bhuja Valli Shakti Vikasaka, Purna Bhuja Valli Shakti Vikasaka, Kati Shakti Vikasaka (1,2,3,4,5), Jangha Shakti Vikasaka (A&B), Janu Shakti Vikasaka, Pada Mula Shakti Vikasaka (A&B), Gulpha Pada Prishtha Pada Tala Shakti Vikasaka, Hrid Gati, Sarvanga Pushti.

3. **Traditional Surya Namaskar** - Movements With Breathing, With Antah Kumbhaka, With Bahya Kumbhaka, With Mantra, With Beeja Mantra.

#### 4. **Asana**

i. **Standing** - Tadasana, Hastottanasana, Vrikshasana, Ardha Chakrasana, Padahastanasana, Kati Chakrasana, Trikonasana, Parshva Konasana.

ii. **Sitting** - Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Yoga Mudrasana, Parvatasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana, Paschimottanasana, Purvottanasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana.

iii. **Prone Position** - Bhujangasana, Shalabhasana, Makarasana, Dhanurasana.

iv. **Supine Position** - Pawanmuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana, Saral Matsyasana, Shavasana.

v. **Inversion** - Vipreetkarni, Sarvangasana, Halasana, Chakrasana, Sheershasana.

5. **Pranayama** - Sectional Breathing, Full Yogic Breathing, Simha Kriya, Anuloma-Viloma, Surya Bhedi, Chandra Bhedi, Sheetal, Seetkari, Ujjayi, Bhastrika, Bhramari.
6. **Bandha** - Jalandhara, Uddiyana, Mula, Maha Bandha.
7. **Mudra** - Hasta Mudra, 3 Kaya Mudra.
8. **Relaxation** - Yoga Nidra.
9. **Mantra Chanting** - Mandatory memorization of opening and closing mantras with meaning, various aspects of Om Chanting as per Mandukya Upanishad.
10. **Teaching practice.**

## **Topic 2 - (4 Weeks) - Disease Management**

### **Practice**

1. **Pawanmuktasana 1, 2 and 3.**
2. **Standing** - Bandha Hasta Uttanasana, Akarna Dhanurasana, Tiryaka Tadasana, Tiryaka Kati Chakrasana, Meru Prishthasana, Uttanasana, Druta Utkatasana, Sama Konasana, Dwi-Konasana, Parivritta Trikonasana, Utthita Lolasana, Dolasana.
3. **Backward Bending Asana** - 6 variations of Bhujangasana, Tiryaka Bhujangasana, Ardha Shalabhasana - variations, Ardha Chandrasana, Uttana Prishthasana.
4. **Forward Bending Asana** - Saithalyasana, Gadyatmak Paschimottanasana, Pada Prasara Paschimottanasana, Ardha Padma Paschimottanasana, Janu Sheershasana, Hasta Pada Angushthasana, Meru Akarshanasana, Gadyatmak Pada Hastasana, Sheersha Angustha Yogasana, Utthita Janu Sheershasana, Eka Padottanasana.
5. **Spinal Twisting Asana** - Meru Vakrasana - variations, Bhu Namanasna, Parivritta Janu Sheershasana.
6. **DPYT** - Dual Phase Yoga Therapy Model.
7. **Proper Management of 10 Common Diseases using DPYT Model** - Lower Back Pain (Lifestyle related, Herniated/Slipped Disc, Sciatica), Cervical Spondylosis, Indigestion/Constipation Arthritis, Diabetes, Heart Diseases, Thyroid, Menstrual Issues (PCOD, PCOS, Irregular periods, Menopausal issues), Eye Health, Stress.
8. **Assignments.**

## **Topic 3 - (4 Weeks) - Ashtanga Primary Series**

### **Practice - Intense Practice of Ashtanga Primary Series (Mysuru Style)**

1. **Surya Namaskar A&B.**

2. **Standing Sequence** - Pada Angushthasana - A&B, Pada Hastasana - A&B, Trikonasana - Utthita & Parivritta, Parshvakonasana - Utthita & Parivritta, Prasrita Padottanasana - A,B,C,D, Parshvottanasana, Utthita Hasta Padangusthasana - A,B,C, Ardha Baddha Padmottanasana, Utkatasana, Veerabhadrasana - A&B.

3. **Sitting Sequence** - Dandasana, Paschimottanasana - A&B, Purvottanasana, Ardha Baddha Padma Paschimottanasana, Trianga Mukha Ek Pada Paschimottanasana, Janu Sheershasana - A,B,C, Marichyasana - A,B,C,D, Navasana, Bhujapidasana - A&B, Koormasana, Supta Koormasana, Garbha Pindasana, Kukkutasana, Baddha Konasana - A&B, Upavistha Konasana - A&B, Supta Konasana, Supta Padangusthasana - A&B, Ubhaya Padangusthasana, Urdhva Mukha Paschimottanasana, Setu Bandhasana.

4. **Closing Sequence**- Urdhva Dhanurasana, Salamba Sarvangasana, Halasana, Karnapidasana, Urdhva Padmasana, Pindasana, Matsyasana, Uttana Padasana, Sheershasana - A&B, Yoga Mudra - A&B, Padmasana, Tolasana, Shavasana.

**Note** - Topics 2 and 3 will not be part of the YCB exam.

**Theory Syllabus**

1. **Unit 1 - Introduction to Yoga and Yogic Practices**

- Etymology, Definition, Aim, Objective and Misconceptions.
- Origin, History & Development Of Yogic Practices.
- Introduction to Samkhya & Yoga Darshan.
- Life Sketches of Maharishi Ramana, Shri Aurobindo Swami, Swami Vivekananda, Swami Dayananda Saraswati.
- Practice of Gyana Yoga, Bhakti Yoga, Karma Yoga.
- Principles Of Yogasana, Introduction to Sukshma/Sthula Vyayama & Surya Namaskar.
- Shatkarma, Pranayama, Dhyana.
- Introduction of Tri-Bandha.
- Yoga Nidra - IRT, QRT, DRT.

2. **Unit 2 - Introduction to Yoga Texts**

- Introduction to Prasthanatrayi, Purushartha Chatusthaya.



- b. Concepts of Yoga in Kathopanishad, Prashnopanishad, Tattiryopanishad with emphasis on Panchakosha Viveka, Ananada Mimamsa.
- c. Concept of Sthitaprajna, Bhakti, Karma, Dhyana and Healthy Living as per Bhagavad Gita.
- d. Memorization of Sutra from Patanjali Yoga Sutra - Chapter 1 - Sutra number 1 to 12, Chapter 2 - Sutra number 46-51, Chapter 3 - Sutra number 1-4.
- e. Important concepts of Patanjali Yoga Sutra - Chitta, Chitta Bhumi, Vritti, Vikshepa, Klesha, Kriya Yoga, Chitta-Prasadanam, Antaranga & Bahiranga Yoga.
- f. Hatha Yoga Pradipika, Gherand Samhita.
- g. Concepts of Nadis.

### 3. **Unit 3 - Yoga for Wellness**

- a. Brief Introduction to the Human Body - Musculoskeletal System, Respiratory System, Cardiovascular System, Nervous System, Digestive System, Endocrine System, Excretory System, Reproductive System.
  - b. Introduction to Sensory Organs - Eyes, Nose, Ears, Tongue and Skin.
  - c. Homeostasis.
  - d. Significance of Tridoshas, Sapta Dhatu, Agni, Vayu, Mala.
  - e. Introduction to Dinacharya & Ritucharya.
  - f. Yogic concept of mental hygiene.
  - g. Importance of Psychosocial environment for health & wellness.
  - h. Knowledge of Common Diseases, stress and their prevention with yogic practices.
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## **YCB Level 3 Yoga TTC - Yoga Teacher & Evaluator**

**Duration** - 3 Months

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week Practice, twice a week theory class.

**Fee**

• Tuition Fee - 20,000/- INR

• Examination Fee - 6,220/- INR

**Eligibility** - Open for everyone.

**Certification** - Govt. Certificate (Yoga Certification Board)

### **Topic 1 - (4 Weeks) - YCB Syllabus**

#### **Practice**

1. **Kriya** - Kapalabhati, Vatakrama, Agnisara Kriya, Jala Neti, Vamana Dhauti (Kunjal Kriya), Trataka, Shakha-Prakshalana.

2. **Yogic Sukshma & Sthula Vyayama** - Greeva Shakti Vikasaka (1,2,3,4), Bhuja Valli Shakti Vikasaka, Purna Bhuja Valli Shakti Vikasaka, Kati Shakti Vikasaka (1,2,3,4,5), Jangha Shakti Vikasaka (A&B), Janu Shakti Vikasaka, Pada Mula Shakti Vikasaka (A&B), Gulpha Pada Prishtha Pada Tala Shakti Vikasaka, Hrid Gati, Sarvanga Pushti.

3. **Traditional Surya Namaskar** - Movements With Breathing, With Antah Kumbhaka, With Bahya Kumbhaka, With Mantra, With Beeja Mantra.

#### 4. **Asana**

i. **Standing** - Tadasana, Hastottanasana, Vrikshasana, Ardha Chakrasana, Padahastanasana, Kati Chakrasana, Trikonasana, Parshva Konasana.

ii. **Sitting** - Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana, Yoga Mudrasana, Parvatasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana, Paschimottanasana, Purvottanasana, Vakrasana, Ardha Matsyendrasana, Gomukhasana.

iii. **Prone Position** - Bhujangasana, Shalabhasana, Makarasana, Dhanurasana.

iv. **Supine Position** - Pawanmuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana, Saral Matsyasana, Shavasana .

v. **Inversion** - Vipreetkarni, Sarvangasana, Halasana, Chakrasana, Sheershasana.

5. **Pranayama** - Sectional Breathing, Full Yogic Breathing, Simha Kriya, Anuloma-Viloma, Surya Bhedi, Chandra Bhedi, Sheetal, Seetkari, Ujjayi, Bhastrika, Bhramari.
6. **Bandha** - Jalandhara, Uddiyana, Mula, Maha Bandha.
7. **Mudra** - Hasta Mudra, 3 Kaya Mudra.
8. **Relaxation** - Yoga Nidra.
9. **Mantra Chanting** - Mandatory memorization of opening and closing mantras with meaning, various aspects of Om Chanting as per Mandukya Upanishad.
10. **Teaching practice.**

## **Topic 2 - (4 Weeks) - Disease Management**

### **Practice**

1. **Pawanamuktasana 1, 2 and 3.**
2. **Standing** - Bandha Hasta Uttanasana, Akarna Dhanurasana, Tiryaka Tadasana, Tiryaka Kati Chakrasana, Meru Prishthasana, Uttanasana, Druta Utkatasana, Sama Konasana, Dwi-Konasana, Parivritta Trikonasana, Utthita Lolanasana, Dolasana.
3. **Backward Bending Asana** - 6 variations of Bhujangasana, Tiryaka Bhujangasana, Ardha Shalabhasana - variations, Ardha Chandrasana, Uttana Prishthasana.
4. **Forward Bending Asana** - Saithalyasana, Gadyatmak Paschimottanasana, Pada Prasara Paschimottasana, Ardha Padma Paschimottanasana, Janu Sheershasana, Hasta Pada Angushthasana, Meru Akarshanasana, Gadyatmak Pada Hastasana, Sheersha Angustha Yogasana, Utthita Janu Sheershasana, Eka Padottanasana.
5. **Spinal Twisting Asana** - Meru Vakrasana - Variations, Bhu Namanasna, Parivritta Janu Sheershasana.
6. **DPYT** - Dual Phase Yoga Therapy Model.
7. **Proper Management of 10 Common Diseases using DPYT Model** - Lower Back Pain (Lifestyle related, Herniated/Slipped Disc, Sciatica), Cervical Spondylosis, Indigestion/Constipation Arthritis, Diabetes, Heart Diseases, Thyroid, Menstrual Issues (PCOD, PCOS, Irregular periods, Menopausal issues), Eye Health, Stress.
8. **Assignments.**

## **Topic 3 - (4 Weeks)- Ashtanga Primary Series**

### **Practice - Intense Practice of Ashtanga Primary Series (Mysuru Style)**

1. **Surya Namaskar A&B.**

2. **Standing Sequence** - Pada Angushthasana - A&B, Pada Hastasana - A&B, Trikonasana - Utthita & Parivritta, Parshvakonasana - Utthita & Parivritta, Prasarita Padottanasana - A,B,C,D, Parshvottanasana, Utthita Hasta Padangusthasana- A,B,C, Ardha Baddha Padmottanasana, Utkatasana, Veerabhadrasana - A&B.

3. **Sitting Sequence** - Dandasana, Paschimottanasana - A&B, Purvottanasana, Ardha Baddha Padma Paschimottanasana, Trianga Mukha Ek Pada Paschimottanasana, Janu Sheershasana - A,B,C, Marichyasana - A,B,C,D, Navasana, Bhujapidasana - A&B, Koormasana, Supta Koormasana, Garbha Pindasana, Kukkutasana, Baddha Konasana - A &B, Upavistha Konasana - A&B, Supta Konasana, Supta Padangusthasana - A&B, Ubhaya Padangusthasana, Urdhva Mukha Paschimottanasana, Setu Bandhasana.

4. **Closing Sequence** - Urdhva Dhanurasana, Salamba Sarvangasana, Halasana, Karnapidasana, Urdhva Padmasana, Pindasana, Matsyasana, Uttana Padasana, Sheershasana - A&B, Yoga Mudra - A&B, Padmasana, Tolasana, Shavasana.

**Note** - Topics 3 will not be part of the YCB exam.

**Theory Syllabus**

1. **Unit 1 - Introduction to Yoga and Yogic Practices**

a. Etymology, Definition - memorization of definitions in Sanskrit from Patanjali Yoga Sutra, Bhagavad Gita Kathopanishad, Aim, Objective and Misconceptions.

b. Origin, History & Development of Yogic Practices.

c. Introduction to Principal Upanishad - IshaVasya, Kena, Katha, Prashna, Tattirya, Mundaka, Mandukya, Aitreya, Chhandogya and Brihadaranyaka.

4 Mahavakyas and their significance.

d. Bhartiya Darshan - Astika (Shad-Darshan) and Nastika Darshan (Buddhism, Jainism, Charvaka, Agyani, Ajiva).

e. Life Sketches of Mahrishi Ramana, Shri Ramakrishna, Shri Aurobindo, Swami Vivekananda, Swami Dayananda, Swami Sivananda Saraswati, Paramhansa Madhavadas Ji, Yogacharya Shri T. Krishnamacharya.

f. Guiding Principles for Yoga Teachers.

g. Introduction and practice of Gyana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga and Hatha Yoga.

- h. Principles Of Yogasana, Introduction to Sukshma/Sthula Vyayama & Surya Namaskar.
- i. Shatkarma, Pranayama, Dhyana.
- j. Bandha & Mudra.
- k. Yogic Relaxation - IRT, QRT, DRT.

## 2. **Unit 2 - Introduction to Yoga Texts**

- a. Introduction to Prasthanatrayi, Purushartha Chatustaya.
- b. Memorization of Shlokas from Bhagavad Gita - Sthitaprajna.
- c. General understanding of Bhagwad Gita including significance in present times, healthy living etc.
- d. Introduction to Yoga Vashishtha.
- e. Memorization of Sutras from Patanjali Yoga Sutra - Chapter 1 - Sutra number 1-12, Chapter 2 - Sutra number - 1,2 and 46-55, Chapter 3 - Sutra number 1-6.
- f. Important concepts of Patanjali Yoga Sutra - Chitta, Chitta Bhumi, Vritti, Vikshepa, Klesha, Kriya Yoga, Chitta-Prasadanam, Antaranga & Bahiranga Yoga.
- g. Hatha Yoga Pradipika, Gherand Samhita, Hatha Ratnavali.
- h. Concept of Shat Chakra, Nadi.

## 3. **Unit 3 - Yoga & Health**

- a. Brief Introduction to the Human Body - Musculoskeletal System, Respiratory System, Cardiovascular System, Nervous System, Digestive System, Endocrine System, Excretory System, Reproductive System.
- b. Homeostasis.
- c. Introduction to Sensory Organs - Eyes, Nose, Ears, Tongue and Skin.
- d. Introduction to psychology, concept of human psyche, stages of consciousness.
- e. Definition of Behaviour, Kinds of Behaviour motivation.
- f. Definition of Emotions, Nature, Physiological changes during emotions.
- g. Yogic view of Mental Health and Mental Illness.
- h. Yogic concept of health, wellness and illness.
- i. Importance of Psychosocial environment for health & wellness.
- j. Importance of Dinacharya & Ritucharya.

- k. Concept of Adhi, Vyadhi, Yoga as preventive care.
- l. Potential causes of ill health - Taptraya, Klesha, Antaryas.

#### 4. **Unit 4 - Applied Yoga**

- a. Definition of Education, Goal, Importance, Factors, Guru-Shishya Parampara.
  - b. Value Education, Importance, Types.
  - c. Role of yoga towards development of values, spiritual growth.
  - d. Salient feature of ideal yoga teacher, role of yoga teacher in value education.
  - e. Definition of Personality, the role of yoga & spirituality in personality development, the role of yoga & spirituality in positive attitudes.
  - f. Definition of Stress, nature, type, role of yogic practices in stress management.
  - g. Yogic Lifestyle and its relevance.
  - h. General knowledge of common disease and their prevention through Yogic Practices.
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## **YCB Level 5 Yoga TTC - Assistant Yoga Therapist**

**Duration** - 2 Months

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week Practice, twice a week theory class.

**Fee**

• Tuition Fee - 11,999/- INR

• Examination Fee - 4,450/- INR

**Eligibility** - Level 1 Yoga TTC

**Certification** - Govt. Certificate (Yoga Certification Board)

### **Topic 1 - (4 Weeks) - YCB Syllabus**

#### **Practice**

1. **Kriya** - Kapalabhati, Agnisara Kriya, Neti, Vamana Dhauti (Kunjali Kriya), Trataka, Shakha-Prakshalana, Nauli.
2. **Yogic Sukshma & Sthula Vyayama** - Greeva Shakti Vikasaka (1,2,3,4), Bhuja Valli Shakti Vikasaka, Purna Bhuja Valli Shakti Vikasaka, Kati Shakti Vikasaka (1,2,3,4,5), Pada Mula Shakti Vikasaka (A&B), Gulpha Pada Prishtha Pada Tala Shakti Vikasaka, Hrid Gati, Sarvanga Pushti.
3. **Traditional Surya Namaskar** - Movements With Breathing, With Antah Kumbhaka, With Bahya Kumbhaka, With Mantra, With Beeja Mantra.
4. **Asana**
  - i. **Standing** - Tadasana, Trikonasana, Vrikshasana, Ardhchakrasana, Padahasthasana, Parshvkonasana.
  - ii. **Sitting** - Padmasana, Marjaryasana, Vakrasana, Ardhamatsyendrasana, Janusheershasana, Paschimottanasana, Vajrasana, Suptavajrasana Ushtrasana, Gomukhasana, Mandukasana, Koormasana, Kukkutasana, Bhadrasana.
  - iii. **Prone Position** - Bhujangasana, Shalabhasana, Makarasana, Dhanurasana.
  - iv. **Supine Position** - Pawanmuktasana and it's variations, Setubandhasana, , Ardhahalasana, Uttanapadasana, Matsyasana, Naukasana, Shavasana.
  - v. **Inversion** - Vipreetkarni, Sarvangasana, Halasana, Chakrasana.
5. **Pranayama** - Sectional Breathing, Full Yogic Breathing, Simha Kriya, Anuloma-Viloma, Surya Bhedi, Chandra Bhedi, Sheetali, Seetkari, Ujjayi, Bhastrika, Bhramari.

6. **Bandha** – Jalandhara, Uddiyana, Mula, Maha Bandha.
7. **Mudra** – Yoga Mudra, Maha Mudra, Shanmukhi Mudra, Shambhavi Mudra, Vipareeta Karni Mudra.
8. **Relaxation** – Yoga Nidra, Ajapa Dharana, Antarmauna, Om Meditation.
9. **Mantra Chanting** – Mandatory memorization of opening and closing mantras with meaning, various aspects of Om Chanting as per Mandukya Upanishad.
10. **Teaching practice.**

## **Topic 2 - (4 Weeks) - Disease Management**

### **Practice**

1. Introduction to Dual Phase Yoga Therapy Model.
2. Various modifications of Surya Namaskar as per the specific issues.
3. Practical implementation of various props such as blocks, belts, bolsters, chairs, wheels etc. to supplement the posture as per the specific issues.
4. Understanding the modification of the postures as per the specific issues.
5. Lower Back Pain (Lifestyle-related, Herniated /Slipped Disc, Sciatica) management.
6. Cervical Spondylosis management.
7. Indigestion/Constipation management.
8. Arthritis management.
9. Diabetes management.
10. Heart Disease management.
11. Thyroid management.
12. Menstrual Issues (PCOD, PCOS, Irregular periods, Menopausal issues) management.
13. Eye Health management.
14. Stress management.
15. Assignments.

### **Theory Syllabus**

#### **1. Unit 1 - Basic Principles of Yoga Therapy**

- a. Concept of Yoga : Its Definition, Aim, Objectives and Misconceptions.
- b. Significance of Hatha Yoga Practices – Shatkriyas, Yogasana, Pranayama, Mudra, Bandha and Dhyana.



- c. Guiding Principles to be followed by Yoga Therapy Assistant.
- d. Roles and Responsibilities of Yoga Therapy Assistant.
- e. Scopes and limitations of Yoga Therapy Assistant.
- f. Knowledge of vital parameters to assess the general state of patients : Measurement of Blood Pressure, Respiratory Rate, Pulse Rate and Body Temperature.
- g. Knowledge of the use of props : ropes/belts/cushions/special aids.
- h. Importance of pre-procedural preparedness for therapeutic Yoga sessions.

## 2. Unit 2 - Yoga Therapy in Traditional Yoga Texts

- a. Basic Knowledge of various yogic texts such as Patanjali Yoga Sutra, Hatha Yoga Pradipika and Gherand Samhita.
- b. Knowledge of schools of Yoga : Karma Yoga, Bhakti Yoga, Jnana Yoga and Dhyana Yoga.
- c. Concept of klesha, Concept of chitta vritti.
- d. Ashtanga Yoga and it's therapeutic importance.
- e. Principles of Hatha yoga, Hatha yogic practices in view of therapy.

## 3. Unit 3 - General Anatomy and Physiology

- a. Basic knowledge of the Human Body Skeleton – organization of body cells, tissues, systems, membranes and glands.
- b. Basic Knowledge of Anatomy and Physiology of the following systems – Muscularskeletal system, Digestive system, Respiratory system, Cardiovascular system, Excretory system and Endocrine system.

## 4. Unit 4 - Yoga and Allied Science

- a. Knowledge of Yogic Principles – Ahara, Vihara , Achar – Vichar.
- b. Alternative Therapy : Basic principles of Ayurveda, Naturopathy.
- c. Concept of holistic well-being.
- d. Yogic concept of healthy living : Tridoshas, Tri dhatu – Mala.
- e. Therapeutic importance of Dinacharya and Ritucharya.
- f. Importance of Diet (Ahara).
- g. Yoga as preventive and promotive health care.

## **Pre-Post Natal Yoga TTC**

**Duration** - 1 Month

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week.

**Fee** - 24,999/- INR

**Assignment** - based course, no exam.

**Eligibility** - Level 1 Yoga TTC

**Certification** - World Yoga Federation

### **Syllabus**

1. Introduction to Pre-Natal Yoga, Samkhya theory of creation, Kosha, Ashramas.
2. Concept of Garbha Samskara, Shodasha Samskara.
3. Yoga practice during Pregnancy, Daily rituals, Nutritional essentials, Mindfulness.
4. The Sanskrit effect - Mantra and Shlokas Chanting.
5. Anatomy & Physiology of Pregnancy.
6. Understanding Fertility.
7. Importance of Breathwork during pregnancy, type of breathing practices & pranayama for pregnancy.
8. Importance of Asana during pregnancy, Usage of the props such as blocks, bolsters, belts, chairs, etc.
9. Restorative Yoga Practices.
10. Understanding fertility and transition effects from one trimester to the other and selecting yoga practices according to the transition.
11. Maternity Milestone - 1st trimester, 2nd trimester, 3rd trimester.
12. Chakras and their significance during pregnancy.
13. Mudras & Bandhas - Do's and Don'ts.
14. Relaxation & Yoga Nidra.
15. 4th Trimester - Postpartum.
16. Pre-Post natal Yoga, through Ayurvedic Lens.
17. Assignments.

## **Yogic Management of Facial Wellness (Face Yoga)**

**Duration** - 1 Month

**Mode** - Online Live (Google Meet)

**Schedule** - 5 Days a week.

**Fee** - 6,999/- INR

**Eligibility** - Open to everyone.

**Certification** - World Yoga Federation

**Assignment based course, no exam.**

### **Syllabus**

#### **Module 1 - Understanding Facial Anatomy**

- Anatomy of the Face (Bones, Muscles, Skin, Nerves).
- Facial Expression and Functionality.
- Importance of Facial Posture and Relaxation.

#### **Module 2 - Face Yoga Techniques**

- Full Face Lift Massage.
- Eye Exercises for Strengthening & Reducing Puffiness.
- Anti-Wrinkle Massage.
- Lymphatic Drainage Techniques for Detoxification.

#### **Module 3 - Specialized Facial Massages**

- Hot Water Spoon Massage.
- Acupressure Face Massage.
- Simple Face Massage for Daily Practice.

#### **Module 4 - Tools & Enhancements**

- Jade Roller Massage.
- Gua Sha Techniques.
- Collagen Boosting Massage.

#### **Module 5 - Holistic Face Care**

- Importance of Hydration & Water Poses.

- Natural Face Oils for Different Skin Types.
- DIY Face Packs for Glowing Skin.

### **Module 6 - Stress & Lifestyle Management**

- How Stress Affects the Face.
- Meditation & Breathing Techniques for Face Relaxation.
- Diet & Nutrition for Healthy Skin.

### **Module 7 - Advanced Face Yoga Practices**

- Jawline & Neck Sculpting.
  - Exercises for Facial Symmetry & Firmness.
  - Daily & Weekly Face Yoga Routine.
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## **Yogic Management of Common Diseases - Self-Paced & Video - Supported Course**

**Duration** - Can be finished as per the student's pace, Lifetime Access.

**Fee** - 3,499/- INR

**Eligibility** - Level 1 Yoga TTC

**Certification** - World Yoga Federation

**No Live Classes, No exam.**

### **Topics**

1. Introduction to Dual Phase Yoga Therapy Model.
2. Lower Back Pain (Lifestyle-related, Herniated/Slipped Disc, Sciatica) management.
3. Cervical Spondylosis management.
4. Indigestion/Constipation management.
5. Arthritis management.
6. Diabetes management.
7. Heart Disease management.
8. Thyroid management.
9. Menstrual Issues (PCOD, PCOS, Irregular periods, Menopausal issues) management.
10. Eye Health management.
11. Stress management.
12. Assignments.

## **Yogic Sukshma Vyayama - Self-Paced & Video-Supported Course**

**Duration** - Can be finished as per the student's pace, Lifetime Access.

**Fee** - 999/- INR

**Eligibility** - Open to everyone.

**Certification** - World Yoga Federation

**No Live Classes, No exam.**

### **Topics**

1. Videos of all 48 Sukshma Vyayama.
2. Videos of all 5 Sthula Vyayama.

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## **Comprehensive Study of Gherand Samhita - Self-Paced Course**

**Duration** - Can be finished as per the student's pace, Lifetime Access.

**Fee** - 699/- INR

**Eligibility** - Open to everyone.

**No Live Classes, No Certification or exam.**

### **Topics**

1. **Chapter 1** - Shatkarma - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
2. **Chapter 2** - Asana - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
3. **Chapter 3** - Mudra & Bandha - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
4. **Chapter 4** - Pratyahara - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
5. **Chapter 5** - Pranayama - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
6. **Chapter 6** - Dhyana - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.
7. **Chapter 7** - Samadhi - Explanation of shlokas in English & Hindi, recordings of the shlokas for pronunciation.

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## **Comprehensive Study of IshaVasya Upanishad - Self-Paced Course**

**Duration** - Can be finished as per the student's pace, Lifetime Access.

**Fee** - 699/- INR

**Eligibility** - Open to everyone.

**No Live Classes, No Certification or exam.**

**Topics**

Explanation of all the shlokas in English & Hindi, recordings of the shlokas for pronunciation.





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