

Syllabus: - Yoga Science Foundation Course for wellness

Duration: - One Month (50 Hours)

Course Syllabus

PART – I: THEORY
(½ Hr. per Lect.)

Total Duration: 12 hrs.

Unit – 1:

Duration: 3 hrs.

1. Introduction to Yoga and Yoga practices.
2. Guiding principles to be followed by Yoga practitioners.
3. Introduction to Yogic Sukshma Vyayama & Sthula Vyayama and their relevance in Yoga Sadhana.
4. Surya Namaskar : Its technique and health benefits.
5. Introduction to Shatkarma and their importance in Yoga Sadhana.
6. Health benefits of Shatkarma.

Unit– 2:

Duration: 3 hrs.

1. Introduction to Yogasana.
2. Classification of Yogasana and sequencing.
3. Yogasana : Principles, salient features.
4. Yogasana : Importance of alignment and relaxation during the practice
5. Health benefits of Yogasana.
6. The role of Yogasana in diseases prevention and health promotion.

Unit – 3:

Duration: 3 hrs.

7. Mechanism of breathing.
8. Pranayama : Its principles and types.
9. Health benefits of Pranayama.
10. Bandha and Mudra : Techniques and their role in Yoga Sadhana.
11. Practices leading to Dhyana (Meditation).

12. Dhyana a great tranquilizer.

Unit – 4:

Duration: 3 hrs

13. Concept of Wellness and Well being.
14. Yogic concept of Wellness and Asthanga Yoga of Patanjali.
15. Yogic concept of Ahara (Diet & Nutrition)
16. Yogic lifestyle (Ahara, Vihar, Achar, Vichar).
17. Yogic attitudes (Maitri, Karuna, Mudita and Upeksha) and practices for Mental Wellbeing.
18. Role of Yama and Niyama for Psychosocial wellbeing.

PART – II: PRACTICALS

Total Duration: 36 hrs.

Practice of the following Yogic practices with brief theoretical knowledge about their importance of name, the technique, salient points, precautions to be taken and advantages of each of the following Yogic practices, e.g. Surya Namaskar, Shatkarma, Yogasana, Pranayama, Bandha & Mudra and practices leading to Meditation.

UNIT – I

- 1.1 Prayer
- 1.2 Recitation of Hymns.

UNIT – II Yogic Sukshma and Sthool Vyayama (Chhiana Kriyas)

Suksha Vyayama

- 2.1 Griva Shakti Vikasaka I
- 2.2 Griva Shakti Vikasaka II
- 2.3 Bhujavalli Shakti Vikasaka
- 2.4 Purna Bhuj Shakti Vikasaka
- 2.5 Vaksha Sthala Shakti Vikasaka I
- 2.6 Vaksha Sthala Shakti Vikasaka II
- 2.7 Kati Shakti Vikasaka I

- 2.8 Jangha Shakti Vikasaka
- 2.9 Pindali Shakti Vikasaka

Sthoola Vyayama

- 2.1 Hridgati (InjanDaud)
- 2.2 Sarvanga Pushti

UNIT – III Yogic Shat-karma (Shodhan Kriyas)

- 3.1 Kapalabhati
- 3.2 Neti (via Air, Water and Thread)
- 3.3 Dhouti (optional) kunjla
- 3.4 Agnisāra

UNIT – IV Yogasana:

4.1 Standing Postures:

Tadasana, Vrikshasana,
Hasttottanasana, Ardha-
chakrasana, Kati-chakrasana
Pāda-hastasana, Trikonasana

4.2 Sitting Postures:

Dandasana, Sukhasana, Padmasana, Vajrasana, Bhadrasana,
Mandukasana, Vakrasana/ Ardha-matsyendrasana,
Ustrasana, Shashakasana, Uttanamandukasana,
Paschimottanasana, Purvottanasana, Kurmasana,
Gomukhasana,

4.3 Prone line postures:

Makrasana, Bhujanasana, Shalabhasana, Dhanurasana

4.4 Supine Line Postures:

Uttana-padasana, Ardha-halasana, Pawanamuktasana,
Setubandhasana, Sarala Matsyāsana, Shavasana

UNIT – V Pranayama

- 5.1 Mechanism of correct breathing.
- 5.2 Abdominal breathing, Thoracic breathing, Clavicular breathing,
- 5.3 Yogic Deep breathing, Concept of Puraka, Rechaka and Kumbhaka
- 5.4 Bhedhana Pranayama; Suryabhedhi and Chandrabhedhi, Nadi Shodhana Pranayama (Anuloma-Viloma)
- 5.5 Bhramari and Sheetali Pranayama (Without Kumbhaka)

UNIT – VI Concepts and demonstrations of Bandha& Mudra

6.1 Bandha

Jalandhara Bandha, Uddiyana Bandha, Mula Bandha

6.2 Mudra

Yoga Mudra, Shanmukhi Mudra, Vipareetakarani Mudra & Simha Mudra

UNIT – VII Practices Leading to Dhyana

- 7.1 Recitation of Pranava
- 7.2 Chanting of Hymns
- 7.3 Prana dharana, Antarmouna

Note: It is advised to spare an hour extra time every day (minimum 24 days in a month) for personal practice either in the early morning or in the evening to get good results and to bring perfection in the Yoga Practices.

Course Schedule

Inauguration – 1 Hr

Theory Lecture – 30 mts./day Yoga Practical – 90 mts./day

Valedictory – 1 Hr

Day - 1 :

- A) Inauguration and Introduction
- B) Yoga Practicals: OM recitation, prayer & invocation,
Introduction to Dandāsana, sukhasana, padmasana, vajrasana
- C) Theory: Introduction to Yoga and Yoga Practices\

Day -2 :

- A) Yoga Practical: Yogic Sukshma Vyayama
- B) Theory: Guiding principles to be followed by Yoga practitioners.

Day - 3 :

- A) Yoga Practicals: Revision of previous practices, Yogic Sthula Vyayama.
- B) Theory: Introduction to Yogic Sukshma Vyayama & Sthula Vyayama and their relevance in Yoga sadhana.

Day - 4 :

- A) Yoga Practicals: Revision of previous practices, Surya Namaskara.
- B) Theory: Surya Namaskar : Its technique and health benefits.

Day - 5 :

- A) Yoga Practicals:
Revision of previous practices Shatkarma-
Kapālabhati & Agnisāra.
- B) Theory: Introduction to Shatkarma and their importance in Yoga Sadhana.

Day - 6 :

- A) Yoga Practicals:

Revision of previous
practices Shat Karma-
Neti & Kunjala
(optional)

B) Theory: Health benefits of Shatkarma.

Day - 7 :

A) Yoga Practicals : Revision
of previous practices
Yogasana: Standing
Postures Tadasana,
Vrikshasana,
Hasttottanasana, Ardha-
chakrasana,

Kati-chakrasana Pāda-hastasana, Trikonasana

B) Theory: Introduction to Yogasana.

Day – 8 :

A) Yoga Practicals : Revision
of previous practices Sitting
postures
Bhadrasana, Mandukasana,
Vakrasana/ArdhaMatsyendr
asana

B) Theory: Classification of Yogasana and sequencing.

Day - 9 :

A) Yoga Practicals : Revision
of previous practices Sitting
postures

Ushtrasana, Shashankasana, UtthanaMandukasana,
Kurmāsana

B) Theory: Yogasana : principles & salient features.

Day -10:

A) Yoga Practicals : Revision
of previous practices

Sitting Postures

Paschimottanasana, Purvottanasana, Gomukhasana

B) Theory: Yogasana; Importance of alignment and relaxation
during the practice

Day -11:

A) Yoga Practicals: Revision
of previous practices Prone
lying postures

Makarasana, Bhujangasana, Shalabhasana, Dhanurasana.

B) Theory: Health benefits of Yogasana.

Day -12 :

A) Yoga Practicals: Revision
of previous practices

Supine lying postures:

Uttanapadasana, Ardhamahalasana, Pawanamuktasana,
Setubandhasana, Sarala Matsyasana

B) Theory: The role of Yogasana in diseases prevention and
health promotion.

Day -13 :

A) Yoga Practicals:
Revision of previous
practices Sectional
Breathing, Yogic Deep
Breathing

B) Theory: Mechanism of breathing.

Day -14 :

A) Yoga Practicals: Revision of previous practices

Bhedhana Pranayama: Suryabhedhi and Chandrabhedhi,

Nadi Shodhan without Kumbhaka

B) Theory: Pranayama : Its principles and types.

Day -15:

A) Yoga Practicals: Revision of previous practices Sheetali & Bhramari Pranayama without Kumbhaka

B) Theory: Health benefits of Pranayama.

Day -16:

A) Yoga Practicals: Revision of previous practices
Demonstration of Bandha:
Jalandhara Bandh and
Uddiyana Bandha

Mudra; Yoga mudra, Vipareetakarni, Simhamudra,
Shanmukhi Mudra

B) Theory: Bandha and Mudra: Techniques and their role in Yoga Sadhana.

Day -17:

A) Yoga Practicals : Revision of previous practices Recitation of Pranava and Hymns

B) Theory: Practices leading to Dhyana (Meditation)

Day -18 :

A) Yoga Practicals: Revision of previous practices
Parana Dharana, Antar Mouna

B) Theory: Dhyan a great tranquilizer.

Day -19:

A) Yoga Practicals: Yoga Sadhana for wellness : **Module : I : 30 mts.**
● Prayer-2 mts.

- Chalan Kriya – 4 mts.
- Surya Namaskar – 3 mts.
- Yogasana – 10 mts.
- Kriya's and Pranayam – 5 mts.
- Dhyana – 5 mts.
- Shanti Path – 1 mts.

B) Theory: Concept of wellness and Well being.

Day -20 :

A) Yoga Practicals: Yoga Sadhana for wellness : **Module : II : 45 mts.**

- Prayer-2 mts.
- Chalana Kriyas – 6 mts.
- Surya Namaskar – 5 mts.
- Yogasana – 15 mts.
- Kriya's and Pranayama – 10 mts.
- Dhyana – 5 mts.
- Shanti Path – 2 mts.

B) Theory: Yogic concept of Wellness and Asthanga Yoga of Patanjali.

Day -21 :

A) Yoga Practicals: Yoga for wellness. : **Module : III : 60 mts.**

- Prayer-2 mts.
- Chalana Kriyas – 6 mts.
- Surya Namaskar – 5 mts.
- Yogasana – 30 mts.
- Kriya's and Pranayam – 10 mts.
- Dhyana – 5 mts.

- Shanti Path – 2 mts.

B) Theory: Yogic lifestyle (Ahara, Vihar, Achar, Vichar).

Day -22 :

- a) Yoga Practicals: Yoga Protocol for stress management
- b) Theory: Yogic concept of Ahara (Diet & Nutrition)

Day -23 :

- a) Yoga Practicals: Yogic practices for healthy living.
- b) Theory: Yogic attitudes (Maitri, Karuna, Mudita and Upeksha) and practices for Mental Wellbeing.

Day -24 :

- a) Yoga Practicals: Yogic practices for healthy living.
- b) Theory: Role of Yama and Niyama for Psycho-social wellbeing.
- c) Experience Sharing and Valedictory Function.