

CERTIFICATION COURSE OF YIC /YSC/DIPLOMA

DURATION IS [200 HRS. / 300 HRS. / 400 HRS. / 3 MONTHS]

- 1) INSTRUCTIONS ABOUT YOGA
- 2) INTRODUCTION ABOUT ASTANGA YOGA
- 3) INTRODUCTION ABOUT PATHANJALI YOGA SUTRAS
- 4) LOOSENING EXERCISE
- 5) BREATHING PRACTICES
- 6) ASANA
 - PRANAYAMA I
 - KRIYAS : 1
 - MEDITATION - TECHNIQUES 1
 - SHLOKA/MANTHRAS
 - TEACHING PRACTICE

I. ADVANCE COURSES FOR REGULAR SYLLABUS

[BASIC LEVEL COURSE SHOULD BE COMPLETED FOR ADVANCED COURSE]

- 1) INTRODUCTION ABOUT PATHANJALI YOGA SUTRA
- 2) ASANA
- 3) ASTANGA YOGA
- 4) PRANAYAMA II
- 5) KRIYAS : 2
- 6) MEDITATION: [TECHNIQUES 2]
- 7) ADVANCE ASANA
- 8) POWER YOGA

II. PRO ADVANCE SYLLABUS

[ADVANCE COURSE SHOULD BE COMPLETED FOR PRO ADVANCE LEVEL]

- 1) MORE ADVANCE ASANA:
- 2) PRANAYAMA: III
- 3) KRIYAS: 3
- 4) MEDITATION: [TECHNIQUES 3]
- 5) POWER YOGA
- 6) TEACHING PRACTICES

BASIC & ADVANCE LEVEL REGULAR CLASSES :

SL.NO.	COURSES	WEEKLY	DURATION
1	1 MONTH	2 DAYS - W & F	1 HR.
2	1 MONTH	3 DAYS - TU W & FR	1 HR.
3	1 MONTH	5 DAYS - M TO FR	1 HR.
WEAK END BATCH (SAT & SUNDAY)			2 HRS.

BASIC LEVEL REGULAR CLASS SYLLABUS

- 1) INTRODUCTION ABOUT YOGA
- 2) INTRODUCTION ABOUT ASTANGA YOGA
- 3) LOOSENING EXERCISE
- 4) BREATHING PRACTICES
- 5) ASANA
- 6) PRANAYAMA L1
- 7) KRIYAS: 1
- 8) MEDITATION: [DHARANA + DHYANA]
- 9) SHLOKA/MANTHRAS

ADVANCE LEVEL REGULAR CLASS SYLLABUS

- 1) INTRODUCTION ABOUT YOGA
- 2) INTRODUCTION ABOUT ASTANGA YOGA
- 3) LOOSENING EXERCISE
- 4) BREATHING PRACTICES
- 5) ASANA
- 6) PRANAYAMA L 2
- 7) KRIYAS: 2
- 7) MEDITATION: [SAMADI]
- 8) SHLOKA/MANTHRAS

TIMINGS

MONDAY TO FRIDAY

MORNING: 5:30 AM TO 6:30 AM AND 6:30 AM TO 7:30 AM
EVENING : 4.30 PM TO 5:30 PM AND 5.30 PM TO 6.30 PM

WEEKEND CLASSES SATURDAY AND SUNDAY

MORNING: 7:00 AM TO 8:00 AM AND 8:00 AM TO 9:00 AM
EVENING : 4:00 PM TO 5:00 PM AND 5:00 PM TO 6:00 PM

