

ANNEXURE V

CONTINUING YOGA EDUCATION (CYE) FOR YOGA THERAPIST / YOGA TEACHERS

A Total of 24 Session including practical (12) + Theory (12) each session consists of 1 ½ hour.
Total 36 hours. Duration is 06 days.

BROAD AREA AND CONTENT (PRACTICALS)

SL. No.	Broad area and Content (PRACTICALS)	Duration
Preparatory practice		
01	Yogic Sukshma vyayama and Sthula vyayama	03 hours
02	Suryanamaskara	
03	Knowledge & Demonstration of Kriyas,	
Knowledge and Skills of Yogasana		
01	Standing Asana	03 hours
02	Sitting Asana	
03	Supine lying Asana	
04	Prone Lying Asana	
05	Relaxative Asana	
06	Topsy Turvy Postures	
Breathing Practices and Pranayama		
01	Knowledge and Practice of breathing techniques and Pranayama	03 hours
Knowledge about Mudra, Bandha, Prathyara		
01	Knowledge and Practice of Mudra and Bandha, Pratyahara	03 hours
Dharana, Dhyana, Japa		
01	Mantra Japa	03 hours
02	Yoga Nidra	
03	Practices leading to Dhyana	
Self Assessment & Evaluation		
	Methods of teaching & conducting examination and evaluation, special skills, examination, self evaluation.	03 hours
Total		18 hours
Each session consist of 1 ½ hours.		
<ul style="list-style-type: none"> • Each institute is free to add on to this uniform Performa as they wish. • Uniformity is also essential, because variety of practices and their technique create confusion for these professionals. • Every day revision of previous day practice. • Knowledge and practice of Common Yoga Protocol (CYP). 		

BROAD AREA AND CONTENT (THEORY)

SL. No.	Broad area and Content (Theory)	Duration
Foundations of Yoga and its practice		
01	Etymology and definitions of Yoga, Aim, objectives and misconceptions about Yoga, True nature of Yoga and Principles of Yoga.	03 hours
02	Brief introduction to origin of Yoga, Psychological aspects leading to origin of Yoga.	
03	History & development of Yoga (Pre-vedic period to contemporary time).	
04	Astang Yoga, Concept of Panch Klesha, Vikshepa, Sahbhava	
Information of Traditional Yoga texts and Schools of Yoga		
01	Patanjali Yoga Sutra	03 hours
02	Hatha Yoga text	
03	Bhagvat Geeta and Yoga Vasistha	
04	Yogic concepts in Principal Upanishads and Yogopanishads	
05	Schools of Yoga, General Introduction to Schools of Yoga, Jnana Yoga, Bhakti Yoga and Karma Yoga, Patanjala Yoga and BouddhaYoga, Hatha Yoga.	
Knowledge of Basic and Applied Science		
01	Health benefits of Yoga and contraindications	03 hours
02	Alignment principles and Biomechanics of Yogic practices	
03	Basics of Anatomy and Physiology	
04	Impacts of Yoga on Human physiology	
Application of Traditional knowledge of Yoga		
01	Patanjali Yoga Sutra, mental impacts and human transformation	03 hours
02	Hatha Yoga texts and its therapeutic approach	
03	Yoga and Mental Health, Yoga for various age groups, Women & Children	
Yoga Therapy and Training		
1	Fundamental Principle of Yoga Therapy	03 hours
2	Yoga Therapy for communicable and Non-communicable Disease. Established protocols of Yoga as therapy: Diabetes management, Neurological conditions, and Respiratory conditions. Yoga for cancer survivor.	
3	Teaching Methods of Yoga	
Research, Development, Propagation and Promotion		
01	Recent trends in Case study formulation and reporting	03 hours
03	Updates in field of Yoga and Ministry of Ayush: <ol style="list-style-type: none"> a. The International Day of Yoga. b. Declaration of Yoga as intangible heritage. c. World Health Organization program d. The Yoga Certification Board e. Prominent Yoga Institute of India. 	
Total		18 hours
Each session consist of 1 ½ hours.		
1) The topic of Yoga is very vast; please make it simple and essential components. 2) Topic should come up with good reference material for the above, duly digitalized. 3) Simplification and Integrative medical approach may be made as per institute need.		