



Shrimath Yoga is an accredited ASSOCIATE CENTRE of IYA (Indian Yoga Association) and is supported by Government of India. IYA has the mandate to standardize Yoga education across globe without compromising (1) the ever relevant traditional Yoga principles, (2) the uniqueness of the various living Yoga traditions, (3) the scientific rigour, (4) research temper and (5) applicability of Yoga in today's context.

Right now, IYA has come up with 3 courses namely Foundation, Certificate and Advanced Certificate. The syllabi is prescribed by IYA and the accredited ASSOCIATE CENTRE is mandated to teach this syllabi. Ample scope to share knowledge that showcase the individuality of the accredited ASSOCIATE CENTRE is in-built in each of these courses. Thus, uniformity and diversity are ensured at the same time.

The syllabi for Certificate Course in Yoga

Section 1 Philosophy

Indian Philosophy

1. Astika & Nastika Darshanas (Classification and Names of Founders)
2. Common Characteristics of Indian Philosophy

Samkhya Darshana

3. Dualism: Purusa & Prakrti Avidya
4. Names of 25 Tattvas and Tri Gunas

Yoga Darshana (Patanjali Yoga Sutras)

5. Names of 4 Padas
6. The Ashtangas (Bahiranga & Antaranga)
7. Names of Antarayas
8. Names of Vrittis & Klesas
9. Cittaprasadana technique
10. Names of Samadhi states
11. General understanding of Siddhi / Vibhuti

Etymological Meanings & Definitions of 'Yoga'

Meanings of 'Yoga'

12. Yujir-yoge
13. Yuj-samyoga
14. Yuj-samyamne Yuj-samadhi

Definitions of 'Yoga'

15. PYS Def Ch I – S: 2

BG – 2

16. Samatvam Yoga Uchyate;
17. Yogaha Karmasu Kaushalam

Salient features of Indian Culture

Only Names & brief understanding

18. Sanatana Dharma
19. Vaidic Dharma
20. Anekantavada
21. Ashrama Dharma
22. Purusharthas
23. Guru-Shishya Parampara
24. Karma & Law of Karma
25. Dharma

Section 2 Basic Texts of Yoga

Patanjali Yoga Sutras

26. Over-view of 1st and 2nd Padas

Sutras by heart

27. Definition (Ch:I S-2);
28. Ashtanga Yoga (Ch:II S- 29);
29. Asana (Ch:II S-46);
30. Pranayama (Ch:II S-49)

Hatha Pradipika (HP) & Gheranda Samhita (GS)

31. Brief Understanding of Hatha Yoga

Hatha Pradipika

32. Names of 4 angas
33. Names of 15 Asanas
34. Names of Shat Kriyas Names of 8
35. Kumbhakas
36. Names of 10 Mudras
37. Badhak Tattva / Sadhak Tattva

Gheranda Samhita

38. Names of Saptangas

Bhagavad Gita

39. Name of Author

40. No. of Chapters

41. General Understanding of Karma, Bhakti & Jnana Yoga

Upanishads

42. Meaning of 'Upanishad'

43. Names of 10 Main Upanishads

Vedas

44. Meaning of 'Veda'

45. Names of Vedas

Puranas

46. Name of Author

47. Basic understanding of Puranas

Section 3A Anatomy & Physiology: Medical Science & Yoga

A Anatomy & Physiology as per Medical Science

48. Names of 9 Main Systems and Organs in each system

49. Main Functions of Organs

B. Yogic Anatomy & Physiology as per Yoga

50. Prana and names of 10 Pranas

51. Nadi & names of Nadis

52. Ashta Chakras & Names of Granthis

53. Kundalini

Section 3B Human Psychology as per Yoga

Personality theories

54. Names and Main characteristics of Tri- Gunas

55. Names of 5 Citta Bhumis

56. Personality as per Samkhya Darsana: Prakrti (Sthula, Sukshma & Karana Shariras) + Purusa;

57. Panchamaya (Panchakosha) theory as already considered in earlier section.

Concept of Mind

58. Names of elements of Antahkarana in Samkhya: Buddhi, Ahamkar & Manas.

59. Concept of Citta in PYS

Life Style Considerations

60. Diet: Mitahar as per HP;

61. Bhagavad Gita: Diet, rest, relaxation, exertion, etc

62. Elaboration of Yogic Life style

Introduction to Ayurveda

63. Meaning of 'Ayurveda'

64. Doshas

65. Concept of Health (Swasthya)

Section 4 Teaching of Yoga

66. Teaching Methods (Instruction; Observation; Demonstration; Correction)

67. Teaching Aids

68. Communication Skills

69. Verbal & Non-verbal

70. Ideal Qualities of Teacher

71. Conducive Environment

72. Safety measures

73. Guideline as regards framework of Professional Practice

Note from IYA

The 73 Topics, Institutions should cover at least 51 topics (The score should be greater than 51 for the Theory topics of CCY) This would mean upto 22 topics may be institution-specific syllabus

PRACTICE TOPICS

Section 1: SukshmaVyayama / Preparatory Practices / Sandhi Chalana kriya

1. Institution-specific

Section 2: Shuddhi Kriyas

2. Dhauti: Vaman Dhauti; Agnisaar
3. Neti: Jal Neti
4. Tratak
5. Kapalbhati
6. Theoretical Knowledge as regards Basti & Nauli

Section 3: Asanas

Three Meditative Asanas

7. Padmasana
8. Vajrasana
9. Svastikasana

Four Standing Asanas

10. Tadasana
11. Ekpadasana
12. Trikonasana
13. Padahastasana

Three Kneeling Asanas

14. Ushtrasana
15. Marjarasana
16. Shashankhasana

Six Sitting Asanas

17. Bhadrasana
18. Simhasana
19. Gaumukhasana
20. Vakrasana
21. Parvatasana
22. Paschimottanasana

Five Prone Asanas

23. Bhujangasana
24. Shalabhasana
25. Dhanurasana
26. Naukasana
27. Makarasana

Six Supine Asanas

28. Pavanmuktasana
29. Setubandhasana
30. Matsyasana
31. Uthitapadahastasana
32. Halasana
33. Shavasana

One Inverted Asanas

34. Sarvangasana

Section 4: Surya Namaskar

35. Surya Namaskar (Traditional with 12 steps)
(Can be School- Specific)

Section 5: Pranayama

36. Sectional Breathing
37. Yogic Breathing
38. Nadishodhana
(Kumbhaka without Bandhas)
39. Suryabhedana
40. Ujjayi
41. Shitkari
42. Shitali
43. Bhramari

Section 6: Mudras

44. Chin / Jnana Mudra
45. Padma Mudra
46. Agochari Mudra (Nasikagra Drishthi)
47. Shambhavi (Bruhmadhya Drishthi)
48. Viparitakarani
49. Mahamudra

Section 7: Mantras

50. Pranava japa
51. Shanti Mantra: Can be school specific

Section 8: Meditation

52. Institution-specific

Section 9: Teaching Practice

53. Institution-specific

Note from IYA

The 49 Practices, Institutions should cover at least 39 Practices (The score should be greater than 39 for the Practice topics of FCY) This would mean upto 10 topics may be institution-specific syllabus

Note from Shrimath Yoga

Shrimath Yoga teaches Swami Satyananda's Pawanamuktasana series that has 3 sections and 34 postures as a part of the preparatory practices. All the other postures would be covered as the part of the course

Serial No: 52 and 53 would be handled by the Shrimath team based on the interest, need and ability of the course participants