



आयुष मंत्रालय, भारत सरकार  
Ministry of AYUSH, Govt. of India

# Yoga Certification Board

Ministry of Ayush, Govt. of India  
Website- [www.yogacertificationboard.nic.in](http://www.yogacertificationboard.nic.in)



## SYLLABUS

# Yoga Protocol Instructor-Level 1

**S. No. Name of the Unit**

- 1 **Introduction to Yoga and Yogic Practices**
  - 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions.
  - 1.2 Yoga : Its origin, history and development.
  - 1.3 Guiding principles to be followed by Yoga practitioners.
  - 1.4 Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).
  - 1.5 Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).
  - 1.6 Introduction to Yoga practices for health and well being.
  - 1.7 Introduction to Shatkarma: meaning, purpose and their significance in Yoga Sadhana.
  - 1.8 Introduction to Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.
  - 1.9 Introduction to Yogasana: meaning, principles, and their health benefits.
  - 1.10 Introduction to Pranayama and Dhyana and their health benefits.
  
- 2 **Introduction to Yoga Texts**
  - 2.1 Introduction and study of Patanjala Yoga Sutra including memorization of selected Sutras (Chapter I- 1-12).
  - 2.2 Introduction and study of Bhagavad Gita including memorization of selected Slokas (Chapter II -47, 48, 49, 50 and 70).
  - 2.3 Introduction and study of Hathpradipika.
  - 2.4 General Introduction to Prasthanatrayee.
  - 2.5 Concepts and principles of Aahara (Diet) in Hathpradipika and Bhagawadgita (Mitahara and Yuktahara).
  - 2.6 Significance of Hatha Yoga practices in health and well being.
  - 2.7 Concept of mental wellbeing according to Patanjala Yoga.
  - 2.8 Yogic practices of Patanjala Yoga: Bhiranga and Antaranga Yoga.
  - 2.9 Concepts of healthy living in Bhagwad Gita.
  - 2.10 Importance of subjective experience in daily Yoga practice.
  
- 3 **Yoga for Health Promotion**
  - 3.1 Brief introduction to human body.
  - 3.2 Meaning and Means of health promotion and role of Yoga in health promotion.
  - 3.3 Yogic positive attitudes ( Maîtri, Karuna, Mudita, Upeksha).
  - 3.4 Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.
  - 3.5 Dincharya and Ritucharya with respect to Yogic life style.
  - 3.6 Holistic approach of Yoga towards health and diseases.
  - 3.7 Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).
  - 3.8 Yogic management of stress and its consequences.
  - 3.9 Yoga in prevention of metabolic and respiratory disorders.
  - 3.10 Yoga for personality development.

## Practical

### A. Demonstration Skills

**4.1 Prayer:** Concept and recitation of Pranava and hymns.

### 4.2 Yoga Cleansing Techniques

Knowledge of Dhauti, Neti and practice of Kapalabhati.

### 4.3 Yogic Sukshma Vyayama and Sthula Vyayama

#### a. Yogic Sukshma Vyayama (Micro Circulation Practices)

- Neck Movement  
Griva Shakti Vikasaka ( I,II,III,IV)
- Shoulder Movement  
Bhuja Valli Shakti Vikasaka  
Purna Bhuja Shakti Vikasaka
- Trunk Movement  
Kati Shakti Vikasaka (I, II, III, IV, V )
- Knee Movement  
Jangha Shakti Vikasaka (II-A&B )  
Janu Shakti Vikasaka
- Ankle movement  
Pada-mula shakti Vikasaka – A&B  
Gulpha-pada-pristha-pada-tala shakti Vikasaka

#### b. Yogic Sthula Vyayama (Macro Circulation Practices)

- Sarvanga Pushti
- Hrid Gati (Engine Daud)

### 4.4 Yogic Surya Namaskara

### 4.5 Yogasana

- Tadasana, Vrikshasana, Ardha Chakrasana, Padahastasana, Kati Chakrasana, Trikonasana
- Dandasana, Sukhasana, Padmasana, Vajrasana,
- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana
- Paschimottanasana, Purvottanasana
- Vakrasana, Gomukhasana
- Bhujangasana, Shalabhasana, Makarasana
- Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasana
- Vipareetakarani, Saral Matsyasana, Shavasana,

### 4.6 Preparatory Breathing Practices

- Sectional breathing (abdominal, thoracic and clavicular)
- Yogic deep breathing

### 4.7 Pranayama

- Concept of Puraka, Rechaka and Kumbhaka
- Anulmoa Viloma/Nadi Shodhana
- Sheetalee (without Kumbhaka)
- Bhramari (without Kumbhaka)

#### **4.8 Understanding of Bandha**

- Jalandhara Bandha
- Uddiyana Bandha
- Mula Bandha

#### **4.9 Understanding of Mudra**

- Hasta Mudras (chin, Chinmaya, Brahma, adi, jnana, Dhyana and Nasika)

#### **4.10 Practices leading to Meditation and Dhyana Sadhana**

- Recitation of Pranava & Soham
- Recitation of selected hymns, invocations and prayers from Vedas & Upanishadas
- Body and breath awareness
- Yoga Nidra

### **B. Teaching Skills (Methods of Teaching Yoga)**

- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga (Shatkriya, Asana, Pranayama & practices leading to Dhyana)
- Principles of teaching Yoga protocol to different groups (beginners, children, youth, women, Geriatric population, and special attention group).
- Preparation for a Yoga class (before and during the class)
- Factors influencing yoga teaching.
- Class management in Yoga: its meaning and needs.
- Conducting yoga practical lessons: Precautions & Contraindications of practices)
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans