



Yoga Volunteer

Study plan – Level 1
Equivalent to not less the 50 hours

Name of the Certification:

Yoga Volunteer (YV)

Requirement/ Eligibility:

For open candidates there is no eligibility criteria, eligibility is confirmed by the institute after personal interview.

Brief Role Description:

For promotion of well-being of oneself and society at large; assist in conducting group classes for Yoga Volunteer, Yoga classes in the park, Yoga related IDY programs. Can conduct Yoga Break protocol in work places.

Minimum age:

No age limit.

Duration of course:

Equivalent to not less the 50 hours.
Theory: 20 hours, Practical: 30 hours

After successful completion of course and exam the candidate is awarded by certificate issued by

“Yoga Certification Board”
Ministry of AYUSH,
Government of India





Theory:

Unit 1. Theory

- 1.1 Meaning, History and Development of Yoga.
- 1.2 Schools of Yoga.
- 1.3 The fundamentals of Yoga.
- 1.4 Yogic Practices for Health and Wellness.
- 1.5 General guidelines for Yogic Practice.
- 1.6 Yogic principles of Food.

Unit 2. Practical

- 2.1 Cleansing Practice (Technique, Contraindications and Benefits):
 - Neti
 - Trataka
 - Kapalabhati
- 2.2 Chalana Kriya / Loosening Practice (Technique, Contraindications and Benefits):
 - 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 (Janu Shakti Vikasaka)
- 2.3 Yogasana (Technique, Contraindications and Benefits):
 - Standing Posture- Tadasana, Vrikshasana, Ardha Chakrasana, Padahasthasana, Trikonasana.
 - Sitting Posture- Bhadrasana, Vajrasana, Ardha- Ushtrasana, Ushtrasana, Shashankasana, Mandukasana, UttanaMandukasana, Vakrasana.
 - Prone Posture- Makarasana, Bhujangasana, Shalabhasana.
 - Supine Posture- Uttanapadasana, Ardhalasana, Setubandhasana, Markatasana, Pawanamuktasana, Shavasana.
- 2.4 Pranayama (Technique, Contraindications and Benefits):
 - Anulmoa Viloma / NadiShodhana
 - Ujjaye (without Kumbhaka)
 - Shitali (without Kumbhaka)
 - Bhramari (without Kumbhaka)
- 2.5 Dhyana (Technique and Benefits):
 - Body Awareness
 - Breath Awareness
 - Yoga Nidra
- 2.6 Classes related to life management and preventive health



Book for Reference

- 1 Ministry of AYUSH: **Common Yoga Protocol**
Ministry of AYUSH, Government of India
AYUSH Bhawan, B-Block, GPO Complex,
INA, New Delhi-110023
- 2 Saraswati Swami Satyananda : **Asana Pranayama Mudra Bandha**
Bihar School of Yoga, Munger, 2006
- 3 Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers**
MDNIY, New Delhi, 2010