



# International Ayurveda & Yoga Institute

## Kyiv, Ukraine

## Assistant Yoga Therapist

Study plan – Level 4  
Not less than 400 hours

(Contact program for 100 hrs. to be conducted on Anatomy, Physiology)

### Name of the Certification:

Assistant Yoga Therapist

### Requirement/ Eligibility:

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

### Brief Role Description:

Can work under supervision of certified physician or certified Yoga Therapist & Yoga Consultant on specific disorders.

### Minimum age:

No age limit

### Personal Attributes:

The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency, ability to build caring relationships, friendly and approachable, credibility etc.

### Duration of course:

**Theory: 120 hours**

**Practical: 280 hours**

**Total: 400**

Not less than 400 hours (Contact program for 100 hrs. to be conducted on Anatomy, Physiology).

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

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





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## Theory:

### UNIT 1 Basic Principles of Yoga Therapy

- 1.1 Concept of Yoga: Its Definition, Aim, Objectives and Misconception
- 1.2 Significance of Hatha Yoga Practices- Shatkriyas, Yogasana, Pranayama, Mudra and Bandha and Dhyana.
- 1.3 Guiding Principles to be followed by Yoga Therapy Assistant.
- 1.4 Roles and Responsibilities of Yoga therapy Assistant.
- 1.5 Scope and limitations of Yoga therapy Assistant.
- 1.6 Knowledge of vital parameters to assess general state of patients: Measurement of Blood Pressure, Respiratory Rate, Pulse Rate and Body Temperature.
- 1.7 Knowledge of use of props: ropes/belt/cushions/special aids.
- 1.8 Importance of pre-procedural preparedness for therapeutic Yoga sessions.

### Unit 2 Yoga Therapy in Traditional Yoga Texts

- 2.1 Basic Knowledge of various yogic texts such as Patanjala Yogsutra, Hathapradipika, GherandaSamhita .
- 2.2 Knowledge of schools of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga and Dhyana Yoga.
- 2.3 Concept of klesha, Concept of chitta vritti ,
- 2.4 Ashtanga Yoga and its therapeutic importance.
- 2.5 Principles of Hathayoga , Hatha yogic practices in view of therapy.

### Unit 3 General Anatomy and Physiology

- 3.1 Basic knowledge of Human Body Skeleton; organization of body cells, tissues, Systems, membranes and glands.
- 3.2 Basic Knowledge of Anatomy and Physiology of the following system --- Muscular, skeletal system; Digestive system; Respiratory system; Cardio vascular system; Excretory system; Endocrine system.

### Unit 4 Yoga and Allied Science

- 4.1 Knowledge of Yogic Principles - Ahara, Vihar, Achar- Vichar.
- 4.2 Alternative Therapy: Basic principles of Ayurveda, Naturopathy.
- 4.3 Concept of holistic well being.
- 4.4 Yogic concept of healthy living: Tridosha, Tri dhatu –Mala.
- 4.5 Therapeutic importance of Dincharya and Ritucarya,
- 4.6 Importance of Diet (Aahara).
- 4.7 Yoga as preventive and promotive health care.



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### Practice:

#### A. Demonstrative Skills

**UNIT 1 Shatkarma:** Knowledge and ability to perform the following Practices:

- 1.1 Neti (Jal and sutra)
- 1.2 Dhauti
- 1.3 Trataka
- 1.4 Kapalbhata
- 1.5 Agnisara
- 1.6 Nauli

#### **UNIT 2 Yogic Sukshma Vyayama and Sthula Vyayama**

- a. Yogic Sukshma Vyayama
  - 2.1 Neck Movements
  - 2.2 Shoulder Movements
  - 2.3 Trunk Movements
  - 2.4 Ankle Movements
- b. Yogic Sthula Vyayama
  - 2.5 Engine Daud
  - 2.6 Sarvangpushti

#### **UNIT 3 Yogasana**

- 3.1 Standing Asana: Tadasana, Trikonasana, Vrikshasana, Ardha Chakrasana, Padastanasana, Parshvkonasana,
- 3.2 Sitting Asana: Padmasana, Marjariasana, Vakrasana, Ardhamatsyendrasana, Janusirsasana, Paschimottanasana, Vajrasana, Suptavajrasana Ushtrasana, Gomukhasana, Mandukasana, Kurmasana, Kukkutasana, Bhadrasana.
- 3.3 Prone Lying Asana: Bhujangasana, Shalabhasana, Dhanurasana, Makarasana
- 3.4 Supine Lying Asana: Pawanmuktasana and its variation, setubandhasana, Viparitkarniasana, sarvangasana, Ardha halasana, Uttanpadasana, Matsyasana, Halasana, Naukasana, Chakrasana, Shavasana.

#### **UNIT 4 Pranayama**

- 4.1 Breath Awareness
- 4.2 Sectional breathing
- 4.3 Nadishodhan Pranayama
- 4.4 Bhramari (with or without kumbhaka)
- 4.5 Ujjayi, Bhastrika,
- 4.6 Shitali-Sitkari.



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## **UNIT 5 Bandha and Mudra**

- 5.1 Jalandhara Bandha, Uddiyana Bandha, Mula Bandha, Maha Bandha,
- 5.2 Yoga Mudra, Maha Mudra, Shanmukhi Mudra, shambhavi mudra, Vipareet Karni Mudra

## **UNIT 6 Practices leading to Meditation**

- 6.1 Pranav and Soham Japa
- 6.2 Yoga Nidra
- 6.3 Antarmauna
- 6.4 Ajapa Dharana
- 6.5 Om Meditation

## **B. Communication and Maintenance Skills**

- 1 Relevance and importance of feedback form
- 2 Maintenance of the record of vitals of the patients' pre and post therapy
- 3 Maintain interpersonal relationship with Yoga therapist and patients timely.
- 4 Knowledge of first aid procedure.
- 5 Knowledge of basic physical and clinical examination of the patient- blood pressure, pulse rate, respiratory rate, weight, temperature, height ,BMR etc..
- 6 Knowledge of policy and procedure for the therapeutic Yoga treatment.
- 7 Knowledge of correct ambulation of the patient.
- 8 Maintenance record of the patients grievances and escalate to the concerned authority.
- 9 Demonstrate the skills of infection control and use of personal protective equipment (PPE)