



# Yoga Protocol Instructor

(Certified Yoga Professionals)

**Study plan – Level 2**

**Not less than 200 hours**

or not less than 3 month as part time

or not less than 1 month as full time course

**Name of the Certification:**

Yoga Protocol Instructor

**Requirement/ Eligibility:**

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

**Brief Role Description:**

Certified Yoga Professionals (Yoga Protocol Instructor) can teach basics of Yoga / common Yoga protocol developed by the Ministry of AYUSH for International Day of Yoga for prevention of diseases and promotion of health. They can conduct Yoga practice /classes in parks, societies, RWA etc.

**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.

**Duration of course:**

**Theory: 60 hours**

**Practical: 140 hours**

**Total: 200**

Not less than 200 hours or not less than 3 month as part time or not less than 1 month as full time course

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 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..

#### **Unit 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: Bahiranga and Antaranga Yoga.
- 2.9 Concepts of healthy living in Bhagwad Gita.
- 2.10 Importance of subjective experience in daily Yoga practice.

#### **Unit 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.

**Unit 4 Yoga Practical**

**A. Demonstration Skills**

**4.1 Prayer: Concept and Recitation of 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

- Bhujja Valli Shakti Vikasaka
- Purna Bhujja 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, Hastottanasana, Vrikshasana
- Ardha Chakrasana, Padahastana
- Trikonasana, Parshva Konasana, Katichakrasana
- Dandasana, Padmasana, Vajarasana,
- Yogamudrasana, Parvatasana
- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana,
- Paschimottanasana, Purvottanasana
- Vakrasana, Ardha Matsyendrasana, Gomukhasana
- Makarasana, Bhujangasana, Shalabhasana, Dhanurasana
- Pavanamuktasana and its variations
- Uttanapadasana, Ardha Halasana, Setubandhasana, Sarala-Matsyasana

**4.6.Preparatory Breathing Practices**

- Sectional Breathing (Abdominal, Thoracic and Clavicular Breathing)
- 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



### Books for Reference for Theory

- 1 Goyandka, Harikrishandass : **Yoga Darshan**  
Geeta Press, Gorakhpur (Samvat 2061).
- 2 Swami Vivekananda : **Jnana Yoga, Bhakti Yoga, Karma Yoga, Raja Yoga**  
(4separate books) Advaita Ashrama, Kolkata, 2011 & 2012
- 3 Sahay G. S. : **Hathayogapradipika**  
MDNIY, New Delhi, 2013
- 4 Gita press Gorakhpur : **Shreemad Bhagvadgita**  
Gita press Gorakhpur, Samvat 2073
- 5 Kotecha, Vaidya Rajesh : **A Beginner's Guide to Ayurveda**  
Chakrapani Publications, Jaipur 2016
- 6 Quality Council of India (QCI) : **Yoga professionals Official Guidebook for Level 1**  
Excel Books, New Delhi 2016
- 7 Brahmachari Swami Dhirendra : **Yogic Suksma Vyayama,**  
Dhirendra Yoga Publications, New Delhi, 1986
- 8 Sahay G. S. : **Hathayogapradipika**  
MDNIY, New Delhi, 2013
- 9 Kalayan : **Upanishads (23<sup>rd</sup> year Special)**  
Geeta Press, Gorakhpur
- 10 Gore M. M. : **Anatomy and Physiology of Yogic Practices,**  
Kanchana Prakashana, Lonavala, 2004
- 11 Swami Karmananda : **Management of Common Diseases,**  
Bihar Yoga Publication Trust, 2006, Munger
- 12 Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers,**  
MDNIY, New Delhi, 2010



### Books for Reference for Practicum

1. Brahmachari Swami Dhirendra : **Yogic Suksma Vyayama**, Dhirendra Yoga Publications, New Delhi
2. Brahmachari, Swami Dhirendra : **Yogasana Vijnana**, Dheerendra Yoga Prakashana, New Delhi
3. Iyengar, B. K. S. : **Light on Yoga**, Harper Collins Publisher, New Delhi, 2005
4. Saraswati, Swami Satyananda : **Asana, Pranayama, Mudra, Bandha** Bihar School of Yoga, Munger, 2006
5. Basavaraddi, I.V. : **A Monograph on Yogic Suksma Vyayama**, MDNIY, New Delhi, 2016
6. Basavaraddi, I.V. : **A Monograph on Shatakarma**, MDNIY, New Delhi, 2016
7. Basavaraddi, I.V. : **A Monograph on Yogasana**, MDNIY, New Delhi, 2016
8. Basavaraddi, I.V. : **A Monograph on Pranayama**, MDNIY, New Delhi, 2016
9. Tiwari O.P. : **Asana Why & How ?** Kaivalyadhama, SMYM Samiti, Lonavla
10. Saraswati, Swami Satyananda : **Suryanamashkara** Bihar School of Yoga, Munger, 2006
11. Quality Council of India (QCI) : **Yoga professionals Official Guidebook for Level 1** Excel Books, New Delhi 2016
15. Basavaraddi, I. V. & others : **Yoga Teachers Manual for School Teachers**, MDNIY, New Delhi, 2010
16. Gharote, M.L. : **Teaching Methods for Yogic practices**, Kaivalyadhama Ashram, Lonavla



# International Ayurveda & Yoga Institute

## Kyiv, Ukraine

17. Iyengar, B.K.S : **Yoga Shastra (Vol-I & II) Ramamani Iyenger Memorial Yoga, Institute, Pune YOG, Mumbai**
- 18 Ramdev, Swami : **Pranayama Rahasya**