

# YCB Protocol Instructor

## Practical (140 marks)

## Theory (60 marks)

## Demonstration Skills (80 marks)

### Teaching Skills (40 marks)

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

Field Experience (10 marks)

Application of knowledge (10 marks)

### Practices leading to Meditation Dhyana Sadhana

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

### Understanding of Bandha

Jalandhara Bandha  
Uddiyana Bandha  
Mula Bandha

### Pranayama

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

### Preparatory Breathing Practices

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

### Yogasana

Tadasana, Vrikshasana, Ardha Chakrasana, Padahasthasana, 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,

### Introduction to Yoga and Yogic Practices (20 marks)

Yoga : Etymology, definitions, aim, objectives and misconceptions.  
Yoga : Its origin, history and development.  
Guiding principles to be followed by Yoga practitioners.  
Principles of Yoga (Triguna, Antahkarana-chatustaya, Tri-Sharira/ Panchakosha).  
Schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).  
Yoga practices for health and well being.  
Shatkarma: meaning, purpose and their significance in Yoga Sadhana.  
Yogic Sukshma Vyayama, Sthula Vyayama and Surya Namaskara.  
Yogasana: meaning, principles, and their health benefits.  
Pranayama and Dhyana and their health benefits.

### Introduction to Yoga Texts (20 marks)

Patanjala Yoga Sutra, memorization of Sutras (Chapter I- 1-12).  
Bhagavad Gita, memorization of Slokas (Chapter II -47, 48, 49, 50 and 70).  
Introduction and study of Hathpradipika.  
General Introduction to Prasthanatrayee.  
Principles of Aahara (Diet) in Hathapradipik, Bhagawadgita (Mitahara Yuktahara).  
Significance of Hatha Yoga practices in health and well being.  
Concept of mental wellbeing according to Patanjala Yoga.  
Yogic practices of Patanjala Yoga: Bahiranga and Antaranga Yoga.  
Concepts of healthy living in Bhagwad Gita.  
Importance of subjective experience in daily Yoga practice.

### Yoga for Health Promotion (20 marks)

Brief introduction to human body.  
Meaning and Means of health promotion and role of Yoga in health promotion.  
Yogic positive attitudes ( Maitri, Karuna, Mudita, Upeksha).  
Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya), relevance in well being.  
Dincharya and Ritucharya with respect to Yogic life style.  
Holistic approach of Yoga towards health and diseases.  
Introduction to First aid and Cardio Pulmonary Resuscitation (CPR).  
Yogic management of stress and its consequences.  
Yoga in prevention of metabolic and respiratory disorders.  
Yoga for personality development.

Prayer: Concept and recitation of Pranava and hymns.

Yoga Cleansing Techniques: Dhauti, Neti, Kapalabhati

### 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

### Yogic Sthula Vyayama (Macro Circulation Practices)

Sarvanga Pushti  
Hrid Gati (Engine Daud)

Yogic Surya Namaskara