

Course Code 498-499

Yog Teachers' Training Programme

Practical Manual

**Yogic Practices and Training (498)
Yog Teaching Skills (Micro/ Macro-Teaching) and
Practice (499)**



NATIONAL INSTITUTE OF OPEN SCHOOLING

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Yoga Teachers' Training Programme

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Word With You

Dear Learners,

Welcome to the Vocational Education- Yoga Teachers' Training Programme conducted by the National Institute of Open Schooling. NIOS is an autonomous organization under the Ministry of Human Resource Development, Govt. of India, offering Open Basic Education, Secondary, Sr. Secondary and Vocational Education & Training Programmes through its study centers. Its main aim is to provide education to all the school dropouts and under privileged community especially Divyang-Jans, SC/ST, rural & tribal people, girls & women. NIOS is the largest open schooling system in the world.

Yoga has an important place in our Indian culture and heritage. It has been incorporated in our lifestyles since ancient times. In modern times, Yoga is recognized as art of living for a healthy life, which establishes the relationship between mind, soul and body. It also develops the overall personality. Yoga education therefore is essential and is in demand nowadays.

The programme has been developed at the National level, in the guidance of Smt. Sarita Sharma, Director, Yoga Sarita Sansthan, New Delhi, Prof. Ishwar Bhardwaj, Head of Yoga Dept. Gurukul Kangdi University, Haridwar, Dr. Rajeev Rastogi, Asstt. Director, CCRYN, Ministry of AYUSH, Govt of India and other professionals from different Universities and Yoga Institutions. The credit for this great achievement goes to the entire team of NIOS for their commitment and dedication.

I would like to express my sincere thanks to CCRYN, Ministry of AYUSH, Govt of India, Gurukul Kangdi University, Patanjali University, Dev Sanskriti University, Yoga Sarita Sansthan and all the other Yoga Institutions for their valuable and professional contribution.

The Yoga Teachers' Training Programme is an intensive programme providing in- depth knowledge of Yoga practices and pedagogy of Yoga. The programme is open to both Indian and foreign nationals. The prime objective of this programme is to train the learners and prepare skilled professionals in the sector of Yoga and Health Education.

The course curriculum consists of five subjects/papers, in which three are Theory papers; viz. **Philosophy & Physiology of Yoga, Human Body, Diet and Cleansing & Applied Yoga and** Two practical papers viz. **Yogic Practice & Training and Yoga Teaching Training Skills (Micro/Macro-Training).**

Successful learners of the Yoga Teachers' Training programme can get a job depending on the State rules as a Yoga Teacher or an equivalent job in the Yoga Institutions, Yoga centres, Health Clubs, Naturopathy Hospitals and various schools and colleges etc.

We hope that you will find the programme useful. On behalf of NIOS, I wish you all the best for a bright and successful future.

We welcome your suggestions regarding the above programme. If you have any doubts or problems, feel free to write to us.

We wish you all the best in your future endeavours.

(Programme Coordinator)

Yoga Teachers' Training Programme

Course Code - 495-499

(Course Curriculum)

Introduction of the Programme

The **Yoga Teachers' Training Programme** is an intensive certificate programme course providing in-depth knowledge of Yoga practices and pedagogy of Yoga. The programme is open to all those who are interested in becoming Yoga Teachers and is open for both Indian and foreign nationals.

Yoga has an important place in Indian culture and heritage. Yoga has been incorporated in our lifestyles since ancient times. Yoga provides the art of living for healthy life which establishes the relationship between mind and body. Yoga is the science of discipline that creates personality by making all-round development of the body, mind and self-power. Today, Yoga empowers everyone to stay healthy and fit. Yoga education therefore is in great demand.

Objectives

The aim of the Programme is to train the Learners from the sectors of Health and Education in Yoga. After completion of this Programme, a trainee will:

- **have a basic knowledge of human anatomy and physiology**
- **be able to explain the principles of Yoga and its philosophy**
- **have adequate knowledge and skills of preparation and precautions for Yogic practices**
- **understand and enlighten the concepts of health, hygiene, diet and Yogic culture**
- **learn applications of integrated approach towards Yoga;**
- **be able to conduct Yoga classes**
- **be able to train the learners in Yoga education**

Job Opportunities

Successful learners of the Yoga Teachers' Training Programme can get a job depending on the State rules as a Yoga Teacher or equivalent in the Yoga Institutions, Yoga Centres, Health Clubs, Naturopathy Hospitals, various schools and colleges etc.

Eligibility Criteria

- **Educational Qualification:** Minimum 12th pass **OR** equivalent from any recognised Board of School Education/University.

- **Minimum Age:** 18 years or above at the time of admission

Target group:

All Indians and foreign nationals who fulfil the eligibility criteria.

Duration of the Programme:

One year open course:

In one year open course, the training schedule will be as follows:

- (a) **Personal Contact Programme (PCP)** for theoretical & practical training on Saturdays or Sundays. Training centers will organize PCP of 160 hours ($10 \text{ months} \times 4 \text{ days} \times 4 \text{ hours} = 160 \text{ hours}$), according to the daywise training schedule.
- (b) Three workshops each of 10 days ($10 \text{ days} \times 3 \text{ workshops} \times 8 \text{ hours} = 240 \text{ hours}$) will be organised by the Training centers, at every 2-months interval, in which the learners will need to participate compulsorily.
 - Learners (Indian or foreign nationals) who desire one month's residential training may undergo training for the whole month residing at the training center. In that case, learners will select only those recognized training centers of NIOS in which all the necessary resources and facilities are available for such residential training. For that, the training centers may take reasonable charge separately as per the facilities, apart from the fixed course fee by NIOS.
 - Foreign nationals may either participate directly in a one-month residential training programme or may attend 3 workshops of 10 days each.
 - After training, the institutes will refer trainees to any Yoga institute for undertaking one month internship. The training center and related institute will provide internship certificate for the same.

Plan of Study

- Theory - 30 %
- Practical Training - 50 %
- Learners Portfolio - 20 %

Instruction Plan

- Self-instructional printed material
- Contact classes and facility of practical training at AVIs/study centers
- Hands on experience/practical training facilities at AVIs/Study centers
- Audio-visual materials

Programme Curriculum

The programme curriculum consists of five subjects/papers, which include three theory & two practical training papers.

Three Papers of Theory:

- (a) Philosophy & Physiology of Yoga
- (b) Human Body, Diet and Cleansing
- (c) Applied Yogic Science

Two Papers of Practical Training:

- (a) Yogic Practices and Training
- (b) Yoga Teaching Skills (Micro/Macro-Teaching) and Practice

Subject-1: Philosophy & Physiology of Yoga

Unit-1 Yoga and Yogic Texts

- Yoga - Basic introduction
- Meaning & Definition
- Indian Philosophy of Yoga (Introduction of Philosophy of Yoga)
- Concept of Yogic Physiology (Yogic Texts)
- Various Paths of Yoga : Gyana Yoga, Bhakti Yoga, Karma Yoga, Ashtang Yoga & Hath Yoga

Unit-2 Ashtang Yoga

- *Yama*
- *Niyama*
- *Asana*
- *Pranayama*
- *Pratyahara*
- *Dharna*
- *Dhyana*
- *Samadhi*

Unit-3 Yogic Culture & Value Education

- Yogic Culture - Four *Purusharthas*: *Dharma*, *Artha*, *Kama* and *Moksha*
- Four Ashrams: *Brahmacharya*, *Grihastha*, *Vanprastha* and *Sanyasa*

- Four Principles: *Vivek*, *Vairagya*, *ShatSampatti* and *Mumukshutva*
- Moral Values - Degeneration of Values
- Relevance of Ancient Indian Values in the context of Modern Life

Subject-2: Human Body, Diet and Cleansing

Unit-4 Human Anatomy and Physiology

- Introduction to Human Anatomy and Physiology
- Cells & Tissues
- Organs and their Location in Body
- Introduction to Systems of Human Body

Unit-5 Yogic Diet

- Food, its Need & Importance
- Yogic Concept of Diet - *Satvik*, *Rajsik*, *Tamsik* and *Mitahar* (Amrit food)
- Acidic and Alkaline Food (20:80 ratio)
- Yogic Diet According to Age, Disease, Season and Time
- Food as Medicine and Importance of Food in Treatment of Various Ailments

Unit-6 Shatkarma (Cleansing of Body)

- *Dhauti*
- *Basti*
- *Neti*
- *Nauli*
- *Tratak*
- *Kapalbhati*

Subject-3: Applied Yogic Science

Unit-7 Subtle Exercises (*Suksham Vyayam*)

- Preparations & Precautions for Yogic practices
- Pawanmukt Asana Series (1-3)
- Eye Practices
- Relaxation Asanas
- Meditative Asanas

Unit-8 Yoga Asanas

- Yoga Asanas

- Preparations and Precautions before Practice
- Surya Namaskar
- Various Yoga Asanas

Unit-9 Pranayams & Meditation

- Pranayams
- Mudra- bandha
- Dhyana (Meditative Practices)
- Yoga Nidra

Unit-10 Yoga for Health Promotion (Yoga for All)

- Yoga for Children
- Yoga for Adolescents
- Yoga for Youth
- Yoga for Women
- Yoga for Elders

Practical Components:

Subject-4: Yogic Practices and Training

PRACTICALS

Sl. No.	Practical Content
1	Shatkarma
2	Subtle Exercises (Suksham Vyayam)
3	Yoga Asanas
4	Surya Namaskara
5	Pranayama
6	Mudra
7	Bandha
8	Dhyana
9	Yoga Nidra
10	Mantra Chanting
11	Yoga for Health Promotion (Yoga for All)
12	Visit to Yoga Centre

Subject-5: Yoga Teaching Skills (Micro/ Macro-Teaching) and Practice

1. Principles of Demonstration and Teaching
2. Observation, Assistance and Correction
3. Instructions, Teaching Styles, Qualities of Teachers
4. Voice Projection, Motivation, Care and Guidance on Learners' Progress
5. Student's Process of Learning, Planning and Structuring a Class
6. Alignment and Hands Adjustment
7. Safety Precautions
8. Yogic Life Style and Morality of Yoga Teacher
9. Yoga Teaching

Medium of Instruction and Admission Process

Medium of Instruction: The course material is available in Hindi and English medium.

Admission Procedure

- Online facility is available for admission. A Candidate can visit NIOS website www.nios.ac.in or voc.nios.ac.in and take admission through online.

Course Fee

- The fees for the programme is ₹ 10,000 for Indian nationals inclusive of admission, study material and first time examination fees. For the foreign nationals this fees is \$ 500.
- The study centres may take reasonable charges separately for accommodation, food & other miscellaneous facilities, according to the available facilities.

Scheme for Evaluation and Certification

For appearing in the examination, the learner will apply on the prescribed form. Both components of the course (Theory and Practical) will be evaluated.

NIOS will award Certificate to the successful learners.

Sl. No.	Subject/Paper of Yoga Teachers' Training Programme	Course Code	Theory & Practical		Total Marks
			Max. Marks	Time (in hours)	
1	Philosophy & Physiology of Yoga	495	50	3	50
2	Human Body, Diet and Cleansing	496	50	3	50
3	Applied Yogic Science	497	50	3	50
4	Yogic Practices & Training (Practical Paper) +Learners Port Folio	498	150+50	5	200
5	Yoga Teaching Skills (Micro/ Macro-Teaching) and Practice + Learners Port Folio	499	100+50	3	150
Grand Total					500

Passing Criteria: To be eligible for certification a candidate must secure at least 50% marks in both theory and practical exams separately.

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Note

1

Karma Yoga

Aim: To practise and demonstrate the Karm Yoga.

- After completing the practice, you will be able to achieve the skill to demonstrate the Karm Yoga and train others.

Material Required: Yoga mat, cushion, pen/pencil, copy etc.

Preparation:

- Wear loose, lightweight, cotton dress.

1. Method of Karma Yoga

- Sit in a comfortable position on the mat
- Discuss KarmaYoga
- Discuss your duties as well
- The main duties you perform every day like- After getting up early in the morning, touch the feet and give honour to all the elders, including parents, respecting guests; cleanliness and hygiene, look forward to doing good deeds, and try to practise national duties in your life as well, devotion to the nation in your practical life etc.

Things to be kept in mind:

- Do not compare your work with others
- Do not think about the results.



Note

- Do it selflessly
- Work according to your capacity
- Do not measure the quality and productivity of work

Benefits:

- Mental and emotional purification
- Development of all-round personality
- Development of team spirit
- Balance of ego

Observation:

- Practise Yoga for three days and observe the effect
- Write 'Yes' or 'No' according to the effect

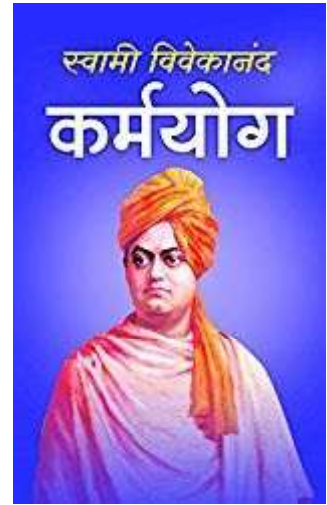


Fig. 1.1: Karma Yoga

Effect	Day 1	Day2	Day 3
Effect on mind			
Internal awareness			
Balance in emotions			

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 2

Bhakti Yoga

Aim: To practise and demonstrate the Bhakti Yoga.

- After completing the practice, you will be able to achieve the skill to demonstrate various aspects of Bhakti Yoga and train others

Material Required: Yoga mat, cushion, different musical instruments, pen/pencil, copy etc.

Process: There are various forms of devotion like- Mind, Words and Work. Let's recognize the nature of devotion through bhajan, kirtan, Katha and surrender to the Almighty.

Preparation:

- Wear loose, lightweight cotton dress.
- Keep your mind and intellect calm, happy and disease free.

Method of Bhakti Yoga:

- Participate in bhajan, kirtan, and katha
- Sit with reverence and listen carefully
- Try to sing and play musical instruments

Things to be kept in mind

- Sit quietly, Keeping your phone on silent mode during Bhajan, Kirtan.
- Be mentally present.

Benefits:

- Mental and emotional purification
- Development of all-round personality
- Development of team spirit
- Balance of ego
- The opening of psychological knots
- Experience of happiness

Observation

- Practise this Yoga for three weeks and observe the effect.



Fig. 1.2: Bhakti Yoga



Note

- Write 'Yes' or 'No' according to the effect.

Effect	Day 1	Day2	Day 3
Effect on mind			
Internal awareness			
Balance in emotions			

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 3

Yogic Aahar: Fasting with Lime water

Aim: To practise and demonstrate the Yogic Aahar: Fasting with Lime water

- After completing the practice, you will be able to achieve the skill to demonstrate Fasting with fresh lime water and train others.

Material Required: Glass, fresh lemon, pure honey, drinking water, spoon, knife, handkerchief, tissue paper etc.

Process: Start fasting on an empty stomach.

Preparation:

- Eat light food a day before fasting.
- The night meal should not be spicy, fried and heavy.
- It is good to eat khichdi, porridge or fruits at night.

Method of Fasting:

- Wake up early and clear your bowels
- First drink plain water
- Mix half a lemon and a spoonful of honey in a glass of lukewarm water and drink it
- Keep taking lemon and honey water at two hour intervals

Precautions:

- Fasting should begin on an empty stomach after bowel movement
- Don't exert on the fasting day
- If you have any disease (like high/low blood pressure, heart disease, ulcer, Diabetes, etc.), take proper guidance of a Yoga Teacher.
- Infirm people should also take guidance of a Yoga teacher.

Benefits:

- The digestive system gets rest and relief
- Physical purification is done



Note

- Stomach disorders are removed
- Clearing of bowels becomes easier

Observation:

- Observe the effects of fasting with lime water on your body once a week.
- Write 'Yes' or 'No' according to the effect.

Effect	Day 1
Effect on digestive System	
Balance in emotions	
Influence on energy level	

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 4

YogicAahar: Preparation of Diet Chart

Aim: To practise and demonstrate the Yogic Aahar: Preparation of Diet Chart.

- After completing the practice, you will be able to achieve the skill to demonstrate the Yogic Aahar: Preparation of Diet Chart on Satvik, Rajsik, Tamsik and Amrit Aahar and train others.

Material Required: Pictures/Charts on Satvik, Rajsik and Tamsik food items, copy, pen/pencil etc.

Process/Principle:

- 1) Satvik diet is considered to be a great diet plan. Satvik food is always fresh, juicy, light and easily digestible.
- 2) The Rajsik diet is fresh but heavy. This food produces sensation in the senses. It is bitter, acidic, hot, sharp and stimulant. Such a diet is beneficial for the people in armed forces, business, politics and sports.
- 3) Tamsik diet is stale, odourless and considered unholy diet.
- 4) According to the Yogic diet, one main meal and one or two small meals are sufficient for good health. According to the Mitahar diet, 50% of stomach should be filled with food, 25% with water and 25% stomach empty.

Preparatory Work:

- Sit in a proper place
- Before starting the exercise, take out your pen, pencil and copy
- Do not interact with each other
- Maintain peace and discipline

Method:

- Make a diet chart for your colleagues



Note

1) Satvik Food

Make a list of Satvik diet for your first colleague and advise him to follow the diet chart sincerely

Diet Chart

In the morning (5-6 A.M.): Water kept in a copper vessel overnight (1-2 glasses or as required)

Breakfast (7-8 A.M.): Sprouts - (moong, moth, gram, fenugreek, alphalfa), soaked almonds, raisins, dates, seasonal fresh Fruit.

11-12 A.M.: Fresh fruit (watermelon, pineapple, apple, pomegranate etc.), vegetable juice (cucumber, gourd)

Lunch: Fresh salad (cucumber, carrot, beet root, cabbage, lettuce etc.) whole wheat flour roti, green vegetables, chutneys, fresh curd, buttermilk.

Evening: Fresh lime water / Coconut water

Dinner (7.00 to 8:00 P.M.): Vegetable porridge

Now make a diet chart of Rajsik food for another colleague and advise him to follow that list.

2) Rajsik Food

Diet Chart

Early morning (5-6 A.M.): Lukewarm Water, Lemon + Honey.

Breakfast: Tea/coffee/hot milk, paratha/Puri, sabzi, pickles.

Lunch: Spicy vegetables, pickles, papad, puri/paratha/ghee roti, lentil with garlic, Raw onions, rice /pulav

Evening: Tea, Samosa/ Pakoda

Dinner: Pulav/biryani, chapati/paratha, spicy vegetable.

3. Tamsik Food

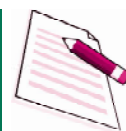
Now, prepare a diet chart for another colleague, who is interested in Tamsik food.

Diet Chart

Early morning (5-6 A.M.): Tea/coffee, biscuits.

Breakfast: bread, noodles, burgers, patties, stale food, packed namkeen, chips, pastry, cake, tinned foods / cold drinks.

Lunch: spicy vegetables, meat, biryani/pulav, roti/paratha, pickles.



Note

Evening: chocolate, cold drink, samosa, pakoda, golgappas, tea/coffee, wine.

Dinner: meat, spicy sabzi, puri/parathe, pullav, biryani, sweet dish.

4. Mitahar

According to the Yogic Aahar, one main meal and one or two small meals are sufficient for good health. According to it, the stomach should be filled with 50% food, 25% water and 25% empty. which should be in the form of Akash element.

Diet Chart

Early morning: Pure water(1-2 glasses as needed)

After sometime (8-9 A.M.): Honey + Lemon water, seasonal fresh fruits.

Lunch: Fresh salad, buttermilk.

Evening (7.00 P.M.) : any one fruit and vegetable soup

Dinner: milk before going to bed.

Observation

- Observe the effect of Satvik, Rajsik, Tamsik and Mitaahar.

Satvik food	Day 1	Day2	Day 3
Effect			
Effect on the digestive system			
Effect on the mind			
Effect on the energy level			

Rajsik food	Day 1	Day2	Day 3
Effect			
Effect on the digestive system			
Effect on the mind			
Effect on the energy level			



Note

Tamsik food	Day 1	Day2	Day 3
Effect			
Effect on the digestive system			
Effect on the mind			
Effect on the energy level			

Mitaahar	Day 1	Day2	Day 3
Effect			
Effect on the digestive system			
Effect on the mind			
Effect on the energy level			

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 5

Yogic Aahar According to Season

Aim: To practise and demonstrate the Yogic Aahar According to Season.

- After completing the practice, you will be able to achieve the skill to demonstrate the Yogic Aahar according to season and train others.

Material Required: Pictures / charts of seasonal foods, copy, pen/pencil, etc.

Preparation:

- Sit in a proper place
- Before starting the exercise, take out your pen, pencil and copy etc
- Do not interact with each other
- Maintain peace and discipline

Method:

- Make a Diet chart according to the season for your colleagues
- Prepare a Summer season diet chart for your first colleague

1. Diet Chart (Summer Season)

Early morning: Pure water

Breakfast: Fresh fruit (muskmelon, watermelon, banana), sprouts (moong, moth, chana, alfalfa), dalia, almonds, raisins.

11-12 A.M.: Fresh fruit/vegetables juice, bel juice/barley sattu/coconut water

Lunch: salad, cucumber, tomato, onion, roti with bran ,vegetable (gourd, tinda, parwal, tori, pumpkin lady finger, etc.) fresh curd, green chutney (coriander, peppermint, green chilli, raw mango), fresh buttermilk

Evening: fresh lemonade/coconut water.

Dinner: vegetable porridge or roti, vegetable, salad.



Note

Note: Contra-indications:

- In the summer, avoid intake of very hot and stimulant food such as tea, coffee, spicy and pungent food

2. Diet Chart (Winter Season)

Early morning: Lukewarm water

Breakfast: herbal tea, porridge

Lunch: salad, carrot, beetroot, cabbage, with bran roti, vegetable (cabbage, carrot, beetroot, turnip, greens (mustard, bathua, fenugreek)

Evening: dryfruits, roasted gram, roasted peanuts, jaggery, herbal tea, or vegetables/ tomato soup.

Dinner: Roti+vegetable or vegetable porridge.

At bedtime: Hot milk.

Note: Do not eat cold food items like cold drinks, ice cream, cold beverages, watermelon, melon, rice etc. in the winter season.

3. Diet Chart (Rainy Season)

Early morning: Take water kept in a copper vessel overnight.

Later: Lemon ($\frac{1}{2}$ lemon) + honey warm water (1 spoon).

Breakfast (8.00 A.M.) : sprouts (moong, moth, gram, soaked almonds, raisins, coconut, dates, porridge, poha, upma).

11.00 A.M.: fresh fruits (jamun, guava, papaya, pineapple)

Lunch: salad-cucumber, tomato, onion

1-2 P.M.: roti with bran ,vegetable (tori, parwal, gourd, pumpkin, capsicum etc.)

Evening (4-5 P.M.) : herbal Tea/coconut water.

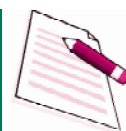
Before dinner - vegetable/tomato soup.

Dinner(7-8 P.M.): Vegetable porridge or roti and sabzi.

Note: In the rainy season, avoid curd and other food like peas, potatoes, bhindi, cabbage, arbi, urad dal etc.

Observation

- Observe the effect of the diet that is taken in summer, winter and rainy season, keeping in mind which foods are prohibited in which season



Note

Summer diet Effect	Day 1	Day2	Day 3
Effect on digestive system			
Effect on mind			
Effect on energy level			

Winter diet Effect	Day 1	Day2	Day 3
Effect on digestive system			
Effect on mind			
Effect on energy level			

Rainy season diet Effect	Day 1	Day2	Day 3
Effect on digestive system			
Effect on mind			
Effect on energy level			

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 6

Medicinal Diet

Aim: To practise and demonstrate the Medicinal Diet

- After completing the practice, you will be able to achieve the skill to demonstrate the Medicinal Diet and train others.

Material Required: Pictures/Charts of various food items, copy, pen/pencil etc.

Preparation:

- Sit in a proper place
- Before starting the exercise, take out your pen, pencil, copy etc
- Do not interact with each other
- Maintain peace and discipline

Method:

- Make a chart based on the medicinal diet for one of your companions

Diet Chart

Morning (5-6 A.M.): Take water kept in a copper vessel (overnight) and a piece of garlic.

After sometime: Gooseberry water (Soak small pieces of three-four dried gooseberries over-night in 100 ml. water in a glass)

After 15 minutes (6.30 A.M.): Raisin water, fenugreek water (soak in a spoonful of methi and half a cup of water over night).

Breakfast (7- 8 A.M.) : Sprouts (moong, moth, gram, fenugreek, sesame, alfalfa), soaked almonds, raisins, figs, dates, coconut, porridge (wheat or oats or poha, upma, idli etc.).

11.00 A.M.: Fresh seasonal fruit or fresh fruit/vegetable juices.

Lunch (1-2 P.M.): Salad (cucumber, carrot, tomato, onion), roti with bran (wheat, gram, soybean), seasonable green vegetables, greens, pulse, cheese, fresh curd, green chutney, coriander, pudina, green chillies, amla, raw turmeric, garlic, curry leaves.



Note

After Lunch: Fresh buttermilk.

Evening 4-5 P.M.: Herbal tea/fresh lime water, dry fruits or roasted grams, peanuts.

Before Dinner: Vegetable/tomato soup.

Dinner: Only roti and sabzi (do not eat pulses and rice at night) or vegetable porridge.

Observation

- Observe Diet as medicine

Sl.	Food Items	Medicinal properties	Utility for Health	Effect (Time: One Week)		
				On Body	On mind	On energy level

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 7

Practice of Shatkarma Kunjal Kriya

Aim: To practise and demonstrate the Practice of Shatkarma Kunjal Kriya

- After completing the practice, you will be able to achieve the skill to demonstrate the Shatkarma Kunjal Kriya and train others

Material Required: Lukewarm water (2 to 3 lit.) two tea spoons, salt, jug, glass, towel, tissue papers etc.

Principle: Kunjal kriya cleans up the mouth, food pipe and stomach. Its practice is to be done on an empty stomach. The correct time of practice of this kriya is in the morning. Salted lukewarm water is vomitted out after drinking it immediately.

Preparation:

- Wear loose, lightweight, cotton dress.
- Before starting the exercise, keep your pen, pencil, wrist watch, belt and all the ornaments away
- Nails should be clean

Method of Kunjalkriya:

Pre-preparation and discipline

- Clean hands before doing kunjal; Nails should be cut
- Keep the jug and glass near you
- Mix salt in lukewarm water
- Kunjalkriya is done empty stomach
- It is better to perform kunjal kriya after relieving your bladder and intestines
- It is mandatory to eat khichdi or light food after thirty minutes of doing kunjal
- Do not use any kind of pepper or spices on the day of completion of Kunjal kriya

Method:

Sit down on your toes. Drink as many glasses of water as you can easily in one go. Drink so much water that the whole stomach is filled with water. After filling the stomach, as you sense



Note

a feeling of vomiting, stand up and bend forward from the waist. Now open your mouth and insert three fingers in your mouth and start throwing out water through your mouth. At the beginning the water turns out in little amounts. The flow of the water from the stomach increases with the touch or friction of fingers. With continuous practice, this can be done even without gesturing fingers.



Fig. 7.1 Kunjal Kriya

Precautions:

- Perform Kunjal kriya on an empty stomach
- People suffering from ulcers, hyper acidity, heart disease, hypertension, eyes with weak veins, should not practise this Kriya
- Do it according to the expert's instructions or do it yourself only when you become competent enough to do it
- Drink water in one go
- Be cautious about the food for at least one day. Do not take tea or coffee or acidic food and spicy food immediately after the exercise.

Benefits:

- Controls the respiratory system and is highly effective in sinusitis and Asthma
- It helps to prevent acidity
- Reduces stress and depression
- Refreshes mind; and brings glow to the face



Note

Observation:

- Practise this kriya for two to three days and then observe its effect
- Write 'Yes' or 'No' according to the effects

Effect	Day 1	Day2	Day 3
Effect on respiratory system			
Effect on the mind			
Increase in energy level			
Balance in emotions			

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 8

Practice of Shankhaprakshalan Kriya

Aim: To practise and demonstrate the Shankhaprakshalan Kriya

- After completing the practice, you will be able to achieve the skill to demonstrate the Shankhaprakshalan Kriya and train others.

Material Required: Yoga mat, cushion, lukewarm water (2-3 lt.). 2 teaspoon of salt, jug, glass, towel, tissue paper, moong dal khichdi, pure ghee etc.

Process and Principles: Make adequate arrangements of Yoga classes and toilets for Shankhaprakshalan.

The shape of the Shankha is like the interior shape of our intestines and 'Prakshalan' means to clean; therefore, the kriya of cleaning the intestines is called Shankhaprakshalan. The shape of our intestine is conical, it is called the conch shell, that is, the Shankhaprakshalan of the conical bowel. The length of the intestines is approximately 32 feet. There is a wide variety of diseases caused by deposition of stool on the surface of the intestines. Due to this layer of faeces, the proper clearing of intestines does not take place. This promotes disease. It also promotes flatulence. Shankhaprakshalan benefits the digestive diseases, other abdominal diseases, obesity, hemorrhoids, hypertension, diabetes, asthma, digestion related diseases etc.

Preparation:

- The above mentioned action is to empty the stomach
- Eat lightly during the night before practising the Shankhaprakshalan Kriya
- Wear comfortable loose clothes.
- Before starting the exercise, keep away your pen, pencil, wristwatch, belt, all the jewellery etc.

Discipline:

- Start practising Asanas for five to seven days before performing the Shankhaprakshalan process
- Eat warm and light meal in the evening before the Shankhaprakshalan.
- After the cleansing, khichdi and ghee should be taken in sufficient quantity
- Do Shankhaprakshalan after morning defecation.
- In case of no defecation, there is no need for concern



Note

- While Shankhaprakshalan, the clothes should be loose fitting
- A proper arrangement of lukewarm water should be ensured. Add salt as needed. If the water is too hot, add cold water to it.
- Patients with Hypertension and skin diseases should take lemon juice in hot water instead of salt.

Method:

Drink more than more than 2-3 glasses of prepared water while in sitting position. Then do the prescribed five postures in sequence. Begin the order of the Asana. The sequence of these five Asana is as follows-

1. Tadasana
2. Tiryak Tadasana
3. Kati Chakrasana
4. Tiryak Bhujangasana
5. Udarakarshan Asana

After completing the prescribed five Asanas two or three times, the person has urge of passing stools. When the order of the five Asanas ends, then drink two or three more glasses of water and start the sequence of Asanas. Do not sit in the toilet for too long and do not pressurize for defecation. It does not matter if there is no defecation in the beginning. Keep on drinking water continuously. If you feel the need for defecation while performing the Asanas, immediately go to the toilet. Drink more water and start Asanas again from sequence no.1 and not from the Asanas you had left.

In this way, after drinking about 15-20 glasses of water, go to the toilet five to six times. Initially, there will be stools, after which the water mixed stool will be there. Then there will be mainly water in the stool. When clean water comes out in the stool, the practice should be stopped. After this, do the Kunjal Kriya. After this exercise take complete rest in Shavasana. Relax for approximately 30 to 35 minutes. It will be good if you observe complete silence at this stage. It should be noted that after resting in Shavasana, khichdi should be eaten with plenty of ghee. Do not use moong dal and any type of spices in the khichdi. The use of turmeric should be kept minimum.

Precautions:

- The above mentioned kriya should be done on an empty stomach.
- People suffering from ulcers, hyperacidity, hypertension, hernia problem should not do this kriya or do this kriya only under expert advice.
- Do this action according to the expert's instructions or do it yourself only when you are competent enough to do it.



- Drink water in a breath without stopping
- After this action, give rest to the body for 5 to 6 hours



Fig. 8.1



Note

- Be careful about your food for at least one day. Do not take tea or coffee or acidic and spicy food immediately after the exercise.

Benefits:

- Controls the digestive system and other internal organs. It is highly effective in Sinus and Asthma.
- It is beneficial for constipation, hemorrhoids, and other type of stomach problems.
- Reduces stress and depression.
- Brings freshness in our body and removes body pain.
- Removes toxicity from our body.

Observation:

- Practise this action for two to three days and observe the effect
- Write 'Yes' or 'No' according to the effects

Effect	Day 1	Day2	Day 3
Effect on digestion			
Impact on Prana's communication			
Balance in emotions			
Level of energy			

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 9

Practice of Jalneti Kriya

Aim: To practise and demonstrate the Practice of Jalneti Kriya

- After completing the practice, you will be able to achieve the skill to demonstrate the Jalneti Kriya and train others.

Material Required: Yoga mat, cushion, Neti pot, towel, tissue paper, lukewarm water (1-2 lt.), 2 teaspoon of salt etc.

Process and Principle: There should be a suitable place for Neti Kriya and Washroom (Haudi/ Sink).

Neti means cleaning and treatment of the nose and its surrounding area. Neti treats in cranial purification, eye-sight, and upper part of the shoulders.

Preparation:

- Wear loose, lightweight, cotton dress.
- Before starting the practice keep your pen, pencil, wrist watch, belt, all the ornaments etc. away.

Method of Neti Kriya

Take luke warm water in a mug and add salt as needed. Lower the right nostril slightly while putting the mug tube in the left nostril. Keep your mouth open and keep breathing through the mouth only. The water starts to flow out from the right nostril and simultaneously, the cough disorder also exits with the water stream from the nostrils. Similarly, repeat this process in the other nostril. The appropriate time to do Jalneti kriya is in the morning. Neti Kriya cures cold and cough. Immediately after Jalneti kriya, Kapal Bhati Kriya should be performed so that the water left inside the nostrils also comes out and the nostrils are completely open. After this, relax in Shashankasana for a while.



Fig.9.1: Neti Kriya



Note

Precautions:

- Do not perform *Jal neti* in case of an infection of the ear and throat.
- Do this action according to the expert's instructions. Or do it yourself only when you are competent enough to do it.
- It is very necessary to dry the nostrils. If there are any drops of water, they should be dried by various methods.

Benefits:

- Controls our respiratory system and is highly effective in Sinus and Asthma.
- Reduces stress and depression.
- Reduces headache and brings freshness in the face.

Observation:

- Practise this action for two to three days and observe the effect.
- Write 'Yes' or 'No' according to the effect.

Effect	Day 1	Day2	Day 3
Effect on respiratory process			
Effect on the mind			
Balance in emotions			
Effect on headache			

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 10

Practice of Nauli Kriya

Aim: To practice and demonstrate the Nauli Kriya.

- After completing the practice, you will be able to achieve the skill to demonstrate the Nauli Kriya and train others.

Material Required: Yoga mat, cushion etc.

Preparation:

- Wear loose, lightweight, cotton dress.
- Before starting the exercise keep your pen, pencil, wrist watch, belt and ornaments, etc., away.
- Do this kriya on an empty stomach.

Method of Nauli Kriya:

Stand with a distance of two feet between both feet. Place both hands on thighs and lean forward slightly. Focus your eyes on the stomach. Breathe out and pull the stomach inwards. Shape the stem between the middle of the abdomen. A thick tube of muscle will be felt in the middle of the stomach. Move this thick tube towards the left. Then lean on the right. In this way, quickly move left and right. When the Nauli is moved to the left, it is called 'Vaam-Nauli'. On the right side, it is said to be 'Dakshin Nauli' when it is in the middle it is called Middle Nauli.

This action should be learned by all the Sadhaka. The time of practice is on empty stomach in the morning and before meals.

Precautions:

- The above mentioned action is to be done on an empty stomach.
- As this action is extremely difficult, do it under skilled guidance.
- If there is pain in the abdomen during practice, stop this action immediately.
- People with heart diseases, high blood pressure, hernia, stone, ulcers, back pain should not practise this action.

Benefits:

- It massages and nourishes the internal organs of our stomach.



Note

- This action eliminates constipation, indigestion, acidity, abdominal air, Depression, Diabetes, powerlessness and emotional imbalance.
- Increases the energy flow in the body.

Observation:

- Practise this action for two to three days and observe the effect
- Write 'Yes' or 'No' according to the effect

Effect	Day 1	Day2	Day 3
Effect on respiratory system			
Effect on digestive system			
Effect on the mind			
Balance in emotions			
Effect on the energy level			

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No.11

Practice of Shat Karma: Kapalbhati

Aim: To practise and demonstrate the Practice of Shat Karma: Kapalbhati.

- After completing the practice, you will be able to achieve the skill to demonstrate the practice of Shat karma: Kapalbhati and train others.

Material Required: Yoga mat, cushion etc.

Procedure and Principle: Clean and airy Yoga Hall is required for the practice of Kapalbhati Kriya.

‘Kapal’ means – brain and ‘Bhati’ mean to shine; hence, Kapalbhati is the process of purification of brain.

Preparation:

- Wear loose and light cotton clothes.
- Before starting the practice remove your pen, pencil, wrist watch, belt, all ornaments etc.

The Procedure of Kapalbhati:

Sit in Padmasana or Sukhasana. Place both hands on the knees. Inhale and exhale quickly with force. Exhaling continuously and gradually with force is known as Kapalbhati. Practise for 20 to 25 times and exhale the last breath fully outside the lungs and be in external kumbhaka. Try to hold the breath as long as possible outside. Then gradually return to normal breathing.

Repeat this process 2 to 3 times.



Fig.11.1: Kapalbhati

**Note****Precautions:**

- Practise this process on an empty stomach.
- The persons suffering from ulcer, hyperacidity, high blood pressure, hernia, constipation, and stone should not practise it or practise with the expert's advice.
- Practise this process under the guidance of an expert or practise yourself after getting mastery.
- As this process enhances the gastric fire (Jatharagni), do not practise it in the summer season.

Benefits:

- This process regulates our respiratory system and is very effective in the treatment of Sinusitis and Asthma.
- Removes tension and depression.
- Brings freshness on the face and removes fatigue.
- Reduces abdominal fat.

Observation:

- Practise this Kriya for 3 to 4 weeks and observe its effect
- Write 'Yes' or 'No' as per the effect

Note:

Effect	First Week	Second Week	Third Week
Effect on Respiratory Process.			
Effect on Brain			
Effect on reduction of weight			
Effect on the level of Energy			

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No.12

Practice of Shat Karma: Trataka Kriya

Aim: To practise and demonstrate the Shat Karma: Trataka Kriya.

- After completing the practice, you will be able to achieve the skill to demonstrate the Shat Karma: Trataka Kriya and train others.

Material Required: Yoga mat, Cushion, Trataka Stand, Flame and Match Box.

Procedure and Principle: For practising Trataka, Yoga Hall should be neat and clean.

Mind is working in collaboration with Atma and indriyas are working in collaboration with the mind. The mind is very unstable and the the cause of bondage of Atma. Mind is the cause of sorrow and happiness of human, but Mind also uplifts the human and is the way of Liberation.

Trataka is practised to reach the mind and to activate its unknown powers. The practice of Trataka is a powerful practice.

Preparation:

- Wear comfortable and light cotton clothes.
- Before starting the practice, remove your pen, pencil, wrist watch, belt, all ornaments, etc.

The method of Trataka Kriya:

Sit in Padmasana or Sukhasana comfortably by keeping the spine erect. Keep a flame of ghee in front of your eyes at a distance of 4 feet. In the absence of ghee a candle may also be used. Now, without blinking the eyes, concentrate on the flame. The flame of ghee should be placed at a spot with no air. After continuous focusing when there is a burning sensation or tears start flowing from eyes, close the eyes softly and try to concentrate on the flame at one point. Gradually increase the time. Don't increase the time duration for more than 20 minutes.

Practise this Kriya regularly as per schedule. While focusing on the flame, we should remember God. It establishes the *Dharana*, resulting in the entrance of practitioners in the process of Meditation.



Note

This process can be practised on Own also. Trataka can also be practised at moon rise and sun rise.



Fig.12.1: Tratak Kriya

Precautions:

- The person suffering from depression, epilepsy and eye disorders should not practise this Kriya or practise with expert's advice.
- Practise this process under the guidance of an expert or practise yourself after obtaining mastery over it.

Benefits:

- It makes the eyes healthy and improves eyesight.
- It enhances our concentration and memory power.
- Highly effective in the cases of Insomnia.

Observation:

- Practise this Kriya for a period of 3 to 4 weeks and observe the effect
- Write 'Yes' or 'No' as per the effects



Note

Effects	First Week	Second Week	Third Week
Effect on sleep			
Effect on mind			
Effect on eyes			
Experience of enhancement of concentration			

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 13

Practice of Leg Joints Movement

Aim: To practise and demonstrate the leg Joints movement.

- After completing the practice, you will be able to achieve the skill to demonstrate the Joints movement of legs and train others.

Material Required: Yoga mat, cushion etc.

Procedure and Principle: Clean and airy Yoga Hall is required.

Preparation:

- Wear loose, light weight cotton clothes
- Before starting the practice remove pen, pencil, wrist watch, belt, ornaments etc.

Method of practice of leg joints

i) **Padanguli Naman**



Fig.13.1 Padanguli Naman



Note

Method

- Sit with both legs in front, keep hands behind on the ground for support.
- Bend toes forward and inward. Bend only the toes and not the entire foot.
- Toes down while breathing out and toes up when breathing in. Repeat this process five times.
- Keep the paw and ankle stable, only keep toes in motion. Practise five times, then pause for a while. Try to know the effect of this practice. Experience light stretch and impact.

ii) Gulf Naman



Fig.13.2: Gulf Naman

Method

- Move both feet forward
- Keep toes fixed, only move the ankles.
- Feet down while breathing out and feet up, breathing in.
- Keep complete consciousness and awareness around the ankle. Do this exercise five times, then pause for a while

iii) Gulf Ghurnan



Fig.13.3: Gulf ghurnan



Note

Method

- Bend one leg and place it near the thigh
- Place one hand on the knee and the other one on the foot
- Rotate the knee with the help of your hand
- One rotation in one breath. Do this practice 5 times clockwise and 5 times anticlockwise
- Massage the areas lightly if there is pain
- Then relax a little while in the initial position. Try to feel the effect of the practice
- Repeat this exercise with the other leg

iv) Knee Bending (JanuNaman)



Fig.13.4: Knee Bending (Janu Naman)

Method

- Sit in Dandasana.
- Bend the right knee and hold your palms under the thigh.
- Start to bend and straighten the knee.
- Straighten while inhalation, bend while exhalation.
- The heel should not touch the ground, do the procedure above the ground.
- Try to keep the knee straight when extended. The whole awareness, consciousness should remain around the knee. With coordination of inhalation-exhalation, bend and straighten both the knees five times each.
- Then relax and rest in the starting position.
- Try to know the effect of the practice.



Note

v) **Knee Crank (Janu Chakra)**



Fig. 13.5: Knee Crank

Method

- Sit in Dandasana.
- Place hands under the thigh with the arms crossed and holding the elbows
- Now rotate the knee in a circle (try to make as large a circle as you can; with inhalation more up and with exhalation down)
- Do it once in one breath; three times clock wise and three times anti-clock wise.
- Feel the effect of practice
- Feel the stretch in thigh muscles and calf muscles. Feel light pain in knee and ankle joints. Light pressure can be given on the abdominal region with experience. Do the same five times each in both directions. Repeat with the other leg.

vi) **Janufalakaakarshan**



Fig.13.6: Janufalakaakarshan



Note

Method

- Sit in Dandasana
- Contract the knee muscles and then relax
- Pull the muscles on your side while inhaling, hold for a while, and relax the muscles while exhaling.
- Do this action five times each according to your capacity and time, then relax for a while. This practice is especially effective for knee pain.
- This practice is very helpful in Rheumatoid Arthritis and severe joint pain.

vii) Half Butterfly (Ardhatitali Asana)



Fig.13.7: Half Butterfly



Note

Method

- Sit in Dandasana.
- Bend right knee and place right foot on the left thigh.
- Keep the left hand above the ankle and right hand over the knee.
- Move the knee up towards the chest and then gently push downwards and try to touch the ground, with the help of your hand. While inhaling bring the knee towards the ground and while exhaling bring it close to the chest.
- Do this exercise very slowly, five times each with both legs.

viii) Full Butterfly (Purnatitali Asana)



Fig. 13.8: Full Butterfly

Method

- Sit in Dandasana.
- Join both the soles together to press each other, so that the heels touch the perineum. Clasp the feet with both hands.
- Now gently move the knee up and down.
- Breathe normally, keep the spine straight and the thorax expanded.
- Thereafter, move the knees up and down as quickly as possible like the wings of a butterfly.



Note

ix) Hip Rotation (Shroni Chakra)



Fig. 13.9: Hip Rotation

Method

- Sit in the position of half butterfly.
- Put one hand on the knee, and hold the foot with the other hand; then rotate the knee.
- Move the knees clockwise and anti-clockwise, with inhalation upward and with exhalation downwards.
- Then do the same with the other leg.

Precautions:

- Backache and Sciatica patients should not do it.
- Don't do the above Asanas in a rush.
- Do it according to your capacity.
- People with knee joint problems, Sciatica or Slip disc should not practise this; or do it under the guidance of a trained Yoga teacher.
- Do these practices with full awareness and concentration, not merely mechanically.

Benefits:

- These practices are more beneficial for Arthritis or any other type of leg disease.
- They prepare body for difficult Asanas and meditation.
- They remove stiffness of our body and increase our capacity.
- They are very good for mental and physical balance.



Note

- They regulate the blood pressure.

Observation: Observation of the effect of Asanas:

- Do the above Asanas for 3 weeks and observe their effect
- Write 'Yes' or 'No' according to effect

Effect	Week 1	Week 2	Week 3
Relief in stiffness			
Cracking sounds from joints			
Feeling of warmth			
Relief in stiffness of muscles			
Reduction in pain			

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 14

Practice of Hand Joints' Movements

Aim: To practise and demonstrate the Sukshma Vyayama.

- After completing the practice, you will be able to achieve the skill to demonstrate the Practice of Joints' Movements for Hands and train others.

Material Required: Yoga mat, cushion etc.

Procedure: Preparation of Yoga Class: Class should be clean and airy.

Preparation:

- Wear comfortable, loose, cotton clothes
- Before starting the practice remove your pen, pencil, wristwatch, ornaments etc

Method of practice for Joints of hands:

Wrist Joints:

1. Mushtika Bandh



Fig. 11.1: Mushtika Bandh



Note

Method:

- Raise your hands up to the level of shoulders.
- Elbows should be straight.
- Make a fist by keeping the thumbs inside.
- Open the fist with inhalation and close the fist with exhalation.

2. Manibandh Naman:



Fig. 14.2: Maniband Naman:

Method:

- Place the palm stretched in the front and move the wrists up and down.
- Move upward with inhalation and move downwards with exhalation.

3. Manibandh Chakra:

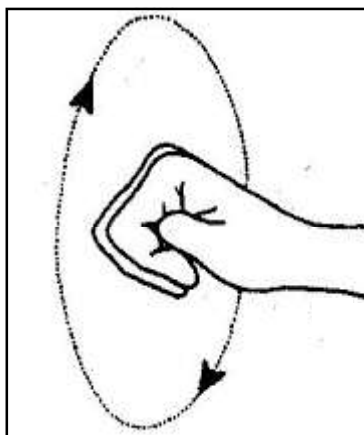


Fig. 14.3: Manibandh Chakra



Note

Method:

- Make the fists and move in circular direction.
- Once in a breath, from outside to inside and then inside to outside.
- Do this five times each in both direction. Pause for some time.
- Place both palms on thighs. Feel the stretch produced in the arms.

4. Kohni Naman:



Fig. 14.4: Kohni Naman

Method:

- Flex the elbow and then extend. With inhalation move to the front side and with exhalation move towards shoulders and back.
- Thereafter, move towards sides and then back.
- The attention and focus should be around the elbow.
- Pause for some time.

5. Skandh Chakra (Shoulder Rotation)



Fig. 14.5: Skandh Chakra



Note

Method:

- Place the fingers on shoulders. Move the elbows in circular direction from shoulders.
- With inhalation expand the chest and move elbows outward to the side. With exhalation bring the elbows together in the centre.
- Rotate five times from backwards to front and from front to backwards.
- Attention and focus should be around shoulders. Pause for sometime.

6. Neck Movement (Greeva Sanchalan)



Fig. 14.6: Movements



Note

Method:

- Move the neck backwards gradually while inhaling and move forwards gradually while exhaling.
- Give movement to the neck. Take care that no extra pressure is involved as the nerves of that area are sensitive.
- Move the neck forwards and backwards, then sideways. While inhaling move backwards and while exhaling move forwards 5 times each.
- Pause for some time.

Feel the practice done till now. The whole body becomes energetic and active. Feel better circulation of Prana, alertness and activeness. (The practice of joint movements is complete)

Precautions:

- The patients of Cervical Spondylosis should practise these chakras only under the guidance of experts.
- Don't be in a hurry while doing these practices.
- Practise as per your capacity.
- Practise them with full attention and alertness, not mechanically.
- During these practices, the vertebral column and head should be in a line.

Benefits:

- These practices are useful for the patients of Gout, Cervical Spondylosis, High Blood Pressure and especially for elderly persons.
- They prepare our body for difficult postures and for meditation.
- These practices remove the stiffness of the body and enhance overall capacity.
- They are very good for mental and physical balance.

Observation:

- Practise these up to a period of four weeks and observe the effect.
- Write 'Yes' or 'No' as per the effects.

Effect	First Week	Second Week	Third Week	Fourth Week
Effect on Joints				
Feeling of warmth				
Experience on the muscles of the body				
Reduction in pain; and mental balance				



Note

Result:

Comments:

(Signature of Yoga Teacher)



Note

Practical No. 15

Suksham Vyayama (Pawanmuktasana-II) Practice of Asanas of Abdominal group

Aim: To practise and demonstrate the Asanas of Abdominal Group

- After completing the practice, you will be able to achieve the skill to demonstrate the Asanas of the Abdominal group and train others.

Material Required: Yoga mat, cushion etc.

Preparation:

- Wear loose, light cotton clothes.
- Before starting the practice remove your pen, pencil, wristwatch, belt and ornaments etc.

Method of Practice:

1. Uttanapadasana
 2. Padsanchalana
 3. Cycling
 4. Pawanmuktasana
 5. Udarakarshana
1. **Uttanapadasana**



Fig. 15.1: Uttanapadasana



Note

Method

- Lie down on the back comfortably on the ground, keeping legs straight.
- Keep your hands on the side while palms should be touching the ground.
- While inhaling slowly lift your legs, without folding the knees, and make an angle of 30 degrees.
- Stay in this position for a while with normal breathing.
- While exhaling slowly bring both legs to the ground.
- Repeat this posture three times.
- Repeat the same with both legs.
- From both sides near the knees and thighs, feel stretch in the calf muscles with full attention. Then for a short rest, lie down in Shavasana, both hands on sides, palms open and facing the sky. Keep spine, head and neck in one line. Feel the effect of the practice. Feel the flow of life in thighs, knees, back, ankles etc.

2. Padachakrasana



Fig. 15.2: Padachakrasana

Method

- Lie down in Shavasana
- As done earlier, while keeping the knee straight, raise the right foot above the ground and rotate.
- Raise the foot while inhaling and bring it down while exhaling.
- Make a long big circle.



Note

- Practise 3 times gradually clockwise and anti-clockwise.
- Repeat the same with the second leg.
- Feel better blood circulation in the thigh and calf muscles. Feel a little pain in the ankle and back.
- Full attention and awareness should be around the knees.
- After some time relax in Shavasana.

Note: This practice is also done with raising both legs. It is a difficult practice which is complicated for the patients of heart and backache.

3. Cycling:



Fig. 15.3: Cycling

Method:

- Lie down in Shavasana.
- Keep both the legs together.
- Hands should be straight with palms towards the ground.
- It is just like cycling.
- First, hold the knee, place it near the chest, then inhale and move the leg front and backward like cycling.
- Repeat the same procedure with the second leg.
- Repeat the same with both legs together.
- Repeat this practice 5 times each with rhythm.
- Practise it gradually without any hurry. Relax for some time in Shavasana.



- Keep all attention and awareness on the effect of the practice on the abdominal area and chest area, wherever pressure has been given. These practices are helpful in removing abdominal disorders.

4. **Pawanmuktasana**



Fig. 15.4: Pawanmuktasana

Method:

- Lie down in Shavasana.
- Keep both the legs together. Fold both the knees.
- Inhale by crossing both the palms outside the knees. Try to touch the nose with knees while exhaling.
- Repeat this practice 3 to 4 times.
- Relax for some time in Shavasana.

5. **Udarakarshana:**



Fig. 15.5: Udarakarshana

Method:

- Lie down in Shavasana.



Note

- Keep both the legs together. Fold both the knees.
- Cross the fingers of both the palms with each other and Place them below the head.
- Fold both the knees and bring them near the chest.
- Now turn the head to the left side and knees to the right side.
- Give a massage to the vertebrae.
- Then repeat in reverse direction, i.e. head to the right side and knees to the left side.
- It improves the secretion of insulin. Helps in constipation and gas removal (flatulence).

Precautions

- During the practice, maintain your awareness and concentration on respiration, mental calculation and internal abdominal massage.
- Don't be in a hurry while practising the above.
- Practise as per your capacity.
- Practise them with full awareness, concentration and not mechanically.

Benefits:

- These practices are beneficial in abdominal disorders (indigestion, hyperacidity, constipation), backache and in reducing the central obesity.
- They remove the stiffness of the body and enhance our capacity.
- They are very good for mental and physical balance.

Observation:

- Practise above Asanas for 3 to 4 weeks and observe their effect.
- Write 'Yes' or 'No' as per the effects.

Effect	First Week	Second Week	Third Week	Fourth Week
Effect on the stiffness of the body				
Effect on the abdominal muscles				
Effect on the body				
Effect on the naval				
Effect on the level of energy				



Note

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 16

Sukshma Vyayama (Pawanmuktasana-II) Practice of Asanas of Shaktibandha group

Aim: To practise and demonstrate the Asanas of Shaktibandha Group

- After completing the practice, you will be able to achieve the skill to demonstrate the Asanas of Shaktibandha group and train others.

Material Required: Yoga mat, cushion etc.

Preparation:

- Wear loose and light and cotton clothes
- Before starting the practice remove your pen, pencil, wristwatch, belt and ornaments etc

Method of Practice:

1. Chakkichalan Asana



Fig.16.1: Chakkichalan Asana



Note

Method:

- Sit on the ground with the legs outstretched forward.
 - Place the palms on the floor by the side of your hips.
 - This position is called 'Dandasana'.
 - Keep both the legs apart now.
 - Cross the feet while palms join and point forwards.
 - Keep your arms straight.
 - Now drive hands like a mill. Feel that you have a heavy weight in your hands and you are pushing it. Move your body from the wrist like a mill in circular motion (move forward while exhaling and backward while inhaling)
 - You may feel slight pain in the arms.
 - Feel the effect of the practice.
2. **NaukasanchalanAsana:**



Fig. 15.2: Naukasanchalan Asana

Method:

- Sit in Dandasana.
- Keep your hands next to the waist and do movement like rowing a boat.
- Leaving the upper part of the waist with the arms along the front while breathing out, come back to your side while breathing in.
- While breathing further, come back, as if a boat paddle is in your hands and you are rowing the boat yourself. Relax for a while.



Note

3. **RajjukarshanaAsana** (asana in the position of pulling water from well)



Fig. 16.3: Rajjukarshana Asana

Method:

- Just like pulling the rope from the well, take one hand upward while breathing in, while breathing out bring your fist down with force.
- Do it alternately with both hands.
- Feel the circulation and flow of blood in the arms, shoulders and the spinal cord.

4. **KashtamTakshanasan** (Asana resembling the running of an axe)



Fig. 16.4: Kashtam Takshanasan



Note

Method:

- Sit down on the fore feet with the strength of the claws.
- Keeping the distance between the two claws, interlock the fingers of both hands with each other, taking the palms up, experiencing as if holding up an axe
- Take the hands up and down with a 'ha' sound
- While breathing out, all the mental impurities inside come out
- Do this exercise 5 to 10 times with such a feeling. Then relax for a while

This practice is effective for stress and stress related diseases. It is also effective for patients with depression, who are nervous or under pressure. They should do this practice actively.

Precautions:

- People suffering from backache, Slip disc, Hernia should practise this only under expert advice.
- Avoid this group of Asanas during the last days of pregnancy.
- Don't be in a rush while doing the above exercises.
- Practise according to the capacity of your body.
- Don't just do it mechanically. Do these exercises with complete awareness and concentration.

Benefits:

- The practice of these Asanas increases the energy flow in the body and reduces the problem of neuro muscular tumour.
- They control the function of Endocrine glands.
- These exercises remove the stiffness of our body and enhance our capacity.

Observation:

- Do these Asanas for two to three days and observe their effect.
- Write 'Yes' or 'No' according to the effect.

Effect	Day 1	Day2	Day 3
Impact on stiffness			
Abdominal muscles			
Decrease in waist pain			
Balance in emotions			
Energy level			



Note

Result:

Comments:

(Signature of Yoga Teacher)



Practical No. 17

Sukshma Vyayama (Exercises for Eyes)

Aim: To practise and demonstrate the Exercises for Eyes.

- After completing the practice, you will be able to achieve the skill to demonstrate the exercises of Eyes and train others.

Material Required: Yoga mat, cushion etc.

Preparation:

- Wear loose and light cotton clothes
- Before starting the practice, remove your pen, pencil, wrist watch, belt and ornaments etc

1. Netra-Shakti Vikasak

Stand straight joining both feet.

Method – A

- While keeping the neck straight, rotate the eye balls first upwards and then downwards.
- Repeat this exercise 8 to 10 times.
- Then bring the eyes to normal position and give them rest.



Fig. 17.1: Method - A



Note

Method – B

- While keeping the neck straight, rotate the eye balls first left and then right.
- Repeat this exercise 8 to 10 times.
- Then bring the eyes to normal position and give them rest.



Fig. 17.2: Method - B

Method C

- While keeping the neck straight, rotate the eye balls with circular movements; first left to right and then right to left side.
- Repeat this exercise 8 to 10 times.
- Then bring the eyes to normal position and give them rest.



Fig. 17.3: Method - C



Note

Precautions:

- Don't be in a hurry while practising these exercises.
- Do them as per capacity of eyes.
- Practise them with full awareness and concentration and not mechanically.
- While practising them, keep your spine and head in one line.
- Give rest to eyes after every practice.

Benefits:

- Removes all disorders of eyes.
- Sharpens the eyesight.
- If practised regularly, eyes will always remain healthy.
- Get relief from other eye ailments like – watering eyes, burning sensation in eyes, itching and tiredness.
- Reduces lens power of spectacles.
- Helpful in reducing headache and high blood pressure.
- Increases concentration and memory power.
- Reduces stress of face and increases beauty.

Observation:

- Do exercises for four weeks and observe their effect.
- Write 'Yes' or 'No' according to the effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Eye muscles				
Eye sight				
Increase in concentration				
Decrease in Headache				



Note

Result:

Comments:

(Signature of Yoga Teacher)



Practical No. 18

Relaxation Asanas

Aim: To practise and demonstrate the Relaxation Asanas.

- After completing the practice, you will be able to achieve the skill to demonstrate the Relaxation Asanas and train others.

Material Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable loose and light cotton clothes.
- Before starting the practice remove your pen, pencil, wrist watch and belt, etc.



Fig.18.1: Shavasana

1. Shavasana

Method:

- Lie down on the ground on your back.
- Keep the legs a little apart from each other. Place both hands near the trunk. Palms should be towards the sky with fingers slightly bend.
- Close your eyes and breathe normally.
- Relax the muscles, nerves and other body parts.



Note

- Try to concentrate gradually, one by one, on toe, calf, knee, thighs, stomach, chest, hands, neck, face, head and all other body parts.
- Feel the relaxation in all the parts of the body.
- Thereafter, rub both the palms and touch lightly on eyes. Gradually open your eyes.

Benefits:

- By practising this Asana, all the muscles, blood vessels, nerves of the body and every organ gets relaxed. This also removes the tiredness due to excess work.
- Reduces mental stress and high blood pressure.
- The heart and brain get relaxed.
- It is highly beneficial for the patients of Insomnia.
- The mind is relieved of the conditions of fear, tension and pain.
- In the Asana with supine condition, relaxation is practised in Shavasana only.

2. Makarasana



Fig. 18.2: Rajjukarshana Asana

Method:

- Lie down in prone position.
- Place one hand on the other hand and put your forehead on it.
- Legs should be kept apart. Heels should be on the inner side and ankles should be on the outer side.
- Chest should be slightly elevated from the ground.
- Give light pressure on the stomach.
- The body should be balanced in between.
- Keep breathing normal.



Note

- Rest in this position for 5 to 7 minutes.

Makarasana is an ideal pose after the practice of Asanas in prone position.

Precautions:

- Don't practise Makarasana immediately after taking food.

Benefits:

- This Asanas is very good for mental and physical balance.
- Reduces stress and fatigue.
- Regulates the blood pressure.

Observation:

- Practise this Asana for four weeks and observe its effects.
- Write 'YES' or 'No' as per the effects.

Effect	First Week	Second Week	Third Week	Fourth Week
Physical effect				
Mental effect				
Internal awareness				
Effect on complete breathing				

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 19

Meditative Asanas

Aim: To practise and demonstrate the meditative postures

- After completing the practice, you will be able to achieve the skill to demonstrate the meditative Asanas and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice, remove your pen, pencil, wrist watch and belt, etc

1. Siddhasana:



Fig. 19.1: Siddhasana

Method:

- Sit in Dandasana.
- Fold the left leg from the knee. Hold with the hands and touch the right thigh with the heel.
- Now fold the right leg from the knee and place it on the joint of the left ankle near the genitals.
- Now touch the first finger of both the hands with thumbs i.e. Gyana Mudra. Rest both hands on your knees.



Note

- Head, neck and back should be straight without any pressure and with a pleasant expression.
- Close the eyes smoothly, breathe normally and relax the body.
- Sit in this position for as long as you feel comfortable.

2. Padmasana



Fig. 19.2: Padmasana

Method:

- Sit in Dandasana.
- Fold the left leg from the knee and place the right foot on left thigh.
- Place the left foot on right thigh.
- Keep the back, neck and head straight.
- Place both hands on knees in Gyana Mudra.

Precautions:

- Don't be in a hurry while practising this Asana.
- Practise as per the capacity of your body.
- Patients suffering from knee problems, Sciatica and Slip disc should not practise this Asana or practise this under the guidance of a qualified Yoga Teacher.

Benefits:

- These Asanas are very good for mental and physical balance.
- They reduce stress and depression.
- Regulate blood pressure.



Note

Observation:

- Practise these Asanas for four weeks and observe their effect.
- Write 'Yes' or 'No' as per the effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Physical Effect				
Effect on Mental Rest				
Effect on Internal Awareness				
Effect on Complete Breathing				

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 20

Asanas of Vajrasana group

Aim: To practise and demonstrate the Asanas of Vajrasana group

- After completing the practice, you will be able to achieve the skills to demonstrate the Asanas of Vajrasana group and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice, remove your pen, pencil, wrist watch, and all the ornaments etc



Fig.20.1: Vajrasana

1. Vajrasana

Method:

- Sit in Dandasana. Fold both legs from the knees.
- Keep the legs below the hips so that the heels are facing upwards and the toes touching each other.
- Place both palms on the thighs.
- Keep the back, neck and head straight.



Note

- Eyes should be open and look in the front.
- Breathe normally.

Benefits:

- It regulates the whole digestive system and provides relief in digestive disorders.
- This is beneficial for reproductive organs also.
- Vajrasana stimulates the nerves and helps in spiritual development.
- This is the only posture which can be practised after taking food.

2. Supta Vajrasana



Fig. 20.2: Supta Vajrasana

Method:

- First of all, sit in Vajrasana
- Keep the palms of both the hands behind the back on the ground.
- Thereafter, gradually go back with the support of elbows and lie down.
- Shoulders and neck should be on the ground; keep both the palms under both the shoulders by folding the palms.
- Then gradually raise your head upwards so that the back portion of the head touches the ground.
- While coming back, keep both the hands on both the thighs. Both knees should be joined with each other in this condition.



Note

Benefits:

- Its regular practice reduces the waist and broadens the chest.
- It is a good Asana for respiratory disorders like Asthma and Bronchitis.
- The lungs expand fully during its practice; Hence the capacity of lungs increases.
- It massages the neck.
- People having a fatty abdomen and broad waist should practise this gradually.
- Improves blood circulation and purifies the blood.
- Makes the body light.
- Its regular practice helps in correction of navel displacement.

3. Shashankasana



Fig. 20.3: Shashankasana

Method:

- First sit in Vajrasana.
- Keep the knees away from each other.
- Sit in such a position that the toes touch each other.
- Keep both palms on the ground in between the knees.
- Take both the palms in front, away from your body after exhalation.
- Bend forward and touch the chin to the ground.
- Keep both arms parallel.
- Look in front and maintain this position.
- Inhale and come backwards.
- Exhale and come back in Vajrasana.
- Stretch the legs backwards and come back in the Asana of relaxation.

Benefits:

- Its practice is helpful in reducing stress, anger etc.
- It gives relief from reproductive disorders and is also helpful in digestive disorders, constipation, and backache.



Note

4. Simhasana



Fig. 20.4: Simhasana

Method:

- Inhale and hold the breath.
- Back should be bent forward while taking out the tongue as far as possible.
- For taking the position of a lion, sit in Vajrasana by placing both the palms on the ground.
- Please note that your neck should be straight.
- Roar loudly.
- Sit back in the earlier position.
- Repeat this practice three times.
- After repeating three times, rub your neck with both hands.
- Swallow the saliva.

Benefits:

- It removes the problem of neck/throat.
- Clears the voice.
- The neck muscles become stronger.



Note

Precautions:

- Persons with knee problems should not do this Asana or do it only under expert guidance.
- Practise as per your capacity.

Observation:

- Practise this Asana for four weeks and observe its effect.
- Write 'Yes' or 'No' as per the effects.

Effect	First Week	Second Week	Third Week	Fourth Week
Digestive system				
Mental Effect				
Relief in leg pain				
Effect on vertebral column				

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 21

Gaumukhasana (The Cow Faced Pose)

Aim: To practise and demonstrate Gaumukhasana.

- After completing the practice, you will be able to achieve the skills to demonstrate Gaumukhasana and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice, remove your pen, pencil, wrist watch and belt, etc

Method:

- Sit erect on the ground with legs stretched out forward.
- Now gently bend the left leg from the knee and place it under the right buttock. Fold the right leg and place it over the left thigh.
- Place both knees close together as they are stacked one on top of the other.
- Fold the right arm from the top on the back so that its back touches the ear.
- The elbow should be close to the top knot of the head.
- Fold the left arm from the lower back side of the waist and hold the fingers of right hand at the back.
- Similarly, do the same from the other side.

Benefits:

- It is useful in lung disorders.
- Asthma and Tuberculosis patients must practise this Asana.
- Apart from this, it strengthens the shoulders.
- It is good for elbows, thighs, knees and ankles.
- Those who have pain in their knees should continuously do this practice.



Note



Fig. 21.1: Gaumukhasana

Observation:

- Do the above Asana for four weeks and observe its effect
- Write 'Yes' or 'No' according to effect

Effect	First Week	Second Week	Third Week	Fourth Week
Effect on mental state (<i>ManasPatal</i>)				
Mental relaxation				
Effect on spinal cord				
Effect on legs and buttocks				

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 22

Group of Asanas in Standing Position

Aim: To practise and demonstrate the groups of Asanas in standing position.

- After completing the practice, you will be able to achieve the skills to demonstrate the group of Asanas in standing position and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice remove your pen, pencil, wrist watch and belt, etc

1. Tadasana (The Palm Tree Pose)



Fig. 22.1: Tadasana

Method:

- Stand straight and join both legs together. Keep both hands on your sides with the palms touching the thighs. This position is called 'Samapadasan'
- Interlock and overturn the fingers and place the hands over the head.
- Choose a point in the front anywhere on the wall. Keep your consciousness centred on the point. With inhalation lift your hands up and straight. Raise the heels up and try to stand on the toes.



Note

- Slowly come down with exhalation. Repeat this action five times. Feel the stretch, and relax.
- Try to feel the effect of the practice.

Benefits:

- This Asana removes stiffness of our body and makes us feel fresh.
- During this, there is a stretch in the entire body muscles which gives strength.
- It is very beneficial for the health of our spinal cord.
- It provides physical balance leading to balance in the personality.
- This Asana is specially beneficial in increasing the height of children.

2. TiryakTadasana (Swaying Palm Tree Pose)



Fig. 22.2: TiryakaTadasan

Method:

- Keep the legs apart and come in Tadasana.
- In the position of Tadasana, bend towards the left side while exhaling.
- Feel the stretch.
- Come back in the middle while inhaling.
- Now bend towards the right side while exhaling. Keep your hands and arms straight.
- Feel a slight pain in the waist and shoulder region. Bend both sides equally.
- Feel the activeness in arms, thighs, abdominal and chest muscles.



Note

3. Katichakrasana (Standing Spinal Twist Pose)



Fig. 22.3: Kati Chakrasana

Method:

- Come to Samapadasan.
- Open both feet and keep up to one foot apart and stand straight.
- Bring both hands to the height of the shoulders and move them to the front.
- At this stage, the palms of both hands should face each other.
- After that, turn your body from the waist towards the left.
- At this stage, fold left hand and place it on the waist and half-fold your right hand and place it on your chest.
- Similarly practise it on the other side.

Benefits:

- This Asana is also an important posture for the practice of ShankhaPrakshalana.
- With its practice, the waist becomes flexible like rubber.
- Shoulders, arms and waist become thin.
- It is a good posture for women and Diabetics.



Note

4. Garudasana (The Eagle Pose)



Fig. 22.4: Garudasana

Method:

- Come to Samapadasana.
- Standing straight, keep the left thigh over the right thigh, and wrap one leg on the other leg with knees and calves.
- Bring both arms in front of the chest and wrap with the left arm on the right arm.
- In this position, both hands look like the beak of an eagle.
- Slowly bend downwards and try to put the toes on the ground.

Benefits:

- Its practice removes joint pain.
- Arthritis patients should practise this Asana regularly.
- The persons who have tremors in their body, and extremely thin people, get benefilled from its practice.
- Its practice cures enlarged testicles.

Precautions

- Persons suffering from knee problems should practise Trikonasana and Tadasana only under the supervision of a specialist.



Note

- Perform this Asana according to the capacity of your body.
- During this Asana, maintaining your vision at a point in front of you will be more beneficial.

Observation:

- Do the above Asanas for four weeks and observe their effect
- Write 'Yes' or 'No' according to effect

Effect	First Week	Second Week	Third Week	Fourth Week
Flexibility in muscles				
Effect on the spinal cord				
Feeling of strength in the body				
Feeling of relief in backache or back muscles				
Effect on weight				

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 23

Surya Namaskar (Sun Salutation)

Aim: To practise and demonstrate Surya Namaskar.

- After completing the practice, you will be able to achieve the skills to demonstrate Surya Namaskar and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice, remove your pen, pencil, wrist watch and belt, etc.

Method of Surya Namaskar

- **First position:** Stand facing the Sun, keep both legs together and both hands in Namaskar mudra in front of the thoracic region.
- **Second position:** Inhale and opening the hands from the front, bend backwards. Face the sky. Bend the waist backwards as much as possible.
- **Third position:** Exhale and take your hands from the back to the front and lean forwards. Try to touch the floor near the feet with the head over the knees.
- **Fourth position:** Bending downwards more, stretch the left leg back as far as possible like in Bhujangasana and keep the right foot on the floor in the same position between both hands. The right knee should be in front of the chest and the head tilted upwards and backwards, back arched. Inhale and gaze directed towards the sky (the eyebrow center).
- **Fifth position:** With exhalation, take the right foot back beside the left foot. Simultaneously, raise the buttocks and lower the head between the arms and gaze at your navel point. The legs and arms should be straight. Keep the heels on the floor in the final position.
- **Sixth position:** Lower the knees, chest and chin to the ground. When both hands, knees, toes, chest and head (eight parts) touch the ground while hips are raised, it is called 'Sashtangasana'. Keep breathing normal.
- **Seventh position:** With inhalation, lower the buttocks and hips towards the ground, keep the elbows bent and at the level of the waist (navel), arch the back and push the chest forward into the cobra pose (Bhyangasana).
- **Eighth position:** Same as the fifth position.



Note

- **Ninth position:** Same as the fourth position. Keep the palms flat on the ground. Bend the left leg and bring it forwards between the hands.
- **Tenth position:** Same as the third position.
- **Eleventh position:** Same as the second position.
- **Twelfth position:** Same as the first position.



Fig 23.1: Surya Namaskar



Note

Precautions

- Persons suffering from heart disease, Sciatica, Cervical Spondylitis and swelling in the body and women during menstruation should do this Asana only after consulting a specialist.
- Do these according to your body capacity.

Benefits

- These Asanas awaken our vital force (*Prana Shakti*).
- Each position of these Asanas influences our Endocrine glands.
- It increases immunity of our body and purifies it.
- It is very beneficial for adolescents.
- These Asanas remove stiffness of our body and give freshness.
- There is a stretch in the entire body muscles which lends the body strength.
- It is very beneficial for the health of our spinal cord.
- It provides physical balance leading to the balance in the personality.

Observation:

- Do the above Asanas of Surya Namaskar for four weeks and observe their effect
- Write 'Yes' or 'No' according to effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Stretching in muscles				
Effect on spinal cord				
Feeling of strength in the body				
Feeling of relief in backache or back muscles				
Effect on respiration				
Effect on weight				
Effect on mental state (<i>manas patal</i>)				
Internal stability				



Note

Result:

Comments:

(Signature of Yoga Teacher)



Practical No. 24

Backward Bending Asanas

Aim: To practise and demonstrate backward bending Asanas.

- After completing the practice, you will be able to achieve the skills to demonstrate backward bending Asanas and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners)

Process: Preparation of Yoga class: Yoga class should be clean and well ventilated.

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice, remove your pen, pencil, wrist watch and belt, etc

1. Bhujangasana (The Cobra Pose)



Fig.24.1: Bhujangasana

Method:

- Lie down on the ground on your stomach, and place your head down towards the ground.
- Keep both the legs together and keep the palms close to the chest on the ground.
- While inhaling, pressing the ground with the palms, lift the upper part from the navel as far as possible.



Note

- Move your neck and waist backwards.
- With exhalation, return to the normal position.

Precautions:

- Heart disease, Hernia and high blood pressure patients should not do this Asana or should do it only after consulting a specialist.
- This is beneficial for backache patients, but do this under the supervision of a specialist only.
- Do it according to your body capacity.

Benefits:

- This Asana removes stiffness in the body and provides freshness.
- It makes the abdominal muscles flexible and strong.
- It is very beneficial for the health of the spinal cord.
- It has an effect on the *Manipurchakra* (Solar Plexus) and increases our confidence.
- It removes fear.
- It strengthens the digestive system and reduces abdominal fat.
- It is useful in management of bronchial and back problems.

2. **Shalabhasana (The Locust Pose)**



Fig. 24.2: Shalabhasana



Note

Method

- Lie down on the abdomen with your forehead on the ground.
- Keep both hands with the torso and under the thighs.
- Join both the legs.
- While inhaling, gradually lift the right foot and while exhaling, bring it back to the ground.
- Repeat with the left foot (Ekpadsalabhasana).
- Afterwards, do the same action with both the legs Dwipadsalabhasana.
- Relax in Makarasana.

Benefits

- This Asana makes the waist and spine flexible; and the chest becomes wider.
- It increases hunger and removes many disorders of the abdomen like gas, acidity, lack of appetite, indigestion, and rumble in the stomach.
- By regular practice of this Asana, the navel remains at its place.
- By this Asana, muscles of the abdomen, thighs and legs become strong.
- It is beneficial in Edema and Fistula.
- It is helpful in managing Sciatica and lower backache.

3. Dhanurasana (the Bow Pose)



Fig. 24.3: Dhanurasana



Note

Method:

- Lie down on the stomach.
- Fold the knees and hold the ankles with both palms.
- As you inhale, raise the head and the chest upwards. Pull the legs outwards and backwards so that the spine is arched like a bow.
- Rest on the abdomen and don't bend the elbows.
- Slowly come back while exhaling.
- Relax in Makarasana.

Benefits:

- Relieves back pain and Cervical Spondylitis.
- Removes abdominal disorders.
- Removes obesity and makes the spine strong and flexible.
- Useful for Diabetic patients.

Observation:

- Do the above Asanas for four weeks and observe their effect
- Write 'Yes' or 'No' according to effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Flexibility in abdominal muscles				
Effect on spinal cord				
Feeling of strength in the body				
Feeling of relief in backache or back muscles				
Effect on weight				
Experience of extrovert thoughts				



Note

Result:

Comments:

(Signature of Yoga Teacher)



Note

Practical No. 25

Forward Bending Asanas

Aim: To practise and demonstrate forward bending Asanas.

- After completing the practices you will be able to achieve the skills to demonstrate forward bending Asanas and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice, remove your pen, pencil, wrist watch and belt, etc

Paschimottanasana (Seated Forward Bending)



Fig. 25.1: Paschimottanasana

Method

- Sit in Dandasana.
- Inhale, raise both the arms sideways at shoulder level, parallel to the ground.
- Turn the palms, facing upwards.
- Continue to inhale and raise the arms further up vertically, biceps touching the ears; and stretch the trunk. Now turn the palms forwards.
- Exhale, bend the trunk forward from the lower back.
- Exhale completely, form hooks of index fingers and catch hold of the big toes.



Note

- Bend the back further forward from the lumbar sacral region so that the trunk is stretched along the thighs and the face rests on the knee.
- Bend the hands at the elbow and relax the abdomen muscles.
- Maintain the position with normal breathing.
- Return to Dandasana reversing the steps and the breathing.

Benefits

- Constant practice of this posture makes the spinal cord flexible.
- It increases blood circulation.
- Waist and calf muscles get stretched and become flexible. People with heavy buttocks should practise this regularly.
- The waist becomes thin and well-shaped.
- This Asana removes skin diseases and physical foul odour.
- It increases the digestive fire and brings glow to the face.
- It kills stomach worms.
- It purifies blood and energises the whole body.

Precautions

- In case of a Slip-disc, Sciatica or any problem in the back, this Asana should be done after consultation with a specialist.
- Do it according to your body's capacity.

Observation:

- Do the above Asana for four weeks and observe its effect
- Write 'Yes' or 'No' according to the effect.

Effects	First Week	Second Week	Third Week	Fourth Week
<i>Stretch in back muscles</i>				
<i>Effect on spinal cord</i>				
<i>Feeling of strength in the body</i>				
<i>Feeling of relief in backache or back muscles</i>				
<i>Effect on weight</i>				
<i>Creation of polite thoughts</i>				



Note

Result:

Comments:

(Signature of Yoga Teacher)



Practical No. 26

Asana Through Head

Aim: To practise and demonstrate Asanas through the head.

- After completing the practices, you will be able to achieve the skills to demonstrate Asana through head and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice, remove your pen, pencil, wrist watch and belt, etc

Sarvangasana (Shoulder Stand Pose)

Method

- Lie down on your back straight on the ground. Keep your legs joined and hands touching the thighs.
- While inhaling, gradually raise both legs together slowly and gracefully (without bending the knees) up to about 45 degree.
- Continue to inhale and raise the legs further to 90-degree position.
- Exhale, raise the buttocks and the trunk, taking the support of the arms and elbows and without lifting the head.
- Rest the elbows on the grounds firmly and support the back with both the palms.
- While retaining legs parallel to the ground, straighten the trunk by pushing it with the hands until the chin is well set in the suprasternal hollow.
- Inhale and raise the legs vertically keeping the body erect and come to the final shoulder stand position.



Fig. 26.1: Sarvangasan



Note

- Maintain normal breathing.
- Slowly come back while exhaling and relax in Shavasana

Precautions

- After doing this Asana, one must do an Asana with opposite position.
- Fold the flat cushion or mat and keep it under the head.
- Patients of high blood pressure, heart disease, weak eyesight, lower back pain and Spondylosis should not do this Asana.
- If there is doubt about cleanness of blood, Do this after consulting a specialist.
- It is prohibited in the state of menstruation.
- Do it according to your body's capacity.

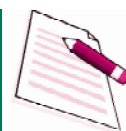
Benefits

- Flow of clean blood and *Prana* occurs in the head.
- Relaxes the internal organs and increases their efficiency.
- It is beneficial for our nervous system, face and hair.
- In this posture maximum exchange of carbon dioxide and oxygen occurs.
- It helps to cure respiratory disorders.
- Stimulates and keeps the Thyroid healthy.

Observation:

- Do the above Asana for four weeks and observe its effect
- Write 'Yes' or 'No' according to the effect.

Effects	First Week	Second Week	Third Week	Fourth Week
<i>Flow of blood to the head</i>				
<i>Effect on respiration</i>				
<i>Effect on spinal cord</i>				
<i>Experience of freshness in consciousness</i>				
<i>Effect on weight</i>				
<i>Creation of polite thoughts</i>				



Note

Result:

Comments:

(Signature of Yoga Teacher)



Note

Practical No. 27

Asana by Twisting the Spinal Cord

Aim: To practise and demonstrate Asana by twisting the Spinal cord.

- After completing the practices, you will be able to achieve the skills to demonstrate the Asana by twisting the Spinal cord, and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice remove your pen, pencil, wrist watch and belt, etc.

1. **Ardha-Matsyendrasana (The Half Fish Pose/ Sitting Half Spinal Twist))**

Method:

- Sit in Dandasana. After that, fold the left knee and move the left foot from the right side and place it near to the buttock.
- Then keep the right leg near the left knee by bringing it over the left knee.
- See that the toes do not go ahead of the knee.
- Rotating the left hand from the shoulder, bring it from the top of the right knee in such a way that it can hold the right toe.
- Then try to touch the navel while moving the right hand backwards.
- Keep your neck towards the right side.
- Similarly, practise in the other side also.



Fig. 27.1: Ardhamatsyendrasana

Precautions:

- Patients of Ulcer, Hernia, severe disease of back should not practise this Asana.
- This Asana should not be practised during pregnancy.



Note

- Do it according to your body's capacity.

Benefits:

- It stimulates the pancreas and is useful for Diabetic patients.
- It removes stiffness of the Spinal cord.
- It is helpful in keeping the spinal nerves healthy.
- It is helpful to solve the knots at the emotional and psychological level.
- This massages internal organs and increases their efficiency.
- It improves the lung capacity and helps to cure constipation.

2. Chakrasana (the Wheel Pose)



Fig. 27.2: Chakrasana

Method:

- Lie down on the ground on the back and place both feet on the ground close to the buttocks.
- Then place both the palms on either side of the head on the ground, under the shoulders with fingers pointing towards the back.
- With the palms and soles of the feet as four points of support, raise the trunk off the ground with an inhalation; arching the entire body convex upwards to look like a wheel.
- Maintain the position for sometime with normal breathing
- As you exhale, comeback slowly, step by step, to the ground and relax in Shavasana.



Note

- Note:**
- While lifting the body up, keep the neck loose otherwise there will be a risk of sprain in the neck. Even if you are in the Asana, keep the neck loose so that it keeps swinging downwards.
 - This posture should be practised slowly.

Benefits:

- The aging process can be delayed by practising this Asana, and one remains young.
- It directly influences the Spinal cord, which brings so much flexibility in the body that the body becomes like elastic.
- The navel also automatically comes to its place.
- It brings stability in the 72864 nerves inside the body.
- The waist becomes beautiful and attractive.

Observation:

- Do the above Asanas for four weeks and observe their effect;
- Write 'Yes' or 'No' according to effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Flow of blood in the spinal cord				
Effect on respiration				
Effect on spinal cord				
Experience of freshness in consciousness				
Effect on weight				
Creation of polite thoughts				

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 28

Balancing Asana

Aim: To practise and demonstrate Balancing Asana.

- After completing the practice, you will be able to achieve the skills to demonstrate Balancing Asana and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice, remove your pen, pencil, wrist watch and belt, etc



Fig.28.1: Mayurasana

Mayurasana (Peacock Pose)

Method:

- By joining both the heels and toes spread both knees and sit on the heels, while keeping the knees on the ground.
- Then place the palms between the knees on the ground, fingers pointing inwards (towards the feet), elbows close to each other.
- Bend the elbows, lean forward supporting the trunk on the elbows at the navel.
- Stretch the legs backwards.
- Then bend slightly forward and lift both the legs above the ground.



Note

Note: The weight of the entire body will remain on the abdomen. Slowly straighten both the legs while maintaining the balance of the body and look in the front.

Precautions:

- People with Varicose veins, Hernia, hyper acidity and Ulcer should not do this.
- During practice of these Asanas, our vision should be stable at one point.
- These Asanas should not be done on a soft surface.
- Do this according to your capability.

Benefits:

- The continuous practice of this posture cures indigestion, constipation and gas disorders.
- The internal organs of the abdomen get a good massage.
- It increases hunger and activates the Pancreas.
- It improves the capacity to digest even heavy food.
- Makes the wrists flexible and the arms strong.

Observation:

- Do the above Asana for four weeks and observe its effect
- Write 'Yes' or 'No' according to the effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Experience of concentration				
Effect on respiration				
Effect on spinal cord				
Experience of freshness in consciousness				
Stability in personality				
Creation of internal happiness				



Note

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 29

Group of Advance Asanas

Aim: To practise and demonstrate the group of Advance Asanas.

- After completing the practice, you will be able to achieve the skills to demonstrate the group of Advance Asanas and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice remove your pen, pencil, wrist watch and belt, etc

Kukkutasana (The Cock or Rooster Pose)

Method:

- Sit in Padmasana. Then put both hands between both thighs and calves up to the elbows.
- Place both hands on the ground and lift the whole body with hands.
- Hold this position as long as possible.

Precautions:

- Before practising this Asana, the practice of medium category Asana group should be performed.
- Do this under the supervision of a specialist.
- Do not make haste in taking the position and coming back in the Asana.
- Do it according to your body's capability.
- Only a person in good health can perform this Asana.

Benefits:

- In addition to the physical benefits, there are emotional and spiritual benefits also.



Fig. 29.1: Kukkutasan



Note

- This increases our concentration and memory power, and expands our consciousness.
- It provides strength.

Observation:

- Do the above Asana for four weeks and observe its effect
- Write 'Yes' or 'No' according to the effect.

Effect	First Week	Second Week	Third Week	Fourth Week
<i>Experience of concentration</i>				
<i>Effect on respiration</i>				
<i>Effect on spinal cord</i>				
<i>Experience of freshness in consciousness</i>				
<i>Experience of internal awareness</i>				
<i>Effect on chakras</i>				

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 30

Preparatory Practices of Pranayama

Aim: To practise and demonstrate Preparatory Practices of Pranayama.

- After completing the practices, you will be able to achieve the skills to demonstrate the Preparatory Practices of Pranayama and train others.

Requirements: Yoga mats and cushions (according to the number of practitioners).

Preparation for Practice:

- Wear comfortable, loose and light cotton clothes
- Before starting the practice, remove your pen, pencil, wrist watch and belt, etc

Method:

- Sit in any meditative posture such as Sukhasana, Padmasana or Siddhasana.
- Gradually start breathing in, from both the nostrils equally.
- Keep progressively expanding your abdomen with slow breathing.
- After expanding count up to six in your mind, while holding your breath.
- Exhale slowly with the contraction of the abdomen.
- If you want, you can hold your breath outside up to six counts.
- Repeat the above process for five to six min. ingenuously.

Precautions:

- Do not rush in the practice.
- Stop the practice if there is any kind of pain or feeling of discomfort.

Benefits:

- It prepares us for practice of Pranayama.
- It calms the mind by bringing the body in a relaxation state.
- It relaxes the respiratory system.



Note

- It is beneficial for breathing.

Observation:

- Do the above practice for four weeks and observe its effect
- Write 'Yes' or 'No' according to effect.

Effect	First Week	Second Week	Third Week	Fourth Week
<i>Experience of concentration</i>				
<i>Effect on respiration</i>				
<i>Experience of physical relaxation</i>				
<i>Experience on consciousness</i>				
<i>Experience of internal awareness</i>				

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 31

Nadi-Shodhana Pranayama (Alternate Nostril Breathing)

Aim: To practise and demonstrate the Nadi-Shodhana Pranayama.

- After completing the practice, you will be able to achieve the skills to demonstrate the Nadi-Shodhana Pranayama and train others.

Materials Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practice, take out your pen, pencil, wrist watch, belt etc. and put them aside.

Position:

- Sit in any meditation posture like Padmasana, Sukhasana etc.
- Keep your spinal cord and neck straight.
- Close your eyes gently and focus on your breathing.
- Place your left hand on left knee palm facing upwards.
- Keep the ring finger of your right hand on left nostril and thumb on right nostril.

Method:

- Inhale from your left nostril up to Eight counts.
- Keep holding your breath for thirtytwo counts.
- Exhale from the right nostril for sixteen counts, keeping your left nostril closed with your finger.
- Now, inhale again from right nostril up to eight counts.
- You have to hold your breath again for 32 counts. Holding breath is called Antah-Kumbhaka.



Fig. 31.1: Nadi-Shodhan Pranayama



Note

- Exhale from the left nostril for 16 counts.

Precautions:

- Patients of heart disease, Hypertension and Epilepsy should not practise Kumbhaka.
- Do not be hasty in the practice.
- Stop the practice if there is any kind of pain or discomfort.
- Do not stress during Inhalation and Exhalation.

Benefits:

- The practice of Nadi-Shodhana relaxes and balances the respiratory and nervous system.
- It is more beneficial in cure of diseases like Hypertension, Parkinsons, Diabetes, Mellitus, Asthma etc. (without kumbhaka)
- It removes mental fatigue.
- It is helpful in circulation of *Prana* in the body.
- It purifies *Nadis* (channels).

Observation:

- Practise the Pranayams for four weeks and observe its effect
- Write 'Yes' or 'No' according to effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Feeling of concentration				
Effect on breathing				
Feeling of physical relaxation				
Effect on consciousness				
Feeling of inner awareness				

Result:

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Comments:

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Signature of Yoga teacher



Note

Practical No. 32

Sheetali Pranayama

Aim: To practise and demonstrate the Sheetali Pranayama

- After completing the practice, you will be able to achieve the skills to demonstrate the Sheetali Pranayama and train others.

Materials Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practice, take out your pen, pencil, wrist watch, belt etc. and put them aside.

Position:

- Sit in a comfortable position (Padamasana, Vajrasana or Sukhasana).
- Keep your Spinal cord straight, but your body should be relaxed.
- Hands should be on the knees.
- Curl the side of the tongue like a tube.
- This pranayama can also be performed in a standing position.



Fig. 32.1: Sheetali Pranayam

Method:

- Inhale through curled tongue making a whistling sound.
- At the end of Inhalation, move the tongue to neutral position and close the mouth. Keep holding your breath up to your comfortable limits.
- Slowly exhale through nose.
- Keep practising for 15-30 times daily.

Precautions:

- Patients of low blood pressure, respiratory disorders such as Asthma, Bronchitis should not practise it.



Note

- Do not be in a haste while practising.
- Stop the practice if there is any kind of pain or discomfort during practice.
- Do not practise it in winter.

Benefits:

- This gives coolness to our body & mind, and is very beneficial in summer.
- It is helpful in reducing blood pressure and gastric acidity.
- It is helpful in circulation of *Prana* in the body.
- It calms down our psychological and emotional excitement.

Observation:

- Do the above Pranayama for four weeks and observe its effect
- Write 'Yes' or 'No' according to effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Feeling of concentration				
Effect on breathing				
Feeling of physical relaxation				
Effect on consciousness				
Feeling of Inner Awareness				

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 33

Bhramri Pranayama (Humming Bee Breathing)

Aim: To practise and demonstrate the Bhramri Pranayama (Humming Bee Breathing)

- After completing the practice, you will be able to achieve the skill to demonstrate the Bhramri Pranayama and train others.

Materials Required: Yoga mat, cushion etc.

Preparation of Yoga class: Yoga classroom should be clean and well ventilated.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practise, take out your pen, pencil, wrist watch, belt and jewellery etc. and them put aside.

Position:

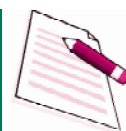
- Sit in a comfortable position (Padamasana, Vajrasana, Sukhasana etc.)
- Keep your spinal cord straight, but the body should be relaxed.
- Close your eyes.

Method:

- Close both ears with both the thumbs.
- Take a deep breath through both nostrils.
- Keeping the ears closed, breathe out making a high pitched sound like a bee.
- Breathe in again and repeat the same process 5, 10, 15 or 20 times.
- In the end inhale through both nostrils, perform Kumbhaka as long as possible and slowly exhale.



Fig. 33.1: Bhramri Pranayama



Note

Precautions:

- People suffering from ear infection, should not practise Bhramari Pranayama.
- Introvert people should not practise this Pranayama.
- Do not hurry into doing this Pranayama.
- Stop the practice if there is any kind of pain or discomfort.

Benefits:

- It is beneficial in Insomnia.
- It relaxes our body and calms the mind.
- It is beneficial for ailments of ears, nose and throat diseases.
- It is effective in reducing high blood pressure and gastric acidity.

Observation:

- Do the above Pranayama for four weeks and observe its effect
- Write 'Yes' or 'No' according to effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Feeling of concentration				
Effect on breathing				
Feeling of physical relaxation				
Effect on consciousness				
Feeling of inner awareness				
Effect on <i>Manas Patal</i>				

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 34

Bhastrika Pranayama (Bellow's Breath or Heating Pranayama)

Aim: To practise and demonstrate the Bhastrika Pranayama (Bellow's Breath or Heating Pranayama).

- After completing the practice, you will be able to achieve the skills to demonstrate the Bhastrika Pranayama and train others.

Materials Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practice take out your pen, pencil, wrist watch, belt and all jewellery etc. and put them aside.

Position:

- Sit in Padamasana.
- Keep your spinal cord, head and neck straight.
- Hands should be on the knees.
- Keep your mouth closed.

Method:

- Keep inhaling and exhaling through the nose 10-15 times, fast like the bellows of an ironsmith.
- Keep constricting your abdomen during each exhalation.
- During the practice make sure to produce a hissing sound.
- Maintain the rhythm of Inhalation and Exhalation fast.
- After finishing one set, end the process with long Inhalation.
- Exhale deeply and slowly. This full process is One set. Continue this up to three sets.

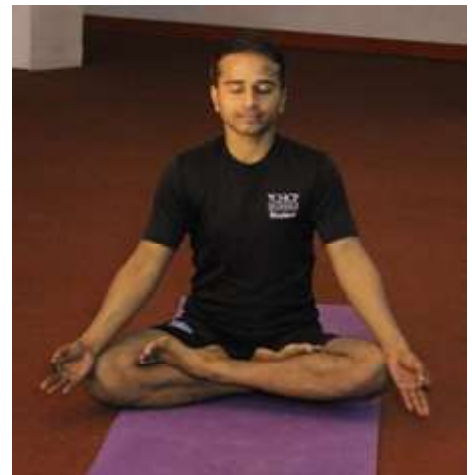


Fig. 34.1: Bhastrika Pranayama



Note

Precautions:

- Do not practise it with diseases like heart disease, high blood pressure, high acidity, Hernia and Ulcer etc.
- During practice, if Vertigo or more sweating occurs, it means that the practice is not being done properly and it should be stopped.
- Do not practise it in high temperature conditions.
- Keep the facial muscles relaxed during practice.
- Do not haste into the practice.
- Do it according to your capacity.

Benefits:

- It burns the toxic elements in our body.
- It reduces abdominal fat.
- It is beneficial in the cure of *Kapha* diseases.
- It makes metabolic action smooth.
- It is beneficial for the patients of Asthma and lungs problems.

Observation:

- Do the above Pranayama for four weeks and observe its effect
- Write 'Yes' or 'No' according to effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Increase in the level of energy				
Effect on breathing				
Effect on digestive System				
Effect on will power				
Effect on Manas Patal (Mind)				

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 35

Mudra (Hast Mudra)

Aim: To practise and demonstrate the Mudra (Hast Mudra).

- After completing the practice, you will be able to achieve the skills to demonstrate the Mudra (Hast Mudra) and train others.

Materials Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practice take out your pen, pencil, wrist watch, belt and all jewellery etc. and put them aside.

Method:

- Sit in any meditative posture.
- Keep your breathing process in control.
- Keep your mind calm.

- 1) **Gyana Mudra:** This Mudra is performed by touching index fingertip to the tip of the thumb, while holding other three fingers straight. Sit for some time in this position.



Gyana Mudra

Benefits: It improves memory, relieves tension, worries, frustration and calms the mind. Gyana mudra improves concentration, therefore it is practised by students and intellectuals to gain knowledge.

- 2) **Vayu Mudra:** This Mudra is practised by applying the index finger to the base of the thumb and pressing it with the thumb. Sit for some time like this.



Vayu Mudra

Benefits: It is good for diseases related to air imbalances like pain, joint pain, tremors, Paralysis, flatulence and creeping pain.



Surya Mudra

- 3) **Surya Mudra:** This Mudra is performed by bending the ring finger to base of the thumb and pressing it with the thumb. Sit for some time like this.

Benefits: It reduces obesity and heaviness of the body.



Note

Note: Ring finger and thumb both give special electric flow of heat. In terms of Yoga, Agyachakra of two petals is situated in the forehead. Any woman or man can transfer their invisible power to others, and can double his/her power by doing *tilak* with ring finger and thumb with special method and emotion.

- 4) **Linga Mudra:** Interlace the fingers of both hands and keep the left thumb vertically upwards. Sit for some time like this.



Linga Mudra

Benefits: It reduces cold and helps in weight loss.

- 5) **Prithvi Mudra:** Press the tips of ring finger and thumb keeping other fingers straight. Sit for some time like this.



Prithvi Mudra

Benefits: It is beneficial for a skinny person lacking lustre and glow. There is also a change in narrow mindedness.

- 6) **Prana Mudra:** Touch tips of ring finger and little finger to the tip of thumb while keeping the other two fingers straight. Sit for some time like this.



Prana Mudra

Benefits: The body becomes so strong at the physical and mental level that no disease can attack the body. It improves blood circulation and removes blockage of blood vessels. Gives energy, hope and enthusiasm to body and mind.

- 7) **Apana Mudra:** Touch middle and ring fingers to the thumb. Sit for some time like this.



Apana Mudra

Benefits: By reducing abdominal Vayu, it removes pain and other complications persisting there.

- 8) **Shoonya Mudra:** This Mudra is performed by bending the middle finger and pressing it by the thumb, while other fingers remain straight and relax. Sit for some time like this.



Shoonya Mudra

Benefits: It relieves ear pain. It protects from ear diseases. A deaf person will be able to hear with continuous practice. (It will not affect congenital deafness)



Note

- 9) **Hridya Mudra:** Bend the index finger and place it at base of the thumb and then touch the tip of thumb to the tips of middle and ring finger. Sit for some time like this.

Benefits: It works like an injection in checking heart attack. It can cure heart disease with continuous practice.



- 10) **Varun Mudra:** This Mudra is performed by touching the tip of the little finger to the tip of thumb. Sit for some time like this.

Benefits: It is beneficial in all diseases caused by deficiency of water element in the body. It removes skin and blood disorders.



Precautions

- Physical stability is necessary for *Mudras*.
- Keep your eyes closed.
- Do not haste while doing them.

Observation:

- At a time, do two hands gestures from the above *Mudras* for four weeks and observe their effect;
- Write 'Yes' or 'No' according to effects.

Effect	First Week	Second Week	Third Week	Fourth Week
Increase in the level of energy				
Effect on breathing				
Increase in internal Awareness				
Effect on will power				
Effect on Manas Patal (Mind)				

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 36

Mudra: Vipreetkarani Mudra

Aim: To practise and demonstrate the Vipreetkarni Mudra

- After completing the practice, you will be able to achieve the skill to demonstrate the Vipreetkarni Mudra and train others.

Materials Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practice, take out your pen, pencil, wrist watch, belt and all jewellery etc. and put them aside.

Method:

First lie down on the ground on your back in a relaxed way. Legs will be straight and close to each other. Keep both the palms next to the body and breathe normally. Relax the body. While inhaling, raise the legs together slowly, without bending, till the legs are at 90 degrees from the floor. Now place the hands under the lower back at the waist level, and then raise the buttocks. The waist will be slightly bent and legs will be slightly tilted towards head. Legs will be in straight line of eyes. Kumbhaka will be held. Then with Exhalation, the body is again brought down slowly in a supine position.

Precautions:

- Persons suffering from knee joint problem should not do it or do it under the supervision of a specialist.
- Do it as per your body capability.
- Sciatica and Slip-disc patients should not do it.
- It should not be practised in condition of constipation or being unwell.

Benefits:

- It prevents early ageing.
- Extremely very beneficial for digestion.



Fig. 36.1: Vipreetkarni Mudra



Note

- Good for Thyroid functioning.
- Increases flow of blood the brain.
- This is the practice of doing body inversion.
- Patients of high blood pressure and heart disease should not practise it.

Observation:

- Do the above *Mudra* for four weeks and observe its effect
- Write 'Yes' or 'No' according to effect.

Effect	First Week	Second Week	Third Week	Fourth Week
Effect on Manas Patal (Mind)				
Effect on Spinal cord				
Effect on legs and abdominal muscles				

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 37

Uddiyan Bandh (Abdominal Lock)

Aim: To practise and demonstrate the Uddiyan Bandh (Abdominal Lock)

- After completing the practice, you will be able to achieve the skills to demonstrate the Uddiyan Bandh and train others.

Materials Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practice, take out things such as pen, pencil, wrist watch, belt and all jewellery etc. and put them aside.

Method:

Sit in any comfortable meditative position, like Sukhasana, Padamasana, Sidhasana. Keep your Spinal cord straight. Place both hands on the knees. Close the eyes and relax the whole body. Slowly and deeply inhale and exhale. Try to empty the lungs completely. After exhaling completely, keep your hands straight and raise the shoulder and also perform Jalandhar bandha. Pull the abdominal muscles in and up into the abdominal cavity as far as possible. Remain in this position upto the comfort level. Then release the abdominal muscular tension and bend the elbows. By normalising the shoulders, open Jalandhar bandh, then inhale slowly and return to starting position. When breathing normalises, repeat the process.

Precautions:

- Consult a specialist regarding complaint of high blood pressure and heart disease.
- Physical stability is necessary for *Bandh*.
- Keep your eyes closed.
- Do not make haste while doing it.
- Do it according to your capacity.
- Do not use force in breathing while doing it.



Fig. 37.1: Uddiyan Bandh

**Note****Benefits**

- There are physical, psychological and spiritual benefits of the practice.
- It converts biological energy into spiritual energy.
- It removes gastric problems.
- Uddiyan Bandh removes abdominal diseases.
- It makes meditation (*Dhyana*) more effective.
- It controls the Endocrine system.
- It is helpful in awakening of our body chakras.

Observation:

- Do the above Uddiyan Bandh for four weeks and observe its effects;
- Write 'Yes' or 'No' according to effects.

Effect	First Week	Second Week	Third Week	Fourth Week
Increase in the level of energy				
Effect on breathing				
Increase in internal awareness				
Effect on <i>Manas Patal</i>				
Experience of spiritual consciousness				

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 38

Mantra Chanting

Aim: To practise and demonstrate the Mantra Chanting.

- After completing the practice, you will be able to achieve the skills to demonstrate the *Mantra chanting* and train others.

Materials Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practice, take out things such as pen, pencil, wrist watch, belt and jewellery etc. and put them aside.



Practice Method

First Stage

At this stage, focus on activities of the mind, detaching our concentration from the outer world and surroundings. We see that our thoughts and reactions scenes and settings arise within our sub-conscious or unconscious mind. Its practice removes tension and fear. We are free from past experiences and see the blast of repressed desires. One should continue practising this till the mind calms down completely and is free from tension and worries.

Second Stage

At this stage, we see the self-raised thoughts of our subconscious mind. Then we evaluate the strongest thought and try to remove it from our mind. In this practice, a person should remain alert for the activities of those thought waves which are self-raised. Bring voluntarily important thoughts in front and they should be seen and removed. If you do this practice successfully, your mind will be able to go in the depth of unconscious mind.

Third Stage

At this stage, the mind should be completely calm. Thoughts will arise in the brain at this stage too, but they will not be able to bring any emotional disturbance in the mind and body. We need

Fig. 38.1: Mantra Chanting



Note

not suppress any thought at this point of practice. Through this practice, your mind can reach the stage of non-consideration (*Nirvichar*) and withdrawal from senses (*Pratyahar*).

Fourth Stage

We practise Antarmaun in a comfortable Asana like Padamasana, Siddhasana, Vajrasana or Savasana. We can practise this, sitting in a chair or in a lying down position too. We can start initial stage practice anywhere anytime. It can be practised to keep the mind calm and stable in an unpleasant and noisy environment.

Precautions:

- Maintain physical stability.
- Keep your eyes closed.
- Practice should be uninterrupted.

Benefits:

- Physical, psychological and spiritual benefits are achieved.
- It converts biological energy into spiritual energy.
- It removes mental Depression.
- It makes meditation (*Dhyana*) more effective.
- It is helpful in awakening of our body chakras.
- In this, high level consciousness experience is achieved.

Observation:

- Do the above Mantra Chanting for four weeks and observe its effect;
- Write 'Yes' or 'No' according to effects.

Effect	First Week	Second Week	Third Week	Fourth Week
Effect on respiration				
Effect on mind				
Increase in internal awareness				
Experience of spiritual consciousness				



Note

Result:

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Comments:

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(Signature of Yoga Teacher)



Note

Practical No. 39

Yoganidra

Aim: To practise and demonstrate the Yoganidra.

- After completing the practice, you will be able to achieve the skills to demonstrate the *Yoganidra* and train others.

Materials Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practice, take out things such as pen, pencil, wrist watch, belt and jewellery etc. and put them aside.

Practise Method

1. Take a deep breath during Shavasana and feel peace in the entire body. Feel relaxation in the body while exhaling.
2. Take your consciousness to various body parts when their name is called. Remember that there should be no tension or movement in your body.
3. Take your focus to the right big toe, then to second, third, fourth and fifth toe; and move your consciousness later to sole, ankle, calf, shin, knee, thigh etc. respectively.
4. Do the same with the left leg. Later take your consciousness to the parts of right and left hands.
5. After legs and hands, concentrate on trunk and later on your entire face. We call this Nyasa practice or body visualisation.



Fig. 39.1: Yoganidra



Note

6. After body visualisation, feel the Pranic flow in each and every cell. Feel that flow's vibration in the weakest or the diseased part of your body. Make your body visualize that the diseased part is getting healthy and healed.
7. Similarly, move your consciousness to the various body parts more than once. The body will get maximum relaxation and rest.
8. Be conscious towards breathing mentally. Do back counting from 54 to 0 like "I know, I am inhaling 54. I know, I am exhaling 53". Continue till you reach to 0. In case you forget the counting in between, start the procedure again from 54. Do not sleep; continue the counting process.
9. With your inner eyes, visualise the various beautiful scenes of nature. You can imagine mountains, falling springs, etc. You can see waves of the ocean. Visualise the early morning sunrise. Visualize any famous temple. Mentally involve yourself in group of members doing prayer at the place, with which your religion is associated. Like think of prayer in a mosque if you are a Muslim. If you are a Sikh, do your prayer at a Gurudwara. Do prayer at church, if you are a Christian. In short, involve yourself emotionally in the prayer in which you have faith and trust.
10. While travelling mentally through these places, bring your focus on your body lying there in Shavasana. Again move your consciousness in all the body parts quickly in order. Again feel the Pranic energy flow in your body and feel the life in the body.
11. Now feel that your body has become very light like a flower. The fragrance has spread around you. Now, you feel overwhelmed with divine waves. You are calm completely. You are happy.

Now, in the end, turn right and sit back in your place. Don't open your eyes yet. Pray to your God, keeping your spinal cord straight and get ready for good deeds with renewed energy.

1. Practise Yoganidra under expert guidance only.
2. Keep yourself awakened throughout while practising Yoga Nidra.

Precautions:

- Do not wake up with a jerk.
- Maintain physical stability.
- Keep your eyes closed.
- There should be no interruption during practice.

Benefits

- It reduces physical, mental and emotional stresses.
- It gives complete rest to the body and control over all the internal systems.



Note

- Yoganidra practice increases functional abilities.
- With its practice, we can remove bad habits and other kinds of Phobias.
- This prepares us for *Dharna* and *Dhyana*.
- It is helpful in awakening of our body chakras.
- In this, high level consciousness experience is achieved.

Observation:

- Practise the above method of Yoganidra for four weeks and observe its effect;
- Write 'Yes' or 'No' according to effects.

Effect	First Week	Second Week	Third Week	Fourth Week
Effect in the body				
Effect on breathing				
Mind calmness and stability				
Effect in internal awareness				
Effect on Manas Patal (mind)				
Experience of spiritual consciousness				
Positive Effects in our body and mind				

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 40

Dharna Practice

Aim: To practise and demonstrate the Dharna Practice.

- After completing the practice, you will be able to achieve the skills to demonstrate the *Dharna Practice* and train others.

Materials Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practice, take out things such as pen, pencil, wrist watch, belt and jewellery etc. and put them aside.

Method:

- Sit in any meditative posture.
- Control your breathing.
- Keep your mind calm.
- Now take an oath in your mind to hold (*Dharna*) any subject.
- Concentrate on that subject for some time.

Precautions:

- Do not get up with a jerk.
- Maintain physical stability.
- Keep your eyes closed.
- There should be no interruption during the practice.

Benefits:

- It removes physical, mental and emotional stress.
- It brings the body in a complete relaxation state and controls all internal systems.
- This prepares us for meditation.



Note

- It is helpful in awakening our body chakras.
- With this, high level consciousness experience can be achieved.
- It is helpful in mental emission.

Observation:

- Do the above practice of *Dharna* for four weeks and observe its effect;
- Write 'Yes' or 'No' according to effects.

Effect	First Week	Second Week	Third Week	Fourth Week
Effect on breathing				
Mind calmness and stability				
Effect in internal awareness				
Effect on <i>Manas Patal</i>				
Experience of Spiritual consciousness				
Positive Effects in our body and mind				

Result:

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Comments:

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(Signature of Yoga Teacher)



Practical No. 41

Meditation Practice (*Dhyana Sadhna*)

Aim: To practise and demonstrate Ajapa-Jap practice (Meditation Practice).

- After completing the practice, you will be able to achieve the skills to demonstrate the *Ajapa-Jap practice* and train others.

Materials Required: Yoga mat, cushion etc.

Preparation:

- Wear comfortable, light, cotton clothes.
- Before starting the practice, take out things such as pen, pencil, wrist watch, belt and all jewellery etc. and put them aside.

Method:

In the preliminary stages of practice of *Ajapa-Jap*, visualize the breath between the throat and the navel. The seeker/Sadhak feels the flow of vital energy from anal region to glabella (place between eyebrows) and from glabella to anal region. In higher practices, breathing is slightly longer and slower than usual. In *Ajapa-jap*, any chant can also be used with flow of *Prana*. Some people hear 'Soham' and some 'Om' as sound. It is heard as other mantras also. In fact, any mantra can be taken for practice in *Ajapa-jap*. But 'Soham' is used comprehensively, as it is similar to rhythm of breathing sound. This mantra is rhythmic with breath. When you breathe in, listen to that sound carefully. It resembles 'So' and the sound that is produced during breathing out, resembles the rhythm of 'Ham'. With this practice, all those channels through which vital energy flows become purified. It requires a little imagination also.

Precautions:

- Do not get up with a jerk.
- Maintain physical stability.
- Keep your eyes closed.
- There should be no interruption during the practice.

Benefits:

- It removes physical, mental and emotional stress.
- It brings the body in a complete relaxation state and controls all the internal systems.



Note

- This prepares us for meditation.
- It is helpful in awakening our body chakras.
- In this, high level consciousness experience can be achieved.
- It is helpful in mental emission.

Observation:

- Do the above *Ajapa-jap* practice for four weeks and observe its effect;
- Write 'Yes' or 'No' according to effects.

Effect	First Week	Second Week	Third Week	Fourth Week
Effect on breathing				
Mind calmness and stability				
Increase in internal awareness				
Effect on mind (<i>Manas Patal</i>)				
Experience of spiritual consciousness				
Positive effects in our body and mind				
Favoured View (<i>IshtDarshan</i>)				

Result:

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Comments:

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(Signature of Yoga Teacher)



List for Spotting

Necessary instructions

During practical examination, four spots will be given to the candidates to identify and to write short notes (approx. 4-5 sentences) from the list below:

1. ShreemadBhagwat Geeta
2. Hathyoga Pradipika
3. Gherand Samhita
4. Patanjali Yoga Sutra
5. Picture of the Gurukul Education System
6. Picture of Mumukshutava
7. Picture of Cell Structure
8. Model/ Poster of Skeletal System
9. Digestive System or model/ poster of any organ
10. Circulatory System or model/ poster of any organ
11. Excretory System or model/ poster of any organ
12. Reproductive System or model/ poster of any organ
13. Respiratory System or model/ poster of any organ
14. Nervous System or model/ poster of any organ
15. Chart/ poster of food items and their nutrients
16. Satvik food poster
17. Rajsik food poster
18. Tamsik food poster
19. Shatkarma chart/ poster
20. Chart/ poster of Yogic subtle exercises (*Sukshma Vyayama*)
21. Chart/ poster of Yogasana
22. Chart/ poster of Pranayama
23. Chart/ poster of Mudra-bandh
24. Chart/ poster of Yoganidra
25. Meditation Chart/ poster
26. Chart/ poster of chakras



Note

Yoga Teachers' Training Programme

Guidelines for Practical Examination Paper - 4: Practical Yoga Training (498)

Maximum marks: 200

Time : 5.00 hrs

Marking Scheme:

Activities	Marks Allotted	Remarks
Practical job - any four	100	(25 × 4)
Spotting - any four	20	(5 × 4)
Practical Record/File	20	
Viva-Voce	10	
Internal Assessment i.e. Discipline, Performance, Personality etc.	50	(given by centre)
Total Marks	200	

Breakup of Practical Activities:

• Understanding the objective	-	02
• Initial Position Selection	-	02
• Principles and Methods	-	14
• Overview and Influence	-	05
• Result	-	02

Total marks	-	25
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Guidelines for Practical Examiners:

- Six practical activities (one from each section) should be given to the students from the list of practicals, and they have the option to perform any four activities.
- All required material (Tools, equipments etc.) should be made available at the disposal of the examiner.
- Different sets of practical exercises can be given to different examinees.
- One Practical Activity from each group may be given to the examinees.



A) List of Practical Activities

Group -1

1. Karma Yoga
2. Bhakti Yoga
3. Yogic diet: Fasting with lemon water
4. Yogic diet: Preparation of diet chart
5. Preparation of Seasonal diet chart
6. Preparation of Medicinal food

Group -2

7. Kunjal kriya
8. Shatkarma Practice: Laghu shankh prakshaalana
9. Shatkarma Practice: Jalneti kriya
10. Shatkarma Practice: Nauli kriya
11. Shatkarma Practice: Kapalbhata
12. Shatkarma Practice: Tratak kriya
13. Sukshama Yogic Practices: Sandhi sanchalan practice for legs (joints)
14. Sukshama Yogic Practices: Sandhi sanchalan practice for hands
15. Sukshama Yogic Practices: Practice of Udarsamuh Asanas
16. Sukshama Yogic Practices: practice of Shakti-bandh Samuh Asanas
17. Sukshama Yogic Practices: practice for eyes

Group - 3

18. Vishramatmak Asana
19. Dhyanatmak Asana
20. Asana of Vajrasana group
21. Gaumukhasana
22. Set of Asanas performed standing
23. Surya namaskar
24. Asana performed by bending backwards
25. Asana performed by bending forwards
26. Asana performed by using head
27. Asana performed by twisting Spine



Note

28. Asana of balancing

29. A set of classical Asanas

Group - 4

30. Pre-practice of Pranayama

31. Nadi-shodhan Pranayama

32. Sheetli

33. Bhramri

34. Bhastrika

Group - 5

35. Posture of hand or Hast-mudra

36. Viprit karni posture

37. Udyaan-bandh

Group - 6

38. Chanting of Mantras

39. Yoga-Nidra

40. Dharna practice

41. Meditation

B) List for Spotting

Necessary instructions: During the examination, four spots from the list may be given to the students to identify and make brief comments (about 4-5 sentences) on them:

1. Srimad Bhagvad Gita

2. Hathayoga Pradipika

3. Gherand Samhita

4. Patanjali YogaSutra

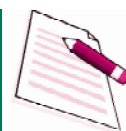
5. Gurukul education system

6. Picture of Mumukshutva

7. Cell structure diagram

8. Model/Posters related to Anatomy & Physiology

9. Model / posters related to Yogic Practices



Note

Module – 5: Yoga Teaching Skills
(Micro & Macro Teaching/Training) and Practice
(Code-499)



Note



Yoga Teacher's Training Programme

Guidelines for Practical Examination

Paper - 5: Yoga teaching skills and practices (499)

Maximum marks: 150

Time : 3.00 hrs

Marking Scheme:

Activities	Marks Allotted	Remarks
Training on one of the Yogic practices (Shatkarma, Sukshama Vyayams, Asana Pranayama, Meditation etc.) Student will demonstrate the Asana/Pranayama	80	
Micro and macro training (Training of at least one practice on the Shatkarma, Yogic Sukshams Vyayama, Asana, Pranayama, Meditation) Marks on the basis of in-house teaching & training	30	
Internal assessment (on the basis of Yoga teacher's qualities/ethics, personality, and lifestyle)	20	
Viva - Voce	20	
Total Marks	150	

Breakup of Practical Activities:

• Planning and Structure of Yoga Sessions	-	10
• Voice projection	-	10
• Pre-preparation for Yoga Practice	-	10
• Posture and confidence (state)	-	10
• Training session	-	40
- Prayer/Mantra Chanting		
- Practice of Sukshama Kriyaen		
- One Asana		
- A Pranayama or Mudra- bandh practice		
- Meditation		
- Improve condition and motivation/encouragement		
- Total marks	-	80



Note

Guidelines - Internal and external assessments of learners will be done on the following subjects:

1. Principles of Performance and Teaching.
2. Yoga teacher's qualities and personality.
3. Yoga teacher's lifestyle and Teacher morality.
4. Voice projection, incentives on the progress of learners, and guidance
5. Overview, support and improvement
6. Planning / preparations and things to keep in mind in a Yoga class
7. Preparation of Yoga
8. Safety Caution
9. Yoga teaching, Yoga education
10. Yoga Training
 - Micro Training (with learners of Yoga classes)
 - Group training (with the students of same institute / school)

Guidelines for Practical Examiner :

- Examiners should ask the learners to provide training on any one or two exercises out of Shatkarma, Yogic micro exercise, Pranayama, Meditation etc.
- Practical exercise from any one of these exercises- Yoga and diet, a Yoga practice, Pranayama or Mudra-bandh and meditation, Yoganidra, Mantra chanting group etc.
- All necessary materials (Equipment, materials etc.) should be made available at the disposal of the examiner.
- An individual trainee can be examined on different exercises from the given practical exercises.

Internal assessment:

Internal assessment of learners will be done by AVIs.

Micro Training:

- For the training of learners in Yoga exercises, the experimental Yoga will be selected from the training manual Shatkarma, Yogic micro exercise, Pranayam, Asana, Meditation etc.).
- The learners will complete the micro-training with their colleagues in the Yoga class.



Note

- Internal evaluation of the learner's micro-training will be done by the Yoga teacher and his companion.
- Each learner will prepare a file / record on micro training, which will be checked by the examiner at the time of the examination.

Macro Training :

- Just like micro training, each learner will also do macro training. This training will be conducted in other institutions, Yoga centers, or schools etc.
- Each learner may select one or two exercises from the yoga training practical manual (Shatkarma, Yogic micro exercise, Pranayama, Asana, Meditation etc.).
- According to the exercises selected from the yoga training practical manual, the learner will have to train where upon the Yoga Teacher will evaluate the training method/capability of the learner.
- On the basis of the training, the learners will prepare a file / record.



Guidelines for Implementation of Yoga Teachers' Training Programme

Introduction of the Programme

The **Yoga Teachers' Training Programme** is an intensive certificate course providing in-depth knowledge of Yoga practices and pedagogy of Yoga. The programme is open to all those who are interested in becoming Yoga Teachers, and is open for both Indian and foreign nationals.

Yoga has an important place in Indian culture and heritage. It has been incorporated in our lifestyle since ancient times. Yoga is an art of living for a healthy life which establishes the relationship between mind and body. Yoga is the science of discipline that builds personality by making all-round development of the body, mind and self-power. Today, Yoga is attracting everyone to stay healthy and fit. Therefore, Yoga education is in great demand nowadays.

Objectives

The aim of the Programme is to train the Learners from the sectors of Health and Education in *Yoga*. After completion of this Programme, the trainee will be able to:

- describe human anatomy and physiology
- explain the principles of Yoga and its philosophy
- pass adequate knowledge and skills of preparations and precautions for Yogic practices
- explain the concepts of health, hygiene, diet and Yogic culture
- State applications of integrated approach of Yoga
- conduct Yoga classes
- train the learners in Yoga education

Job Opportunities

Successful learners of the Yoga Teachers' Training Programme can get a job as a Yoga teacher or equivalent, in the Yoga Institutions, Yoga Centres, Health Clubs, Naturopathy Hospitals, various schools and colleges etc.

Eligibility Criteria

- **Educational Qualification:** Minimum 12th class pass **OR** equivalent from any recognised Board of School Education/University.
- **Minimum Age:** 18 years or above at the time of admission.



Note

Target group: All Indians and foreign national who fulfil the eligibility criteria.

Duration of the Course: One year open course (720 Hrs.)

In the one year open course, the training schedule will be as follows:

- i) **Personal Contact Programme (PCP)** for theoretical & practical training on Saturdays or Sundays. Training centers will organize PCP of 160 hours (10 months \times 4 days \times 4 hours = 160 hours) according to the training schedule.
- ii) Three workshops each of 10 days (10 days \times 3 workshops \times 8 hours = 240 hours) will be organised by the Training centers, at every 2-months interval in which the learners have to participate compulsorily.
 - Learners (Indian or foreign nationals) who desire a one month residential training, may undergo training for the whole month residing at the training center. In that case, learners will select only those recognized training centers of NIOS in which all the necessary resources and facilities are available for such residential training. For that, the training centers may take suitable charge separately as per the facilities, apart from the fixed course fee by NIOS.
 - Foreign nationals may either participate directly in one-month residential training course or may attend 3 workshops of 10 days each.
 - After training, the institutes will refer trainees to any Yoga institute for a one month Internship. The training center and related institute will provide internship certificate.

Scheme of Study

- Theory - 30 %
- Practical Training - 50 %
- Learners Portfolio - 20 %

Scheme of Instruction

- Self-instructional printed material
- Contact classes and facility of practical training at AVIs/study centers
- Hands on experience/practical training facilities at AVIs/study centers
- Audio-visual materials.



Note

2

Course Curriculum

The course curriculum consists of five subjects/papers which include three Theory & two practical training papers.

- **Three Papers of Theory:**
 1. **Philosophy & Physiology of Yoga**
 2. **Human Body, Diet and Cleansing**
 3. **Applied Yoga Science**
- **Two Papers of Practical Training:**
 4. **Practical Yoga Training (Yogasana, Pranayama, Meditation etc.)**
 5. **Yoga Teaching Skills (Micro/Macro-Teaching)**

Subject-1: Philosophy & Physiology of Yoga

Unit-1 Yoga and Yogic Texts

- Yoga - Basic introduction
- Meaning & Definition
- Indian Philosophy of Yoga (Introduction of Philosophy of Yoga)
- Concept of Yogic Physiology (Yogic Texts)
- Various Paths of Yoga : Gyana Yoga, Bhakti Yoga, Karma Yoga, Ashtang Yoga & Hath Yoga.

Unit-2 Ashtanga Yoga

- *Yama*
- *Niyama*
- *Asana*
- *Pranayama*
- *Pratyahar*
- *Dharna*
- *Dhyana*
- *Samadhi*

Unit-3 Yogic Culture & Value Education

- Yogic Culture - Four *Purusharthas*: *Dharma*, *Artha*, *Kama* and *Moksha*
- Four Ashrams: *Brahmacharya*, *Grihastha*, *Vanprastha* and *Sanyasa*



Note

- Four Principles: *Viveka*, *Vairagya*, *ShatSampatti* and *Mumukshutva*
- Moral Values - Degeneration of Values
- Relevance of Ancient Indian Values in the Context of Modern Life

Subject-2: Human Body, Diet and Cleansing

Unit-4 Human Anatomy and Physiology

- Introduction to Human Anatomy and Physiology
- Cells & Tissues
- Organs and their Location in the Body
- Introduction to Systems of Human Body

Unit-5 Yogic Diet

- Food, its Need & Importance
- Yogic Concept of Diet - *Satvik*, *Rajasic*, *Tamasic* and *Mitahar* (Amrit food)
- Acidic and Alkaline food (20:80 ratio)
- Yogic Diet according to Age, Disease, Season and Time
- Food as medicine and importance of food in treatment of various ailments.

Unit-6 Shatkarma (Cleansing of Body)

- *Dhauti*
- *Basti*
- *Neti*
- *Nauli*
- *Tratak*
- *Kapalbhati*

Subject-3: Applied Yogic Science

Unit-7 Subtle Exercises (*Suksham Vyayama*)

- Preparations & Precautions for Yogic practices
- Pawanmukta Asana Series (1-3)
- Eye Practices
- Relaxation Asanas
- Meditative Asanas

Unit-8 Yoga Asanas

- Yoga Asanas



Note

- Preparations and Precautions before Practice
- Surya Namaskar
- Various Yoga Asanas

Unit-9 Pranayams & Meditation

- Pranayamas
- Mudra- bandha
- Dhyana (Meditative Practices)
- YogaNidra

Unit-10 Yoga for Health Promotion (Yoga for All)

- Yoga for Children
- Yoga for Adolescents
- Yoga for Youth
- Yoga for Women
- Yoga for Elders

Practical Components:

Subject-4: Yogic Practice and Training

PRACTICALS

Sl. No.	Practical Contents
1	Shatkarma
2	Subtle Exercises (SukshamaVyayama)
3	Yoga Asanas
4	SuryaNamaskar
5	Pranayama
6	Mudra
7	Bandha
8	Dhyana
9	YogaNidra
10	Mantra Chanting
11	Yoga for Health Promotion (Yoga for All)
12	Visit to Yoga Centre



Note

Subject-5: Yoga Teaching Skills (Micro/ Macro-Teaching) and Practice

1. Principles of Demonstration and Teaching
2. Observation, Assistance and Correction
3. Instructions, Teaching Styles, Qualities of Teachers
4. Voice Projection, Motivation, Care and Guidance on Learners' Progress
5. Student's Process of Learning the Planning and Structuring a Class
6. Alignment and Hands Adjustment
7. Safety Precautions
8. Yogic Life Style and Morality of Yoga Teacher
9. Yoga Teaching



Note

3

Medium of Instruction and Admission Process

Medium of Instruction: The course material is available in Hindi and English medium.

Admission Procedure

- Online facility is available for admission. A Candidate can visit NIOS website www.nios.ac.in or voc.nios.ac.in and take admission through online.

Course Fees

- The fees for the programme is ₹ 10,000 for Indian nationals inclusive of admission, study material and first time examination fees. For the foreign nationals this fees is \$ 500.
- The study centres may take limited charge separately for accommodation, food & other miscellaneous facilities, according to the availability.



4

Scheme for Evaluation and Certification

For appearing in the examination, the learner will apply on the prescribed format. Both components of the course (Theory and Practical) will be evaluated.

NIOS will award the Certificate to the passed learners.

Sl. No.	Subject/Paper of Yoga Teachers' Training Programme	Course Code	Theory & Practical		Total Marks
			Max. Marks	Time (in hours)	
1	Philosophy & Physiology of Yoga	495	50	3	50
2	Human Body, Diet and Cleansing	496	50	3	50
3	Applied Yogic Science	497	50	3	50
4	Practical Yoga Training (Practical Paper) +Learners Port Folio	498	150+50	5	200
5	Yoga Teaching Skills (Micro/Macro-Teaching) and Practice + Learners Port Folio	499	100+50	3	150
Grand Total					500

Passing Criteria: To be eligible for certification, a candidate must secure at least 50% marks in both - theory and practical exams, separately.



Note

5

Essential Guidelines for Training Centres

Yoga Teachers' Training Programme is an important course in the field of Yogic science, aiming to train learners from the sectors of health and education in Yoga. In the evolution of this training programme, developed at the national level, there has been special co-operation of reputed Yoga institutes, Universities, Central Council of Research in Yoga and Naturopathy, Ministry of AYUSH and the Government of India. Since the course curriculum should be same across the country, this course has been developed by the subject experts, keeping in mind the modern environment and conventional Yoga with reference to the ancient texts.

This is an attempt of NIOS that under this course, through its centres, a unique training would be accomplished so that all necessary skills can be provided to the learners would be able to teach Yoga and perform better Yoga practices with uniformity across country and abroad.

All the training centres of NIOS, taking all the necessary steps to make the training more effective and successful, will also follow the following guidelines:

1. Personal Contact Programmes (PCPs)

- Every week either on Saturday or Sunday, personal contact programme (PCPs) will be held by the training centres.
- The learners will complete theory part of the course through self-study. However, their doubts, problems and difficult topics will be resolved at the training centres during the personal contact programme (PCPs).
- Important lectures for theoretical subjects will be conducted in the training centres.
- Along with the above, practice of prescribed Yogic exercises in the curriculum will be done, so that the learner can be completely prepared for his 10 days' workshop.

2. Three Workshops of 10 days each

- In Yoga Teachers' Training Programme, two practical trainings will be organized for learners:
 - i) To perform and learn Yoga practice.
 - ii) To teach others.
- For theoretical and practical training, there is a provision of personal contact programme (PCP) on Saturdays and Sundays. Training centers according to training schedule will organize PCP of 160 hours ($10 \text{ months} \times 4 \text{ days} \times 4 \text{ hours} = 160 \text{ hours}$).
- Three workshops each of 10 days ($10 \text{ days} \times 3 \text{ workshops} \times 8 \text{ hours} = 240 \text{ hours}$) will be held at every 2 months interval, in which the learner has to participate compulsorily.



Note

- Learners (Indian or foreign nationals) who desire one month residential training, may undergo training for the whole month residing at the training center. In that case, learners will select only those recognized training centers of NIOS, in which all the necessary resources and facilities are available for such residential training. For that, the training centers may take suitable charge separately as per the facilities, apart from the fixed course fee by NIOS.
- Foreign nationals, according to convenience, can participate directly in the one-month residential training programme or else can attend three workshops each of 10 days.
- After the training, institutes will refer trainees to any Yoga institute for one-month Internship. The training center and related institute will provide Internship certificate.
- Two workshops will provide necessary skills to the learner by teaching complete Yoga practice.
- Training is to be given through micro and macro teaching-training to the learners in the final workshop.

3. Prior Notice and Information of Dates and Time of Workshop

- Before starting the course, information of the schedule (date and time) of personal contact programme (PCPs) and workshop should be provided to the learners.
- Information of the above schedule should also be given to the vocational education department of NIOS.

4. 'Yoga Kits' and Other Necessary Information to be given to the Learners by Training Centers

- Training centers, will provide Yoga Practice Kit to the learners in which the following material will be available:
 - i) Yoga Mat
 - ii) Neti Pot
 - iii) Thread (Sutra) Neti and Rubber Neti
 - iv) Dand Dhauti
 - v) Cloth (Vastra) Dhauti
 - vi) One T-shirt and lower etc.
- For the above Yoga kit, the training centers can charge maximum of 1200/- from the learners.

5. Arrangement of Yogic Diet (Breakfast and Lunch) every day during Workshop

- Yogic Diet (Breakfast and lunch) to the learners during workshop will be provided everyday by the training centers.
- For this arrangement, training centers can charge maximum 125/- per day from each learner.



Note

- In breakfast and lunch, *Satvik* food should be arranged for the learners.
- In breakfast – gruel (*Daliya*), *upma*, poha, fruits, juice, sprouted food- black gram (*kalachana*), *moong etc.* may be arranged according to every day menu.
- Similarly in the lunch, pulse-rice, vegetables, curd, *chapati*, salad, mixed *khichadi* (gruel of rice and green moong dal), *chaach*, *kadhi-chawal*, *sambar-chawal* etc. can be arranged according to every day menu.

6. Evaluation of the Learners

a) Internal Evaluation

- After the workshop, the training center will prepare a report of internal assessment and experience of learners, from which improvement can be done in future and help sought in practical examination.
- After each workshop, practical session work should be submitted by the learners.
- It is necessary to keep record of the workshop report of every learner and practical sessional work etc.
- The proper planning and settlement of all the processes of teaching classes, workshops and internal assessment etc. is the sole responsibility of the training center.
- The training center, for any related information and solution of any problems, may contact the Programme Coordinator and related department of NIOS.
- The record of presence of the learners in the workshops and classes will be kept at the training center, to made available to Programme Coordinator and related department, NIOS before examination.
- For information related to evaluation and process, practical examination guidelines for vocational courses available by NIOS may be referred.

b) External Evaluation

- As it has already been clarified under the scheme for evaluation and certification, the evaluation of both components (theory and practical) of the course will be conducted.
- Theoretical examination will be held at the centers prescribed by NIOS, where examination of all the three theoretical subjects will be conducted.
- The practical examination will be conducted at the training center in which as per the rules, subject experts of the training center and second subject expert (External Examiner) from any other Yoga institute will take the practical examination.



6

Instructions for Training Skills by Yoga Teacher to the Learners

The teachers will explain to the learners –

For Yoga practice, the place, surroundings and costume are also important. Along with the preparation of Yoga class, we also need to understand certain important points which are to be kept in mind.

1. How to prepare Yoga class:

- **Place:** Yoga practice should be done in an open ventilated room and also make sure that there is silence around. There should be no pollution or foul smell of any kind at the practice place or in its vicinity.
- **Cleanliness:** Cleanliness of Yoga class is very important. There is a description found that earlier Yoga place was coated with cow dung so that outbreak of ants, insects etc. did not occur. It means that practice place should be clean and clear. We can use camphor (*Kapoor*) or any perfumed *dhoop* so that ants or insects do not produce any disturbance during practice.

It is preferable to have no furniture at the Yoga place or in its vicinity.

- **Clothes (costume):** While practicing, wearing loose, light and comfortable clothes is considered suitable. Nylon or synthetic clothes are not considered favorable for Yoga practice. Therefore, wear Yoga clothes prescribed by the training center. There should be no tight cloth or belt around abdomen.

Important Points to be kept in Mind

- **Take out spectacles, wrist watch, belt, jewellery etc. and put them aside before starting the practice.**
- **Switch off your mobile phone or keep them on the silent mode.**
- **Do not use cosmetic products during practice.**
- **Yoga Mat:** Nowadays, rubber mats are in trend. These contain insulation properties but use of mats made from natural material or carpet made from *khadi* is considered better. Blankets made from natural material can also be taken for practice. This works as an insulator between the body and earth. Sponged mats or more padded mats should not be used as these are not beneficial for spinal cord and making body balance. The use of Yoga mat should be limited to practice only. One should not eat or drink while sitting on it.

**Note****2. How to Practice Yoga****Preparation of Practical Class****Time:** One hour

The teachers will teach Yoga to learners in the manner described below:

- **Prayer and Mantra Chanting** **5 minutes**
- **Subtle Exercises (*Sukshama Vyayama*)** **15 minutes**
- **Asana** **20 minutes**
 - Tadasana (The Palm Tree Pose) - 10 rounds
 - TiryakTadasana (Swaying Palm Tree Pose) - 10 rounds
 - Katichakrasana (Standing Spinal Twist) - 10 rounds
 - Trikonasana (Triangle Pose) - 5 rounds
 - Surya Namaskar (Sun Salutation) - 3 rounds
 - Shavasana (The Corpse pose)
 - Uttanpadasana (Leg Raising Pose) - 3+3 rounds
 - ArdhaHalasana (Half Plough Pose)
 - Sarvanagasana (Shoulder Stand Pose)
 - Halasana (The Plough Pose)
 - Setubandhasana (The Bridge Pose) - 3 rounds
 - Chakrasana (The Wheel Pose)
 - Shavasana (The Corpse pose) - Relax for 1 minute
 - Makarasana (The Crocodile Pose) - Relax for 1 minute
 - Bhujangasana (The Cobra Pose) - 3 rounds
 - Dhanurasana (The Bow Pose) - 3 rounds
 - ArdhaShalabhasana (Half Locust Pose) - 4 rounds
 - Shalabhasana (The Locust Pose) - 4 rounds
 - Makarasana (The Crocodile Pose) - Relax for 1 minute
 - Shashankasana (The Hare Pose) - 5 rounds
- **Pranayama** **10 minutes**
 - NadiShodhan (Alternate Breathing) - 10-15 rounds
 - Bhramri (The Humming Bee Breathing) - 10 rounds
 - Mudra-Bandh* - 5 minutes
- **Meditation and *ShantiPath* (Peace Recitation)** **10 minutes**



Note

Special Instructions:

- The teacher will keep this same order for the remaining Asana and Pranayama during the next session of practice.
- Do not teach all Yogic practice together at the same time.
- Teach Yoga according to the capacity of the learner.
- Try to increase their stamina gradually.
- In case any learner is sick, make him practice only after ascertaining the complete information of his physical condition, otherwise avoid practice.



Note

7

Guidelines for the Learners

Guidelines for the learners are as follows:

- The learners will contact their centers for information regarding workshop's date, time etc.
- Get information from the center regarding course or any related issues.
- The learner should make a record of every workshop in the notebook.
- It is compulsory to participate in the everyday programme of each workshop.
- It is compulsory for learners to bring their Yoga kit in the workshop every day.
- The learner should follow the teacher's instructions.
- Always be Discipline during classes and workshops, and help in maintaining Discipline.
- If any learner is found indulging in indiscipline, necessary action will be taken by the Program organizer/workshop Coordinator.
- If there is any inconvenience regarding the course or workshop to the learner, he may contact the Center Coordinator.



8

Practical Exercise Booklet

Necessary Instructions to be given by Teachers for the Learners:

- All learners will prepare lesson plan in their practical booklet for Micro and Macro teaching training.
- Micro teaching training is to be done in the class with classmates.
- Macro teaching training is to be done by organising Yoga camps in surrounding schools, various institutes, so that trained learners would be efficient in skills of conducting Yoga and the ability of a Yoga trainer would develop in them.
- Prepare practical notebooks according to the syllabus.

For example, the learner can record the description of daily practical exercise in the notebook in the format given below:

Description

Practice Name	Yogic Practice (Category)	Rounds	Subtle Effect on the Body
Tadasana	Asana in Standing Pose	10	<ul style="list-style-type: none"> • Stretch in spinal cord and abdominal muscles • Increase in energy level
Bhramri (Humming Bee Breathing)	Pranayama	10	<ul style="list-style-type: none"> • Peace in mind • Stability • Introvert emotions



Note

9

Plan for Micro and Macro Teaching-Training in Practical Exercise Booklet

Teaching and Training program will be done in two ways:

1. Micro Teaching-Training Program

2. Macro Teaching-Training Program

1. Under Micro teaching-training program, the trainees will do training with their classmates.
2. Under Macro teaching-training program, the trainees will complete this program in other Yogic institutes, teaching institutes, and schools etc. under the supervision of their teacher, where they will also do practical evaluation.

They can make a plan of Micro and Macro teaching-training for theoretical and practical teaching in their practical exercise booklet.

For Theoretical Training

The trainees can prepare their teaching plan by selecting subtopics for theoretical training. For example- if you want to do training on **Unit -3** 'Yogic Culture and Value Education' in **Yoga Teacher Training Program** then you can prepare teaching plan in the following method:

Date:

Topic- 'Yoga Teacher Training Program'

Time – 30 minutes

Sub topic – Yogic Culture and Value Education

1. **Mode of Demonstration:** Oral
2. **Teaching Material:** Chart, black/ white board, PPTs etc.
3. **Arrival and Mutual Greetings:** With self-introduction, giving a brief introduction on subject and sub topic..... **- 1 minute**
 - Namaskar! Today in Yoga class I am..... (Name of the trainee teacher). I am with you, the Yoga teacher, (*e.g.* I am 'Aditya Bhardwaj'). I am with you, the Yoga teacher).
 - Our topic is '**Yoga Teacher Training Program**' and under this topic today, we will discuss the sub topic- Yogic Culture and Value Education. Today we will understand that in Indian culture there is a philosophy to live life in the best way.
4. **Objectives:**

The learners will be able to: **- 1 minute**

 - Explain the meaning of Culture
 - Describe the concept of Yogic culture and highlight its aim *i.e.* the aim of Yogic culture is to provide completeness to human life.



Note

- Explain *Purusharth* (aims for existence) –*Dharma* (Duty), *Artha* (related to finance), *Kama* (Pleasure) and *Moksha* (Salvation) described in Indian culture
- Explain the described *Ashram* arrangement (stages of life) in Indian culture to organize entire life span
- Describe *Sadhana* (means) for achieving salvation in Indian texts – *Viveka* (power of discretion), *Vairagya* (Stoicism), *ShatSampatti* and *Mumukshatava* (desire of salvation)
- Play an important role in society by establishing life values.

5. Teaching of Subject Matter:

Keeping the aim in mind, discussion is done on the first two points and it's made interesting. learners are made to understand the meaning of culture, concept of Yogic culture and its objective.



6. Summary:

- 3 minutes

Summarize what has been taught according to subject matter.

7. Topic Related Questionnaire:

- 5 minutes

To check how effective your teaching has been and how much the learners have understood, 5-6 questions can be asked in the class. When a correct answer is given by the learner, you must encourage him by using the words "Good, Very Good" etc. Learners who could not give correct answer, do not discourage them and try to make them understand once again.

8. Remarks: Check how many questions were answered correctly by the learners.

(If out of 6 questions, 4-5 questions have been answered correctly by the learners, that means teaching has been very effective).

Signature of the Trainee

Name.....

Enrolment No.....

Signature of the Yoga Teacher

**Note**

The trainees can prepare their Teaching Plan by selecting subtopic for practical training. For example- if you want to do training on **Surya Namaskar** in **Yoga Teacher Training Program**, then you can prepare teaching plan by following method:

Teaching Training Plan on Surya Namaskar

Date:

Topic- 'Yoga Teacher Training Program'

Time – 30 minutes

Sub topic – Surya Namaskar

1. **Mode of Demonstration:** Oral/ Demo
2. **Teaching Material:** Chart, black/ white board, PPTs etc.
3. **Arrival and Mutual Greetings:** With self-introduction, giving a brief introduction on subject and sub topic..... **- 1 minute**
4. Namaskar! Today in Yoga class I am..... (Name of the trainee teacher). I am with you, the yoga teacher, (*e.g.* I am 'Aditya Bhardwaj'. I am with you, the yoga teacher).
 - Our topic is '**Yoga Teacher Training Program**' and under this topic today we will discuss the sub topic- Surya Namaskar. Today, we will learn the method of doing Surya Namaskar, achieve the skill of practising it and also discuss its importance, benefits and precautions.





Note

5. The Method and Instructions:

- Explain each step and show by performing a Demo.
- Make it interactive.
- Ask the learners to do it.
- Check every position and correct it.

6. Guidelines: Provide the necessary guidelines regarding bringing the home work done in the booklet, etc.

7. Benefits: Highlight the importance and benefits of Surya Namaskar.

8. Precautions: Describe the necessary precautions.

9. Remarks:

How many learners could do each step correctly?

.....

.....

(If 50% of learners did each step correctly, then your training was effective.)

Signature of the Trainee

Name.....

Enrolment No.....

Signature of the Yoga Teacher



Note

10

Sessional Work

Prepare a report on one of the following topic: Complete the sessional work and submit to the training centre.

1. Useful Yoga practices in adolescence, their importance and description of experience of conducting Yoga practice.
2. Description and importance of conducting Yoga practice for young children as a play activity.
3. Yoga practice for stress management and description of its importance.
4. Useful Yoga practices for women, their importance and description of conducting practice.
5. Useful Yoga practices for elders, their importance and description of conducting practice.
6. Explaining the importance of Yoga in sports and details of Yoga practice with the players.
7. Experience of teaching Yoga practice in any park.
8. Experience of teaching Yoga practice in any corporate sector.
9. Experience of teaching Yoga practice in any teaching institute, school, college.
10. Experience of teaching Yoga practice in any government institute.

National Institute of Open Schooling, Noida

PCP and Practical Training Schedule

Date	Day and Time Period	PCP & Practical Training in First Session Topic	Necessary guidelines for Yoga Teacher/ Expert	PCP & Practical Training In Second Session Topic	Necessary guidelines for Yoga Teacher/ Expert
Yoga Teachers' Training Programme (Code No. 495-499)					
Day 1	Saturday or Sunday 4.00 Hrs	Bhakti Yoga (Devotional Yoga)	<ul style="list-style-type: none"> • Will enlighten Bhakti Yoga theoretically. • Will discuss the principles of Bhakti Yoga. • Will ensure to follow essential duties-related work such as – Prayer, Salutation, Bhajan program will be organized. • Will highlight its importance. 	Yoga and Yogic Texts	<ul style="list-style-type: none"> • Will enlighten theoretically • Will clarify importance and necessity. • Will solve doubts and difficulties of the learners faced during their self-study.
		Karma yoga	<ul style="list-style-type: none"> • Will enlighten Karma Yoga theoretically. • Will explain principles of Karma Yoga. • Will ensure to follow essential duties related to task performance. • Will highlight its importance. 		

Day 2	Saturday or Sunday 4.00 Hrs	Yogic Diet: fast with lemon water	<ul style="list-style-type: none"> • Will enlighten fast theoretically. • Will make you keep the fast according to method. • Will make you feel the effect of fast. 	Ashtanga Yoga	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will clarify its importance and necessity with life in today's perspective. • Will solve doubts and difficulties faced by the learners during self-study.
		Yogic Diet: Preparation of Diet chart	<ul style="list-style-type: none"> • Will enlighten Yogic diet theoretically. • Will teach to make food list as per the method. • Will make you feel the effect according to food. 		
Day 3	Saturday or Sunday 4.00 Hrs	Yogic diet according to season	<ul style="list-style-type: none"> • Will enlighten Yogic food according to season theoretically. • Will teach to make food list as per the method. • Will make you feel the effect according to food. 	Yogic Food	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will clarify the importance and necessity of Yogic diet in today's perspective. • Will solve doubts and difficulties faced by the learners during self-study.
		Medicinal Diet	<ul style="list-style-type: none"> • Will enlighten medicinal diet theoretically. • Will teach to make food list as per the method. • Will make you feel the effect according to food. 		
Day 4	Saturday or Sunday	<i>Kunjla Kriya</i> (<i>Vaman Dhauti</i>)	<ul style="list-style-type: none"> • Will enlighten <i>Kunjla Kriya</i> (<i>Vaman Dhauti</i>) theoretically. • Will teach practice as per the 		

	4.00 Hrs		<p>method.</p> <ul style="list-style-type: none"> • Will develop the capacity and skill of practice. • Will describe the precautions and limitations. 		
		<i>Shat Karma Practice: Jal Neti</i>	<ul style="list-style-type: none"> • Will enlighten <i>Jal Neti</i> practice theoretically. • Will teach practice as per the method. • Will develop the capacity and skill of practice. • Will describe the precautions and limitations. 		
		<i>Shat Karma Practice: Laghu Shankh Prakshalana</i>	<ul style="list-style-type: none"> • Will enlighten <i>Laghu Shankh Prakshalana</i> theoretically. • Will teach practice as per the <i>Laghu Shankh Prakshalana</i> method. • Will develop the capacity and skill of practice. • Will describe the precautions and limitations. 		

Day 5	Saturday or Sunday 4.00 Hrs	Shat Karma Practice: <i>Nauli-Kriya</i>	<ul style="list-style-type: none"> • Will enlighten <i>Nauli-Kriya</i> theoretically. • Will teach practice as per the method. • Will develop the capacity and skill of practice. • Will describe the precautions and limitations. 	Shat Karma	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will clarify the importance and necessity of <i>Shat Karma</i> in today's perspective. • Will solve doubts and difficulties faced by the learners during self-study.
		Shat Karma Practice: <i>Kapalbhati</i>	<ul style="list-style-type: none"> • Will enlighten <i>Kapalbhati</i> theoretically. • Will teach practice as per the method. • Will develop the capacity and skill of practice. • Will describe the precautions and limitations. 		
		Shat Karma Practice: <i>Trataka</i>	<ul style="list-style-type: none"> • Will describe <i>Trataka</i> theoretically. • Will teach practice as per the method. • Will develop the capacity and the skill of practice. • Will describe the precautions and limitations. 		

Day6	Saturday or Sunday 4.00 Hrs	Skeleton System	<ul style="list-style-type: none"> • Will show chart or model • Will explain theoretically. • Will clarify the position of all the organs of the system in the body and their main functions and related diseases in brief. • Will describe the effect of Yoga on the system. 		
Day 7	Saturday or Sunday 4.00 Hrs	Digestive System	<ul style="list-style-type: none"> • Will show chart or model. • Will enlighten theoretically. • Will clarify the position of all the organs of the system in the body and their main functions and related diseases in brief. • Will explain the effect of Yoga on the system. 	Human Anatomy and Physiology	<ul style="list-style-type: none"> • Will explain theoretically. • Will clarify the importance and necessity of various organs and systems in the body. • Will solve doubts and difficulties faced by the learners during self-study.
Day 8	Saturday or Sunday 4.00 Hrs	Circulatory System	<ul style="list-style-type: none"> • Will show chart or model. • Will enlighten theoretically. • Will clarify the position of all the organs of the system in the body and their main functions and related diseases in brief. • Will explain the effect of Yoga on the system. 	Respiratory System	<ul style="list-style-type: none"> • Will show chart or model. • Will throw light theoretically. • Will clarify the position of all the organs of the system in the body and their main functions and related diseases in brief. • Will explain the effect of Yoga on the system.
Day 8	Saturday or Sunday	Excretory System	<ul style="list-style-type: none"> • Will show chart or model. • Will enlighten theoretically. • Will clarify the position of all the 	Endocrine System	<ul style="list-style-type: none"> • Will show chart or model. • Will enlighten theoretically.

	4.00 Hrs		<p>organs of the system in the body and their main functions and related diseases in brief.</p> <ul style="list-style-type: none"> • Will explain the effect of Yoga on the system. 		<ul style="list-style-type: none"> • Will clarify the position of all the organs of the system in the body and their main functions and related diseases in brief. • Will explain the effect of Yoga on the system.
Day 9	Saturday or Sunday 4.00 Hrs	Reproductive System	<ul style="list-style-type: none"> • Will show chart or model. • Will enlighten theoretically. • Will clarify the position of all the organs of the system in the body and their main functions and related diseases in brief. • Will explain the effect of Yoga on the system. 	Nervous System	<ul style="list-style-type: none"> • Will show chart or model. • Will enlighten theoretically. • Will clarify the position of all the organs of the system in the body and their main functions and related diseases in brief. • Will explain the effect of Yoga on the system.
Day 10	Saturday or Sunday 4.00 Hrs	Subtle Yogic Practice/ Exercise: practice of movements for hand joints	<ul style="list-style-type: none"> • Will enlighten subtle Yogic exercise theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 	Subtle Yogic Practice (Exercise)	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will clear the importance and necessity of subtle Yogic practice (exercise). • Will solve doubts and difficulties faced by the learners during self-study.
		Subtle Yogic Practice/ Exercise: Practice of movements for leg joints	<ul style="list-style-type: none"> • Will enlighten subtle Yogic exercise theoretically. • Will teach practice as per the method. • Will develop the capacity and skill of practice. 		

Day 11	Saturday or Sunday 4.00 Hrs	Exercise: Practice of Asanas of Abdominal group	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 		
		Subtle Exercise: Practice of Asanas of Energy Lock Group	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will teach practice as per the method. • Will develop the capacity and skill of practice. 		
Day 12	Saturday or Sunday 4.00 Hrs	Subtle Exercise: Practice for Eyes	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 		
Day 13	Saturday or Sunday 4.00 Hrs	Relaxation Asana	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 	Yogic Culture and Value Education	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will clarify the importance and necessity of Yogic culture and value education in today's perspective. • Will solve doubts and difficulties faced by the learners during self-study.
Day 14	Saturday or Sunday 4.00 Hrs	Meditative Asana	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 		
Day 15	Saturday or Sunday 4.00 Hrs	Asanas of Vajrasana Group and Gaumukhasana	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill 		

			of practice.		
Day 16	Saturday or Sunday 4.00 Hrs	Group of Asanas of Standing Position	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 	Asana	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will solve doubts and difficulties faced by the learners during self-study.
Day 17	Saturday or Sunday 4.00 Hrs	Surya Namaskar	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 		
Day 18	Saturday or Sunday 4.00 Hrs	<ul style="list-style-type: none"> • Backward Bending Asana • Forward Bending Asanas 	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 	<ul style="list-style-type: none"> • Head based Asanas • Spinal Twisting Asanas 	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice
Day 19	Saturday or Sunday 4.00 Hrs	<ul style="list-style-type: none"> • Balancing Asanas 	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 	Classical Group	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice.

Day 20	Saturday or Sunday 4.00 Hrs	<ul style="list-style-type: none"> • Preparatory practices of Pranayama • NadiShodhan Pranayama 	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 	Pranayama (Mudra Bandh (Locks) and Meditation)	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will solve doubts and difficulties faced by the learners during self-study.
Day 21	Saturday or Sunday 4.00 Hrs	<ul style="list-style-type: none"> • SheetliPranayama • BhastrikaPranayama • BhramriPranayama 	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 		
Day 22	Saturday or Sunday 4.00 Hrs	<ul style="list-style-type: none"> • Mudra (Hand Gestures) 	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 		
Day 23	Saturday or Sunday 4.00 Hrs	<ul style="list-style-type: none"> • Mudra: VipareetKarani Mudra and other Mudrayein 	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 		
Day 24	Saturday or Sunday 4.00 Hrs	<ul style="list-style-type: none"> • Uddiyan Bandh 	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice. 	<ul style="list-style-type: none"> • Mantra Chanting • Yoga Nidra 	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and skill of practice.
Day 25	Saturday or Sunday 4.00 Hrs	<ul style="list-style-type: none"> • Dharna Practice • Meditation Practice 	<ul style="list-style-type: none"> • Will enlighten theoretically. • Will discuss practice as per the method. • Will develop the capacity and 		

			skill of practice.		
Day 26	Saturday or Sunday 4.00 Hrs	Subtle Yogic Practice (Exercise) - 1	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain the benefits to them. • Will explain the limitations and precautions to them. 	Subtle Yogic Practice (Exercise) - 2	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain to them the benefits. • Will explain to them the limitations and precautions.
Day 27	Saturday or Sunday 4.00 Hrs	Subtle Yogic Practice (Exercise) - 3	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain the benefits to them. • Will explain the limitations and precautions to them. 	Asana (Easy)	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain to them the benefits. • Will explain to them the limitations and precautions.
Day 28	Saturday or Sunday 4.00 Hrs	Asana (Hard)	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain the benefits to them. • Will explain them about the limitations and precautions to them. 	Surya Namaskar and Classical Asana	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain to them the benefits. • Will explain to them the limitations and precautions.
Day 29	Saturday or Sunday	<i>Shat Karma</i> (prescribed in Syllabus)	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. 	<i>Shat Karma</i> (prescribed in	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for

	4.00 Hrs		<ul style="list-style-type: none"> • Will explain the benefits to them. • Will explain the limitations and precautions to them. 	Syllabus)	practicing. <ul style="list-style-type: none"> • Will explain to them the benefits. • Will explain to them the limitations and precautions.
Day 30	Saturday or Sunday 4.00 Hrs	Pranayama (Kumbhak, Rechak, Poorak)	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain the benefits to them. • Will explain the limitations and precautions to them. 	Pranayam (prescribed in Syllabus)	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain to them the benefits. • Will explain to them the limitations and precautions.
Day 31	Saturday or Sunday 4.00 Hrs	<i>Mudra</i> (prescribed in Syllabus)	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain the benefits to them. • Will explain the limitations and precautions to them. 	<i>Bandh</i> (prescribed in Syllabus)	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain to them the benefits. • Will explain to them the limitations and precautions.
Day 32	Saturday or Sunday 4.00 Hrs	Mantra Chanting	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain the benefits to them. • Will explain the limitations and precautions to them. 	Yoga Nidra	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain to them the benefits. • Will explain to them the

					limitations and precautions.
Day 33	Saturday or Sunday 4.00 Hrs	Dharna Practice	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain the benefits to them. • Will explain the limitations and precautions to them. 	Meditation Practice	<ul style="list-style-type: none"> • Will develop the capacity and skills in learners/trainees for practicing. • Will explain to them the benefits. • Will explain to them the limitations and precautions.
<ul style="list-style-type: none"> • Yoga trainees will teach Yoga in the presence of their Yoga teacher in any institute for one week 					
Day 34-40	Saturday, Sunday or One week- will teach Yoga in the presence of Yoga teacher in any institute				

Yoga Teachers' Training Program – 10 Days Workshop (First)				
10 Days Workshop (First)	Topic of PCP and Practical Training in First Session	Necessary Guidelines for Yoga teacher/ Expert	Topic of PCP and Practical Training in Second Session	Necessary Guidelines for Yoga teacher/ Expert
1-10 Days	<ul style="list-style-type: none"> • Yogic Prayer • Practice of Yogic Subtle Exercises • Practice of Asanas • Practice of Shatkarma • Practice of Pranayama • Practice of Mudra & Bandha • Practice of Mantra Chanting • Practice of Dharna and Meditation 	<ul style="list-style-type: none"> • will enlighten theoretically. • will train the learners for practice as per the appropriate approach. • will show the Demo. • will develop the capacity and skills of practice. 	<ul style="list-style-type: none"> • Theoretical Part • Spotting • The Project Work 	<ul style="list-style-type: none"> • will enlighten theoretically. • will help to identify the prescribed spots in practical manual. • will highlight their main characteristics. • will help in the project work. • will assign practical/ seasonal work for home. • will check the work in next workshop.

Yoga Teachers' Training Program – 10 Days Workshop for Micro Training (Second)				
10 Days Workshop (Second)	Topic of PCP and Practical Training in First Session	Necessary Guidelines for Yoga teacher/ Expert	Topic of PCP and Practical Training in Second Session	Necessary Guidelines for Yoga teacher/ Expert
1-10 Days	<ul style="list-style-type: none"> • Yogic Prayer • Practice of Yogic Subtle Exercises • Practice of Asanas • Practice of Shatkarma • Practice of Pranayam • Practice of Mudra & Bandha • Practice of Mantra Chanting • Practice of Dharna and Meditation 	<p>The trainee in the presence of Yoga teacher:</p> <ul style="list-style-type: none"> • will act as teacher to practice in the class. • will show the demo. • Yoga teacher will develop the capacity and skills to practice in the trainees. 	<ul style="list-style-type: none"> • Theoretical Part • Spotting • The Project Work 	<p>The trainee in the presence of Yoga teacher:</p> <ul style="list-style-type: none"> • will practice teaching in the class on theoretical topics. • will identify the prescribed spots in the practical manual. • will highlight on their main characteristics. <p>(The teacher will check the topics of the project work and Micro teaching at the end.)</p>

Yoga Teacher Training Program – 10 Days Workshop for Macro Training (Third)				
10 Days Workshop (Third)	Topic of PCP and Practical Training in First Session	Necessary Guidelines for Yoga teacher/ Expert	Topic of PCP and Practical Training in Second Session	Necessary Guidelines for Yoga teacher/ Expert
1-10 Days	<ul style="list-style-type: none"> • Yogic Prayer • Practice of Yogic Subtle Exercises • Practice of Asanas • Practice of Shatkarma • Practice of Pranayam • Practice of Mudra & Bandha • Practice of Mantra Chanting • Practice of Dharna and Meditation 	<p>In various institutes, organisations, schools or colleges, the trainees:</p> <ul style="list-style-type: none"> • will act as teacher to practice in the class. • will show the demo. • will do the yog practices according to the method keeping in mind, the limitations and precautions. • will correct the posture of the practitioners. <p>(Yoga teacher will supervise all the activities performed by trainee)</p>	<ul style="list-style-type: none"> • Spotting • The Project Work 	<p>The trainees in the presence of Yoga teacher on prescribed topics:</p> <ul style="list-style-type: none"> • will act as teacher to practice in the class. • will show the demo. • will do the yog practices according to the method keeping in mind, the limitations and precautions. • will correct the posture of the practitioners. <p>(Yoga teacher will supervise all the activities performed by trainee)</p>