



Yogesh Haribhau Kulkarni • You

AI Advisor (Helping organizations in their AI journeys) | PhD (Geometric ...
now • 🌐

...

🌟 Wish to share that I've cleared the "Yoga Protocol Instructor" certification—Level 1 of the 4 levels offered by the Yoga Certification Board (YCB)! 🎉 🧘

With this, I am now officially qualified to conduct basic Yoga sessions for individuals, institutions, corporates, and more. 🙏 ✨

This certification requires scoring over 70% in both theory and practical exams.

The syllabus covers:

- 📖 Yoga Fundamentals: Origins, history, and principles of Yoga
- 📖 Key Texts: Basics of Yogasutra and Hathayoga Pradipika
- 🧘 Practicals: Asanas, pranayama, mantras, mudras, bandhas, Surya Namaskar, and more
- 📋 Planning Skills: Designing and conducting Yoga sessions

I've been practicing Yoga intermittently since childhood. My journey includes 3 years of level-1 at the Iyengar Institute a decade ago and the past 4 years of online learning with Yogalaya (Rupa Kanade).

Special thanks to Param Yoga - India (Rashmi Ghatge) folks for their guidance during this certification process! 🙏

To help others, I've compiled scattered preparation materials into a single resource and open-sourced it on my GitHub:
[yogeshhk/BharatVidhya/... /Certification](https://github.com/yogeshhk/BharatVidhya/tree/main/Certification) 📁 ✨

#Yoga #YogaCertification #WellnessJourney #Mindfulness
#Gratitude
Ministry of Ayush, Government of India Official

