



# Level 1 - Yoga Protocol Instructor (YPI)

Complied by Yogesh Haribhau Kulkarni

[yogeshkulkarni@yahoo.com](mailto:yogeshkulkarni@yahoo.com)

# Yoga Certification Board (YCB) - Level 1 - Yoga Protocol Instructor (YPI)

## Complied by Yogesh Haribhau Kulkarni

### Overview

### Overview

#### Yoga Protocol Instructor (YPI)

- Credit points for certificate : 12 credits
- Total Marks : 200 (Theory: 60 + Practical: 140)

#### Theory

Unit	Name	Marks
1	Introduction to Yoga and Yogic Practices	20
2	Introduction to Yoga Texts	20
3	Yoga for Health Promotion	20
	Total	60

#### Practical

Unit	Name	Marks
1	Demonstration Skills	80
2	Teaching Skills	40
3	Application of knowledge	10
4	Field Experience	10
	Total	140

### Theory

## Introduction to Yoga and Yogic Practices

### Syllabus

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

## 1.1 Yoga : Etymology, definitions, aim, objectives and misconceptions

### Etymology of Yoga

- Etymology: Study of word origins (शब्द व्युत्पत्ती शास्त्र).
- योग (Yoga) comes from the root युज् (Yuj), meaning "to join" or "unite" (युज संयोग).
- Union of जीवात्मा (individual self) with परमात्मा (universal self)—the merging of the apparent self with the true, limitless self.
- Union of "Body, Mind, and Spirit"—Yoga aims for spiritual perfection through mastery over body, senses, and mind.
- Panini's three connotations of युज् (Yuj): Union (युजिर योगे), Focus (युज समाधौ, used in योगसूत्र), and Control (युज सैयमने).
- Yoga is both the goal (साध्य) and the means (साधना).

### Definitions of Yoga

- पतञ्जलि योगसूत्र Patanjali Yoga Sutras: योगश्चित्तवृत्तिनिरोधः ॥ १:२ ॥ To block the patterns of consciousness is Yoga.
- Yoga Vasishtha योगवशिष्ठ : मनः प्रशमनोपायः योग इत्यभिधीयते । Yoga is called a skillful trick to calm down the mind.
- भगवद्गीता Bhagavad Gita:
  - योगस्थः कुरु कर्माणि सङ्गं त्यक्त्वा धनञ्जय । सिद्धसिद्धोः समो भूत्वा समत्वं योग उच्यते ॥ २:४८ ॥ O Dananjaya, perform action being steadfast in Yoga, abandoning attachment and remaining equanimous in success and failure. Yoga is the equanimity of mind.
  - बुद्धियुक्तो जहातीह उभे सुकृतदुष्कृते । तस्माद्योगाय युज्यस्व योगः कर्मसु कौशलम् ॥ २:५० ॥ Endowed with wisdom of equanimity, cast off in this life both good and bad deeds. Thus, dedicate yourself to Yoga. Skill in Action is Yoga.
  - युक्ताहारविहारस्य युक्तचेष्टस्य कर्मसु युक्तस्वप्नावबोधस्य योगो भवति दुःखहा ॥ ६.१७ ॥ Those who are temperate in eating and recreation, balanced in work, and regulated in sleep, can mitigate all sorrows by practicing Yog.
- Kathopanishad कठोपनिषद् २/५/४: तां योगामिती मन्यन्ते स्थिरमिन्द्रिय धारणं The state unperturbed when the senses are imprisoned in the mind, of this they say, it is Yoga.

### Aims/Objectives of Yoga

- आहार Aahar, व्यवहार Vyavahar, आचार Achar, विचार Vichar, and विहार Vihar are pillars of yoga that are said to help you live a healthy and happy life.
- To cultivate Discipline and Self-Control.
- To improve Mental Focus and Concentration.
- To enhance Emotional Stability and Resilience.
- To promote Physical Fitness and Posture.
- To achieve Holistic Well-Being and Harmonious Living.
- लक्ष्यः स्वयं का आकलन, आत्मा से परमात्मा की यात्रा ।
- उद्देश्यः सर्वांगीण विकास, सामंजस्य की स्थापना । मन, बुद्धि और चरित्र को शुद्ध बनाना ।

### Misconceptions about Yoga

- Yoga is only about physical postures (aasan आसन ).
- Yoga is a religion.
- Yoga requires flexibility.
- Yoga is just about relaxation.
- Yoga is a practice for only young people.
- धर्मः केवल हिंदुओं के लिए नहीं, बल्कि सार्वभौमिक ।
- व्यायामः केवल शारीरिक नहीं, बल्कि मानसिक और आध्यात्मिक भी ।
- चमत्कार/प्रदर्शन/सिद्धि प्राप्ति ।
- युवाओं के लिए ही नहीं, बल्कि सभी के लिए ।

## 1.2 Yoga : Its origin, history and development