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2m • Edited • 🌐

🌟 Wish to share my notes and slides from the "Yoga Protocol Instructor" Level 1 Certification (Yoga Certification Board, **Ministry of Ayush**, **Government of India**) with a wider audience 🎉 🧘

✅ To pass this certification, candidates need to score at least 70% in both theory and practical exams. The syllabus covers:

📜 Yoga Fundamentals: Origins, history, and guiding principles

📖 Key Texts: Yogasutra and Hathayoga Pradipika basics

🧘 Practicals: Asanas, pranayama, mantras, mudras, bandhas, Surya Namaskar, and more

📋 Planning Skills: Designing and leading Yoga sessions

To support future learners, I have compiled scattered preparation material into one structured resource and open-sourced it on my **GitHub**: yogeshhk/BharatVidya 📚 ✨

📌 I've attached sample page in a handy reference-card format.

👉 If you are preparing for this exam, these notes can serve as a valuable guide.

👉 If you would like the full version, just email me at yogeshkulkarni [at] yahoo [dot] com and I'll be happy to share it, completely free.

👉 Yoga teachers are also welcome to request the slide deck format, again, completely free.

This material is fully open source, so contributions, corrections, or suggestions are most welcome. Wish to make Yoga education more accessible. 🙏

#Yoga #YogaCertification #WellnessJourney #Mindfulness #KnowledgeSharing #OpenSource #Gratitude