

## KNOWLEDGE

Familiarity with the following:

### SECTION 1

#### 1.1 Introduction to Yoga and Yogic practices

- Etymology of Yoga and definitions of Yoga in different Classical Yoga texts
- Brief introduction to origin, history and development of Yoga
- Aim, Objectives and Misconceptions about Yoga
- General Introduction to **Shad-darshanas** with special reference to **Sankhya** and Yoga
- General introduction to four paths of Yoga
- Principles of Yoga and Yogic practices
- Guidelines for Instructors

#### 1.2 Introduction to Hatha Yoga

- Distinction between Yoga Asana and Non-Yogic physical practices
- Introduction to important Hatha Yoga Texts with special reference to Hatha Yoga Pradipika and Gheranda Samhita
- Concept of Yogic Diet
- Causes of Success (**Sadhaka Tattwa**) and Causes of Failure (**Badhaka Tattwa**) in Hatha Yoga **Sadhana**
- Concept of **Ghata** and **Ghata Shudhhi** in Hatha Yoga
- Purpose and utility of **Shat-kriya** Hatha Yoga
- Purpose and utility of Asana in Hatha Yoga
- Purpose and importance of **Pranayama** in Hatha Yoga

#### 1.3 Introduction to Patanjali

- Definition, nature and aim of Yoga according to Patanjali
- Concept of **Chitta** and **Chitta Bhumis**
- **Chitta-vrittis** and **Chitta-vrittinirodhopaya** (**Abhyasa** and **Vairagya**)
- Concept of **Ishwara** and **Ishwara Pranidhana**
- **Chitta Vikshepas** (**Antarayas**) and their associates (**Sahabhuva**)
- Concept of **Chitta Prasadana** and their relevance in mental well being
- **Kleshas** and their significance in Yoga
- Ashtanga Yoga of Patanjali : its purpose and effects, its significance

## **SECTION 2**

### **Familiarity with the following**

#### **2.1 Introduction to human systems, yoga and health**

- The nine systems of human body
- Functions of different systems of human body
- Introduction to Sensory Organs
- Neuromuscular co-ordination of Sensory Organs
- Basic understanding of Exercise Physiology
- Homeostasis
- The benefits of various *asana* on different parts of the human body
- The limitations and contra-indications of specific Yoga practices

#### **2.2 Yoga for wellness- prevention and promotion of positive health**

- Health, its meaning and definitions
- Yogic conceptions of health and diseases
- Concept of Pancha kosha
- Concept of Triguna
- Concept of Panchamahabhutas
- Yogic principles of Healthy-Living
- Introduction to yogic diet and nutrition

#### **2.3 Yoga and stress management**

- Human Psyche: Yogic and modern concepts, Behavior and Consciousness
- Frustration, Conflicts, and Psychosomatic disorders
- Relationship between Mind and Body
- Mental Hygiene and Roll of Yoga in Mental Hygiene
- Mental health: a Yogic perspective
- Prayer and meditation for mental health
- Psycho-social environment and its importance for mental health (yama, and niyama)
- Concept of stress according to modern science and Yoga
- Role of Yoga in Stress management
- Role of Yoga for Life management

## **SKILL**

## **SECTION 3**

### **Familiarity with the following (only knowledge)**

- 3.1 The movement of key joints of the body and the **demonstrated ability** to perform the same
- i. Neck
  - ii. Shoulder
  - iii. Trunk
  - iv. Knee
  - v. Ankle

### **3.2 Sukhshma Vyayama and Shat Karma**

- *Neti*
- *Dhauti*
- *Kapalabhati*
- *Agnisaar Kriya*
- *Trataka*

## **SECTION 4**

### **Surya Namaskar and Asana**

#### **4.1 Suryanamaskar (Sun Salutation)**

a. **Knowledge and Demonstration ability** to perform **Suryanamaskar**

#### **4.2 Asana:**

a. **Knowledge** of upto basic postures as below and **demonstrated ability** to perform these postures.

- Saravangasana** (shoulderstand)
- Halasana** (plough)
- Matsyasana** (fish)
- Paschimottanasana** (sitting forward bend)
- Bhujangasana** (cobra)
- Salabhasana** (locust)
- Dhanurasana** (bow)
- Ardh matsyendrasana** (half spinal twist)
- Kakasana** or bakasana (crow)
- Padahasthasana** (standing forward bend)
- Trikonasana** (triangle)

- Knowledge** of another five **asanas** chosen by the applicant and **demonstrated ability** to perform the same.
- Knowledge** of the Sanskrit names of the postures and breathing exercises, detailed benefits and caution.
- Knowledge** of the five spinal movements – inverted, forward, backward, lateral twist and lateral bend and neutral positions of the spine
- Knowledge** of 360 degree, all round, Yogic exercise through the practice of *asanas*, proper relaxation, proper breathing, contra-indications, cautions and medical considerations; obvious and subtle benefits; and modification in basic postures to accommodate limitations

## **SECTION 5**

### **Pranayama and Practices leading to Meditation**

#### **5.1 Pranayama**

- Familiarity with and Demonstrated ability** to perform abdominal (and diaphragmatic), thoracic, clavicular breathing and the full Yogic breath.
- Familiarity with and Demonstrated ability** to perform **Anuloma Viloma, Bhastrika, Chandrabheda, Suryabhedhana, Ujjayi, Bhramari, Sheetal, Sheetkari**, and the knowledge of its benefits, limitation and applications.

### 5.2 Practices leading to Meditation

- a. **Familiarity with and Demonstrated ability** to perform *Dharana* and *Dhyana* and to demonstrate allied practices like *Mudras, Mantra Japa*.
- b. **Familiarity with** the concept of environment for meditation and the benefits of meditation on health and well being and its practical application in modern life.

## **SECTION 6**

### **Teaching Practice**

#### **6.1 Knowledge of**

- a. The scope of practice of Yoga and how to assess the need for referral to other professional services when needed
- b. Observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

#### **6.2 Demonstrated ability**

- a. To recognize, adjust, and adapt to specific aspirant needs in the progressive classes.
- b. To recognize and manage the subtle dynamics inherent in the teacher - aspirant relationship.

#### **6.3 Principles and skills for educating aspirants**

- a. Familiarity with and demonstrated ability to apply effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the aspirant's progress, and cope with difficulties.

#### **6.4 Principles and skills for working with groups**

- a. **Familiarity** with and **Demonstrated ability** to design and implement group programs.
- b. **Familiarity** of group dynamics and allied techniques of communication skills, time management, and the establishment of priorities and boundaries.
- c. **Familiarity** with techniques to address the specific needs of individual participants, to the degree possible in a group setting.

## **7. EVALUATION CRITERIA**

The criteria for evaluation of candidates include assessing the knowledge and skill of the Yoga Professional. The weightage of knowledge and skills is equally distributed while evaluating all the levels of Yoga Professionals. The assessment of Yoga Professionals shall be based on the scores secured by them.

The mark distribution for Level 1 Yoga Instructor is presented in Table 2. This table indicates the distribution of marks in various sections under Knowledge and Skill.

Table 2

<b>KNOWLEDGE</b>		
<b>Sl. No.</b>	<b>Subject Name</b>	<b>Weightage (%)</b>
1	Introduction to Yoga and Yogic practices	15
2	Introduction to Human Body and Psyche	15
<b>SKILL</b>		
3	<i>Yogic Sukshma Vyayama, Suryanamaskar</i> and knowledge about <i>Shat Kriya</i>	10
4	<b>Asana</b>	25
5	<b>Pranayama</b> and Meditation	15
6	Instructing the students, Instructing skills	20