



@VINYASYOGASTUDIO

YOGA ONLINE INSTRUCTORS COURSE PROSPECTUS

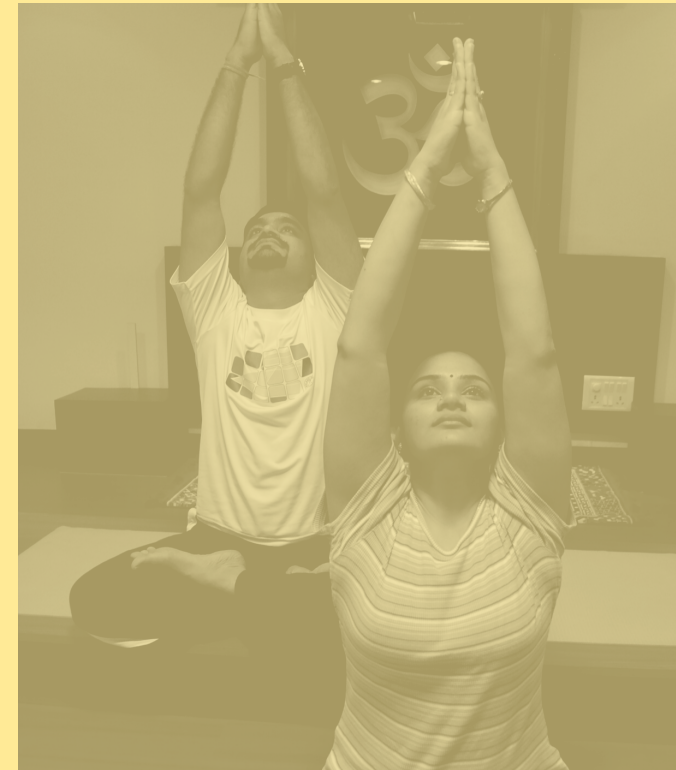
WITH
VINYAS YOGA STUDIO
IN AFFILIATION WITH
VYASA, BENGALURU
&
ASIAN YOGA THERAPY



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ABOUT US

Vinyas Yoga Studio, established in September 2009 in Gwalior, Madhya Pradesh is one of its kind Yoga Studio in Gwalior. Run by two highly experienced and qualified Yoga Gurus Dr Lalitha Gaurav and Mr Gaurav Jain, this "Yoga Peetha" is working endlessly towards a holistic solution to the modern day psychosomatic ailments and other physical issues. Since last year, the studio has started conducting the Yoga Instructor's Course(YIC). The centre has been affiliated under VYASA, the premier University of Yoga and Research, Bengaluru. The duration of this course is 300 hours (4months). Due to the recent pandemic, the centre has now started conducting YIC online course. It is a great opportunity to receive the certificate within the comforts of home, maintaining compulsory social distancing.



THE GURUS

Dr Lalitha Gaurav is a Ph.D., M. Sc. (Yogic sciences), NET qualified and has a teaching experience of 14 years. She was an Assistant Professor at LNIPE University, Gwalior, M.P., for 8 years and Mr. Gaurav Jain is an M.Sc. in Yoga. He also holds a diploma in Yoga and Naturopathy and is also YIC qualified. He has a vast knowledge of more than 27 years in the field of Yoga.

SYLLABUS

SR. NO.	PRACTICE SESSION	THEORY SESSION			
1.	i. A, U, M Om chanting ii. Hands In and Out Breathing iii. Hands stretch Breathing iv. Ankle stretch Breathing	Concept of mantras, prayers and its meaning	5.	i. Neck exercises (forward and backward bending, side bending, dropping, rotation (Clockwise and anticlockwise) ii. Exercises for the head	Concept of Yoga
2.	i. Shashaankaasana Breathing ii. Bhujangaasana Breathing iii. Shalabhaasana Breathing (Single leg and both legs Aanantashayana breathing) iv. Alternate leg raise breathing v. Straight leg raise breathing	Importance of breathing	6.	Loosening exercises (Shithili Karana Vyaayaama) i. Forward and backward bending ii. Side (lateral) bending iii. Bending and twisting iv. Twisting v. Jogging	
3.	Suksma Vyaayaama simple: i. Loosening of toes (forward and backward) ii. Loosening of ankles (F&B rotation) iii. Loosening of knees (bending and rotation) iv. Sit ups v. Sitting and stretching of legs vi. Hip rotation (fast and slow) vii. QRT	i. Concept of Sukshma Vyaayaama ii. Loosening practices	7.	i. Pavanmuktaasana Kriyas (single leg, both legs-rotation, rock and roll, side rotation) ii. Dog breathing (normal, twisting of hands) iii. Rabbit breathing iv. Tiger breathing(normal, raising legs)	Basis of yoga
4.	i. Half and full butterfly practice ii. Baddha Konaasana iii. Waist muscle exercises (stretching and tug of war) iv. Shoulder rotation (single hand, both hands, pumping etc.) v. Loosening of elbows (forward and backward) vi. Loosening of wrists (forward and backward) vii. Loosening of fingers viii. Introduction of DRT	Concept of Yoga	8.	Introduction to jogging (heels to hips, knees up, sideward, twisting) DRT	Basis of yoga and chanting of Aananda Miimaamsa
			9.	Introduction of Surya Namaskara, Prayer, meaning and importance of bheeja mantras etc.	Pancha Kosha Viveka, Bhrguvalli chanting
			10.	Practice of Surya Namaskara	Concept of health an disease
			11.	15 mins classes to be taken by students in the order mentioned above	IAYT
			12.	Padahastaasana, Ardha Chakraasana	Importance of eight step method
			13.	Trikonaasana	Kriyas
			14.	Parivritta trikonaasana	Unity in diversity
			15.	Vajraasana, Veeraasana	Raja yoga
			16.	Pavanmuktaasana	Jnana yoga
			17.	Padmaasana, Yoga mudra	

SCOPE OF YIC CERTIFICATION

Yoga, although being an ancient Indian culture, is rapidly spreading its roots to all the parts of the world. Where all medical developments and researches are constantly practiced, Yoga is now a parallel field and is working hand-in-hand with these practices. The Yoga Instructor's course is a base or foundation for taking up Yoga as a career. A comprehensive knowledge of methodology, physiology and root of all yogic practices like asanas, pranayamas, kriyas etc. would enable an individual to conduct personal classes and guide others to a healthier and happier life. Being a Yoga Instructor has two fold benefits- you help to develop a healthier society as well your individual health is also taken care of. Moreover, working professionals can opt for this course as it enables them to parallelly take up this profession at their own free time. This is also a contribution to the Prime Minister's declaration of Atmanirbhar Bharat. Become self-dependant and enjoy physical and mental peace by becoming a Yoga Instructor.

WHY CHOOSE VINYAS YOGA STUDIO FOR THE YIC COURSE?

There are innumerable Yoga centres, which are presently conducting online Yoga programmes. The reason to choose Vinyas Yoga studio are:

- Highly experienced faculty members. Dr Lalitha Gaurav and Mr. Gaurav Jain have a work-in-hand experience of healing hundreds of suffering souls. Their knowledge knows no bounds.
- The YIC certificate is issued and duly signed by Padmashree Dr. H. R. Nagendra, the Chancellor of VYASA University, Bengaluru.
- The certificate is internationally recognised.

The certified candidate can work in any part of the world as an Instructor.

- Above all, these two humble souls, Dr Lalitha Gaurav and Mr Gaurav Jain, would take you into a world of Yoga and what you will learn here will be much more than the prescribed syllabus.



OVERVIEW OF THE ONLINE COURSE

- Live interactive theory and practical sessions will be conducted by Dr. Lalitha Gaurav and Mr Gaurav Jain where all the queries will be answered and resolved.
- Supervised online practical sessions will also be conducted to survey the development of candidate.
- There will be 3 examinations in total- one in each month.



PROBABLE TOPICS FOR THE REPORT:

- Jnana yoga
- Yoga & Ayurveda
- Karma yoga Yoga for women
- Kriyas Bandhas and Mudras
- Yoga & politics
- Pancha koasa viveka
- Raja yoga
- Yoga and addiction
- Therapeutic yoga
- Yoga in education
- Basis of yoga
- Concept of yoga
- Praanaayama
- Yoga & spirituality
- Bhakti yoga
- Yoga for children
- Yoga ecology
- Pancha karma and kriyas
- Meditation
- Unity in diversity
- Concept of disease and IAYT
- Life sketches of Swami Vivekananda

STANDARD FORMAT FOR AASANA PRESENTATION:

1. Cover page
2. Opening prayer
3. Acknowledgement
4. Index
5. Classroom arrangements
6. 4 Aasanas- 8 step- standing, sitting, supine and prone
- Closing prayer

STANDARD FORMAT FOR REPORT PRESENTATION:

1. Cover page
2. Acknowledgment
3. Index
4. Introduction to Yoga
5. Concept of Yoga
6. Streams of Yoga
7. Pancha kosha viveka
8. Need and benefits of Yoga
9. Introduction and background of subject
10. Subject matter
11. Conclusion
12. Application to society
13. Bibliography

30 HOURS FIELD WORK

1. Introduction
2. Student attendance register
3. Day wise schedule
4. Address of the class
5. Photo of the class (optional)
6. Student feedback
7. Teacher's experience

FIRST TEST

To be completed before the end of first month

SECOND TEST

To be completed before the end of second month

THIRD TEST

To be completed before the end of third month

PRACTICAL EXAMINATION:

- Aasana presentation
- Aasana correction
- Songs, Shlokas, Bhajans, Patriotic songs etc.
- Report presentation (5 mins for each student)

Report presentation should be ready on or before presentation of the report.

Report should be in standard format.

After successful completion of the course, each student should conduct a class for not less than 10 students for 30 hours and submit a report in the standard format.

PATTERN OF THE COURSE AND EVALUATION:

SR NO.	PARTICULARS	MARKS
1	Attendance	100
2	Assignment	100
3	1 st Test	100
4	2 nd Test	100
5	Final examination	100
	Practical examination:	
6	Aasana report- 4 Aasanas	50
7	Aasana presentation	50
8	Aasana correction	50
9	Report writing	50
10	Report presentation	50
11	Chanting of song and shlokas and bhajans	50
12	Kriyas	50
13	Karma yoga	50
14	Happy assembly	100
	Total	1000

LANGUAGE IN WHICH THE COURSE WILL BE CONDUCTED :

Hindi/English

ADMISSION REQUIREMENTS:

- a) 10th mark sheet
- b) 12th Marksheet
- c) Graduation certificate if any
- d) Post Graduation certificate if any
- e) Aadhar card
- f) Two Passport size photographs digital
- g) Medical certificate is Mandatory
- h) OBC, SC, ST certificates if applicable

APPLICATION FORM:

The application form and format of medical certificate (soft copies) can also be obtained separately from the office of Vinyas Yoga Studio, mentioned below.

Dr. Lalitha Gaurav & Gaurav Jain

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