

Yoga Teacher Training Programme

Course Code - 495-499

(Course Curriculum)

The 'Yoga Teachers' Training Programme is an intensive certificate course providing in-depth knowledge of yoga practices and pedagogy of Yoga. The programme is open to all those who are interested to become 'Yoga Teachers' and is open for both Indian and foreign nationals.

Yoga has an important place in Indian culture and heritage. Yoga has been incorporated in our lifestyles since ancient times. Yoga is an art of living for a healthy life which establishes the relationship between mind and body. Yoga is the science of discipline that creates personality by making the all-round development of body, mind and self-power. Today, Yoga is attracting everyone for being healthy and staying fit. Therefore, yoga education is so much in demand now a days.

Objectives

The aim of the Programme is to train the 'Yoga Learners' in sectors of Health and Education.

After completion of this Programme, a trainee would have -

- Basic knowledge on Human Anatomy and Physiology;
- Understanding of Principles and Philosophy of Yoga;
- Good knowledge of Preparations and Precautions for Yogic practices;
- Understanding of Concepts of Health, Hygiene, Diet and Yogic Culture;
- Learning of Applications of Integrated approach of Yoga;
- Ability to conduct yoga classes and
- Ability to train the learners.

Job Opportunities

Successful learner of the Yoga Teachers' Training Programme can get the jobs as a Yoga Teacher or equivalent in the Yoga Institutions, Yoga Centres, Health Clubs, Naturopathy Hospitals and various schools and colleges etc.

Eligibility Criteria

- Minimum 12th class pass **OR** equivalent from any recognised Board of School Education/University.
- 18 + years of age.

Target group

All Indian and foreign nationals, who fulfil the eligibility criteria.

Duration of the Course

Minimum contact hours of the Course - 240 Hrs.

The Course will be offered in two modes:

- One Month Residential Course
- One year Course in workshop mode means 03 workshops of 30 days during the period i.e. each workshop will be of 10 days.

(In both cases, the contact hours will remain the same, i.e. 240 hours, which will be considered equivalent to one year course. Candidates can get admission in any mode as per convenience.)

Scheme of Study

Theory - 30 %

Practical Training - 50 %

Learners Portfolio - 20 %

Instructional Strategy

- Self instructional printed material
- Face to face classes at AVIs/Study centres;
- Hands on Experience/Practical-Training Facilities at AVIs/Study centers;
- Audio and Video supported Material.

Course Content:

The course curriculum consist of five Subjects/Papers (Three Theory & Two practical Training)

1. **Philosophy & Physiology of Yoga (Theory Paper)**
2. **Human Body, Diet and Cleansing (Theory Paper)**
3. **Applied Yoga (Theory Paper)**
4. **Yogic Practice and Training (Practical Paper)**
5. **Yoga Teaching Skill (Micro/Macro-Teaching Practical/Training Paper)**

Module - 1: Philosophy & Physiology of Yoga	
Unit-1	Yoga and Yogic Texts <ul style="list-style-type: none">• Yoga - Basic introduction• Meaning & Definition• Indian Philosophy of Yoga (Introduction of Philosophy of Yoga)• Concept of Yogic Physiology (Yogic Texts)• Various Paths of Yoga : Gyan Yoga, Bhakti Yoga, Karma Yoga, Ashtang Yoga & Hath Yoga
Unit-2	Ashtang Yoga <ul style="list-style-type: none">• Yam• Niyam• Asan• Pranayam• Pratyahar• Dharna• Dhyan• Samadhi
Unit-3	Yogic Culture & Value Education <ul style="list-style-type: none">• Yogic Culture - Four Purusharthas: Dharma, Artha, Kama, Moksha• Four Ashrams: Brahmacharya, Grihastha, Vanprastha and Sanyasa

	<ul style="list-style-type: none"> • Four Principles: Vivek, Vairagys, Shat Sampatti, Mumukshutva • Moral Values - degeneration of Values • Relevance of Ancient Indian Values in Context of Modern Life
Module - 2: Human Body, Diet and Cleansing	
Unit-4	Human Anatomy and Physiology <ul style="list-style-type: none"> • Introduction to Human Anatomy and Physiology • Cells & Tissues • Organs and their Positioning in Body • Introduction to Systems of Human Body
Unit-5	Yogic Diet <ul style="list-style-type: none"> • Food, its Need & Importance • Yogic Concept of Diet - <i>Satvik, Rajsik, Tamsik</i> and Mitahar (Amrit food) • Acidic and Alkaline food (20:80 ratio) • Yogic Diet according to age, disease, season and time <p style="text-align: center;">Food as Medicine - Importance of food in treatment of various ailments.</p>
Unit-6	Shatkarma (Cleansing of Body) <ul style="list-style-type: none"> • Dhauti • Basti • Neti • Nauli • Tratak • Kapalbhathi
Module - 3: Applied Yoga	
Unit-7	Subtle Exercises (Suksham Vyayam) <ul style="list-style-type: none"> • Preparations & Precautions for Yogic practices • Pawanmukt Asan Series (1-3) • Eye Practices • Relaxative Asanas • Meditative Asanas
Unit-8	Yoga Asanas <ul style="list-style-type: none"> • Suryanamaskar • Asans in Sitting Posture • Asans in Standing Posture • Inverted Asanas • Backward Bending Asanas • Forward Bending Asanas • Twisting Asanas • Balancing Asanas
Unit-9	Pranayams & Meditation <ul style="list-style-type: none"> • Pranayams (According to Hath yoga Pradipika) • Mudra- bandha (According to Hath yoga Pradipika) • Dhyana (Meditative Practices) • Yoga Nidra
Unit-10	Swaasthya sanvardhan ke liye yoga (Yoga for All) <ul style="list-style-type: none"> • Yoga for Children • Yoga for Adolescence • Yoga for Youth • Yoga for Ladies • Yoga for Elders

Practical Component:

Module - 4: Yogic Practice and Training

PRACTICALS	
S. No.	Practical contents
1	Shatkarma
2	Subtle Exercises (Suksham vyayam)
3	Yoga Asanas
4	Suryanamaskara
5	Pranayamas
6	Bandha
7	Mudra
8	Dhyana
9	Yoga Nidra
10	Mantra Chanting
11	Swaasthya sanvardhan ke liye yoga (Yoga for All) <ul style="list-style-type: none">• Yoga for Children• Yoga for Adolescence• Yoga for Youth• Yoga for Ladies• Yoga for Elders
12	Visit to Yoga Centre

Module - 5: Yoga Teaching Skill and Practice (Micro/Macro-Teaching)

- Principles of demonstration
- Observing, assisting and correcting
- Instruction, teaching styles, qualities of a teacher
- Voice projection, floor presence
- The student's process of learning Planning and structuring a class
- Alignment and hands-on-adjustments
- Dealing with injuries and safety precautions
- Yoga Teaching Practicum

Medium of Instruction

The Course Material is available in medium Hindi. It will be available in English and Sanskrit also at the earliest.

Admission Procedure

- Prescribed application form available with the Prospectus, which can be procured from NIOS or its training centre or from NIOS website, www.nios.ac.in.

- Students may submit their application form round the year at the training centre or take admission online.
- The admission will be valid for five years.

Course Fee

- The Fee for the Programme is \$ 500 for the foreign nationals and ₹ 10,000 for Indian Citizens. The fee includes the cost of Study Material, Examination and Practical/ Training.
- The centre will charge the separate fee of accommodation, food & other miscellaneous facilities accordingly.

Scheme for Evaluation & Certification:

For appearing in examination, the learner will apply on the prescribed format for examination. There will be evaluation of both components, theory as well as the practical separately. NIOS will award the final certificate to the learners completing the programme successfully.

S. No.	Subject/Paper of Yoga Teachers' Training Programme	Course Code	Max. Marks & Time		Total Marks
			M. Marks	Hours	
1	Philosophy & Physiology of Yoga	495	50	3	50
2	Human Body, Diet and Cleansing	496	50	3	50
3	Applied Yoga	497	50	3	50
4	Yogic Practice and Training (Practical Paper) + Learners Port Folio	498	150 50	5	200
5	Yoga Teaching Skill and Practice (Micro/Macro-Teaching (Practical Paper) + Learners Port Folio	499	100 50	3	150
Grand Total =					500

Passing Criteria: A candidate should secure 50% marks in all components separately to be eligible for certification.