



Shrimath Yoga is an accredited ASSOCIATE CENTRE of IYA (Indian Yoga Association) and is supported by Government of India. IYA has the mandate to standardize Yoga education across globe without compromising (1) the ever relevant traditional Yoga principles, (2) the uniqueness of the various living Yoga traditions, (3) the scientific rigour, (4) research temper and (5) applicability of Yoga in today's context.

Right now, IYA has come up with 3 courses namely Foundation, Certificate and Advanced Certificate. The syllabi is prescribed by IYA and the accredited ASSOCIATE CENTRE is mandated to teach this syllabi. Ample scope to share knowledge that showcase the individuality of the accredited ASSOCIATE CENTRE is in-built in each of these courses. Thus, uniformity and diversity are ensured at the same time.

The syllabi for Advance Certificate Course in Yoga

Section 1 Philosophy

Indian Philosophy

1. Astika & Nastika Darshanas
2. Common Characteristics of IP (a slightly deeper understanding)

Samkhya Darshana

3. Dukha Traya
4. Purusa & Prakrti
5. Avidya
6. Tri-Guna Theory
7. Names and Characteristics of 25 Tattvas
8. Kaivalya

Yoga Darshana (Patanjali Yoga Sutras)

9. Background of Patanjali
10. Names of 4 Padas
11. The Ashtangas
12. Sabija / Nirbija / Dharmamegha Samadhi
13. Antarayas and method to remove them
14. Vikshepa Sahabhavas and method to remove them
15. Vrittis & methods to eliminate them
16. Klesas & methods to eliminate them
17. Cittaprasadana & Manasthithi Nibandhini techniques
18. Definition & description of Ishvara
19. Concept of Samapatti
20. Concept and examples of Siddhis / Vibhutis
21. Kaivalya

Etymological Meanings & Definitions of 'Yoga' Meanings with Explanation

22. Yujir-yoge
23. Yuj-samyoga
24. Yuj-samyamne Yuj-samadhi

Definitions with Explanation

25. PYS Def Ch I – S: 2

Bhagavad Gita

26. Samatvam Yoga Uchyate;
27. Yogaha Karmasu Kaushalam

Salient features of Indian Culture

Only Names & brief understanding

28. Sanatana Dharma
29. Vaidic Dharma
30. Anekantavada
31. Ashrama Dharma
32. Purusharthas
33. Guru-Shishya Parampara
34. Karma & Law of Karma
35. Dharma
36. Spiritual culture (Adhyatmic Samskriti) / Materialistic culture (Bhautic Samskriti)

Section 2 Basic Texts of Yoga

Patanjali Yoga Sutras

37. Over-view of 1st and 2nd Padas
38. Over-view of 3rd and 4th Padas

Sutras by heart

39. Definition (Ch:I S-2);
40. Ashtanga Yoga (Ch:II S- 29);
41. Asana (Ch:II S-46);
42. Pranayama (Ch:II S-49)
43. Ashtangas of Yoga (Ch:II S-54) (Ch:III S-1, 2 &3)
44. Cittaprasadana (Ch:I S-33 &34)
45. Pratipaksha Bhavana (Ch:II S-33)

Hatha Pradipika (HP) & Gheranda Samhita (GS)

Deeper understanding of Hatha Pradipika

46. Understanding of 4 angas
47. Understanding of 15 Asanas
48. Understanding of Shat Kriyas
49. Understanding of 8 Kumbhakas
50. Understanding of 10 Mudras
51. Badhak Tattva / Sadhak Tattva

Deeper understanding of Gheranda Samhita

52. Understanding of Saptangas

Bhagavad Gita

53. Name of Author
54. No. of Chapters

Detailed understanding of:

55. What is Karma Yoga?
56. What is Bhakti Yoga?
57. What is Jnana Yoga?

Upanishads

58. Meaning of 'Upanishad'
59. Names of 10 Main Upanishads
60. A few Upanishadic doctrines – 4 Mahavakyas
61. Panchamaya (Pancha kosha) theory

Vedas

62. Meaning of 'Veda'
63. Names of 4 Vedas
64. 4 parts of each Veda, Veda Angas & Upa Vedas

Puranas

65. Name of Author
66. Basic understanding of Puranas
67. Names of 18 Puranas
68. Purushartha theory

Section 3A Anatomy & Physiology: Medical Science & Yoga

A. Anatomy & Physiology as per Medical Science

69. Names of 9 Main Systems and Organs in each system
70. Other Main Organs (e.g. Eyes, Ears, etc.)
71. Main Functions of above
72. Effects of Yoga Practices on the above systems and organs.

B. Yogic Anatomy & Physiology as per Yoga

73. Concept of Prana
74. Names and Functions of the Pancha Pranas and Upa Pranas
75. Concept of Nadi & names of Nadis
76. Significance of Ida, Pingala & Sushumna Nadis
77. Ashta Chakras and their Significance
78. Names of Granthis & Chakra awakening
79. Names of Endocrine glands corresponding to Chakras
80. Kundalini & its awakening and practices (e.g. Bandhas, Shaktichalana Mudra, etc.) for same

Section 3B Human Psychology as per Yoga

Personality theories

81. Deeper understanding personality according to Tri- Gunas
82. The 5 Citta Bhumis & their Guna orientation
83. Understanding of Personality as per Samkhya Darsana: Prakrti (Sthula, Sukshma & Karana Shariras) + Purusa
84. Panchamaya (Panchakosha) theory as already considered in earlier section

Concept of Mind

85. Names & functions of elements of Antahkarana in Samkhya: Buddhi, Ahamkar & Manas.
86. Concept of Citta in PYS
87. Distractions / Disturbances of Mind – 9 Antarayas as per PYS, Shad Ripu as per Upanishads (Kama, Krodha, Lobha, Moha, Mada & Matsarya), Samskaras (conditioning) / Vasanas /Klesas, etc.
88. Mind Control Techniques: Yamas, Niyamas, Pranayama, Meditation, Pranavajapa, Ek Tattva abhyasa, Cittaprasadana techniques, Pratipaksha Bhavana, Relaxation Practices (Shavasana, Yoga Nidra, etc.)

Life Style Considerations

89. Diet: Mitahar as per HP;
90. Bhagavad Gita: Diet, rest, relaxation, exertion, etc
91. Elaboration of Yogic Life style

Introduction to Ayurveda

92. Meaning of 'Ayurveda'
93. 3 Doshas
94. Concepts of Health (Swasthya), Mala; Dhatus; etc.

Section 4 Teaching of Yoga

95. Teaching Methods (Instruction; Observation; Demonstration; Correction)
96. Teaching Aids

97. Communication Skills
98. Verbal & Non-verbal
99. Ideal Qualities of Teacher
100. Conducive Environment
101. Safety measures
102. Guideline as regards framework of Professional Practice

Of the 102 Topics, Institutions should cover at least 74 topics (The score should be greater than 74 for the Theory topics of ACCY), This would mean upto 28 topics may be institution-specific syllabus

PRACTICE TOPICS

Section 1: SukshmaVyayama / Preparatory Practices / Sandhi Chalana kriya

1. Institution-specific

Section 2: Shuddhi Kriyas

2. Dhauti: VamanDhauti; Danda Dhauti; Vastra Dhauti; Agnisaar
3. Neti: Jal Neti; Sutra Neti
4. Tratak
5. Kapalbhathi
6. Nauli
7. Theoretical Knowledge as regards Basti

Section 3: Asanas

Five Meditative Asanas

8. Siddhasana
9. Padmasana
10. Svastikasana
11. Vajrasana
12. Veerasana

Seven Standing Asanas

13. Tadasana
14. Ekpadasana
15. Vrikshasana
16. Utkatasana
17. Trikonasana
18. Padahasthasana
19. Garudasana

Five Kneeling Asanas

20. Ushtrasana
21. Marjarasana
22. Vyahgrasana
23. Shashankhasana
24. Supta vajrasana

Eight Sitting Asanas

25. Bhadrasana
26. Simhasana
27. Gaumukhasana

28. Vakrasana
29. Parvatasana
30. Paschimottanasana
31. Matsyendrasana
32. Ardhamatsyendrasana

Five Prone Asanas

33. Bhujangasana
34. Shalabhasana
35. Dhanurasana
36. Naukasana
37. Makarasana

Seven Supine Asanas

38. Pavanmuktasana
39. Setubandhasana
40. Matsyasana
41. Uthitapadahasthasana
42. Halasana
43. Chakrasana
44. Shavasana

Two Inverted Asanas

45. Sarvangasana
46. Shirsasana

Section 4: Surya Mamaskar

47. Surya Mamaskar (Traditional with 12 Poses and accompanying 48. Mantras) (Can be School- Specific)

Section 5: Pranayama

48. Sectional Breathing
49. Yogic Breathing
50. Nadi shodhana Kumbhaka with Bandhas
51. Suryabhedana
52. Ujjayi
53. Shitkari
54. Shitali
55. Bhramari
56. Bhastrika
57. Sagarbha & Agarbha Nadi shodhana

Bandhas

58. Mulabandha
59. Uddiyana Bandha
60. Jalandhar Bandha
61. Jivha Bandha
62. Maha bandha

Section 6: Mudras

63. Chin / Jnana Mudra
64. Padma Mudra
65. Agochari Mudra (Nasikagra Drishthi)
66. Shambhavi (Bruhmadhya Drishthi)
67. Viparitakarani

68. Khechari
69. Mahamudra
70. Mahavedha Mudra
71. Ashvini Mudra
72. Yoga Mudra
73. Shanmukhi Mudra
74. Shaktichalana Mudra
75. Brahma Mudra

Section 7: Mantras

76. Pranava japa
77. Shanti Mantra: Can be institution-specific

Section 8: Meditation

78. Institution-specific

Section 9: Teaching Practice

79. Institution-specific

Note from IYA

The 79 Practices, Institutions should cover at least 54 Practices. This would mean upto 25 topics may be institution-specific syllabus

Note from Shrimath Yoga

Shrimath Yoga teaches Swami Satyananda's Pawanamuktasana series that has 3 sections and 34 postures as a part of the preparatory practices. All the other postures would be covered as the part of the course

Serial No: 76. 77 & 78 would be handled by the Shrimath team based on the interest, need and ability of the course participants