



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 Foundation Course in Yoga

a. Vedas

- 1 Meaning of 'Veda'
- 2 Names of 4 Vedas
- 3 Four Parts of each Veda
- 4 Six Vedangas
- 5 Four Upavedas

b. Darshanas

- 6 Names of Darshanas (Aastika & Nastika) and their Originators

c. Upanishads

- 7 Meaning of Upanishads
- 8 Panchakosha Theory

d. Samkhya Darsana

- 9 Names of Dukhatraya
- 10 Purusa / Prakrti
- 11 Bondage & Liberation
- 12 Names & characteristics of 3 Gunas

e. Patanjali Yoga Sutras

- 13 Names of 4 Chapters
- 14 The Ashtangas
- 15 Def of Yoga (PYS -Ch. I : S2)

f. Hatha Yoga

- 16 Brief understanding of 'Hatha' Yoga
- 17 Names of Chaturangas of Hatha Pradipika
- 18 Names of Saptangas of Gheranda Samhita

g. Bhagavad Gita

- 19 Brief background of context of BG
- 20 Karma, Bhakti & Jnana Yoga

h. Two Definitions of yoga

- 21 Samatvam Yoga Uchyate
- 22 Yogaha Karmasu Kaushalam

i. A note on the Puranas

j. Salient Features of Indian Culture

- 23 Names of the 4 Purusharthas
- 24 Sanatana & Vaidic Dharma
- 25 Anekantavada
- 26 Chatur Ashramas
- 27 Dharma
- 28 Law of Karma (in brief)

k. Applications of Yoga

- 29 Benefits / Pre-cautions / Contra-indications of Yoga Practices

l. Yogic Diet

- 30 Mitahar
- 31 Yogic Lifestyle
- 32 Holistic Health
- 33 Guidelines for Self-practice

Note: Shrimath Yoga covers all these 33 topics

PRACTICE TOPICS

Section 1: Preparatory Practices

- 1 Institution-specific

Section 2: Shuddhi Kriyas

- 2 Vaman Dhauti
- 3 Jala Neti
- 4 Trataka
- 5 Kapalbhata

Section 3: Suryanamaskar

- 6 Traditional Surya Namaskar with 12 steps

Section 4: Asanas

Four Meditative Asanas

- 7 Padmasana
- 8 Svastikasana
- 9 Vajrasana
- 10 Veerasana

Five Standing Asanas

- 11 Tadasana
- 12 Ekpadasana
- 13 Vrikshasana
- 14 Utkatasana
- 15 Trikonasana

Four Kneeling Asanas

- 16 Ushtrasana
- 17 Marjarasana
- 18 Vyahgrasana
- 19 Shashankhasana

Five Sitting Asanas

- 20 Bhadrasana
- 21 Simhasana
- 22 Vakrasana
- 23 Parvatasana
- 24 Paschimottanasana

Four Prone Asanas

- 25 Bhujangasana
- 26 Shalabhasana
- 27 Dhanurasana
- 28 Naukasana

Five Supine Asanas

- 29 Pavanmuktasana
- 30 Setubandhasana
- 31 Matsyasana
- 32 Uthitapadahasthasana
- 33 Shavasana

One Inverted Asanas

- 34 Sarvangasana

Section 4: Pranayama

Sectional Breathing

- 35 Basic Yogic Breathing
- 36 Nadishodhana Kriya

Pranayama without Kumbhaka

- 37 Suryabhedana
- 38 Shitali
- 39 Shitkari
- 40 Brahmari

Section 5: Mudras

- 41 Chin / Jnana Mudra
- 42 Agochari Mudra (Nasikagra Drishthi)
- 43 Shambhavi Mudra (Bruhmadhya Drishthi)
- 44 Ashvini Mudra
- 45 Shanmukhi Mudra
- 46 Yoga Mudra in Vajrasana & Padmasana

Section 6: Mantra

- 47 Pranav Japa

Shanti Mantra

- 48 Institution-Specific

Section 7: Meditation

- 49 Institution-Specific

Note from IYA

- The 49 Practices, Institutions should cover at least 39 Practices (The score should be greater than 39 for the Practice topics of FCY) This would mean upto 10 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: 48 and 49 would be handled by the Shrimath team based on the interest, need and ability of the course participants