



BRAHMAVARCHAS INTERNATIONAL YOGA ACADEMY

SYLLABUS - CERTIFICATE COURSE IN YOGIC SCIENCES [CCY]

Principles and Fundamentals of Yoga Philosophy

- History of Yoga period
- Schools of Yoga
- Shaddarshanas, Upanishad and Puranas
- Ancient and Modern Yoga mentors
- Ashtangayoga – definition
- Panchakosha, Panchamahabhutas, Panchapranas
- Shatchakras – Location and Importance

Basic Yoga Texts

- Patanjali Yogasutras
- Ashtangas, Anushasana, Vritti, Chittaprasadana, Chitta kleshas
- Hatayoga Pradipika; Gheranda Samhita
- Bhagavatgita & Modern texts on Yoga

Application of Yoga

- Ashtangas – How to practice each step
- Anatomy and Physiology basic concepts
- Anatomy and Physiology of 10 human body systems
- Indications and contraindications of Yoga
- Ayurveda and Pathya apathy diet, satvik diet,
- Psychology
- Yogic diet – Hatayogapradipika
- Badhaka tatva, Sadhaka tatva
- Ghatavastha and Ghatashuddhi

Communication

- Techniques of teaching, teaching environment



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PRACTICAL

- Sukshma vyayam
- Shatkarma

Yogasanas & Suryanamaskar

- Basic Yogasanas & Relaxation asanas – digestive system
- 7 yogasanas – Muscular & skeletal system
- & Suryanamaskar
- 6 Yogasanas – Cardiovascular system
- 4 Yogasanas – Respiratory system
- 7 Yogasanas – Nervous system
- 6 Yogasanas Endocrine system
- 4 Yogasanas – Excretory system
- 7 Yogasanas – Reproductive system
- 7 Yogasanas – Integumentary system
- Common diseases of each system and related asanas

Pranayam & Meditation

- Sectional Breathing
- 7 types of Pranayam
- Meditation & Mudras

Teaching Practice

- Presentation techniques
- Seminars – Power point presentation
- Observation classes
- 1 on 1 practical classes
- Group classes