

## CERTIFICATE COURSE IN HOLISTIC YOGA

### PART-A THEORY

#### Y 1            **Orientalion to Ashtanga Yoga.**

Unit-1        The origin of Yoga-definition-concept-aims and objective of Yoga-as a science and art

Unit-2        Ashtanga Yoga Stages , Streams of Yoga-Karma Yoga-Bhakti Yoga- Jnana Yoga- Raja Yoga- Hata Yoga-Patanjali Yoga sutras

Unit-3        Yogic Postures –Surya namaskar- Asanas-Objectives-Common Asanas and their types-Sitting standing Lying postures- Relaxation –Cultural-Meditative - Breathing techniques

Unit 4        Yogic Diet – Sathvic, Rajasic and Thamasic Food

Unit 5        Shat kriyas- Kabhalbhati, Tratak, Neti, Douthi, Nouli and Basthi

Unit 6        Varieties of Kumbhaka

#### Y 2            Health Welness and Related Aspects

Unit 1        Physical Fitness components

Unit 2        Types of Physical Fitness

Unit 3        Health Related Physical Fitness

Unit 4        Warming up and limbering down

Unit 5        Posture – Postural defects

### PART – B        **PRACTICAL**

Sarvangasana,        Matsyasana, Halasana,        Bhujangasana, Salabhasana,  
Dhanurasana,        Savasana,        Makarasana, Vajrasana, Ushtrasana,  
Gomukhasana,        Paschimotanasana, Padmasana, Vakrasana,  
Ardhamasyandrasana , Vrikshasana, Trikonasana,        Konasana,        Bhadrasana