

Swasti Yoga
Yoga Therapy Syllabus Level 1

1. Name of the Certification: Assistant Yoga Therapist

2. Requirement/ Eligibility:

- a. For open candidates there is no eligibility criteria
- b. For admission in the course it is suggested/ desired that the candidate should be graduate in any health stream or have completed Basic Yoga Therapy Course.

3. Brief Role Description: Master Trainers in Yoga educational Institutions, Yoga training Courses and training programs. He or she can also act as Yoga Therapist under Medical professionals. Can teach in yoga studios, hospitals, Institutions of higher Learning.

4. Minimum age: No age limit

5. Personal Attributes: The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees. The job requires individual to possess key qualities such as self-discipline, confidence, maturity, patience, compassion, active listening, time management, empathetic, language proficiency, engaging with students, dedication to teaching, ability to build caring relationships with students, friendliness and approachability, Independent, credible, analytical skills etc.

6. Duration of course: Not less than 150 hours or not less than 2 months as part time

8. Mark Distribution:

Total Marks: 200 (Theory: 80+Practical – 120)

Theory

Unit No.	Unit name	Marks
1	Yoga and Health	20
2	Anatomy, Physiology, Pathophysiology, Diseases	20
3	Therapeutic practices of Yoga	20
4	Yoga as Therapy	20
	Total	80

Practical

S No.	Practical Work	Marks
1	Demonstration Skills	60

2	Therapeutic Skills	20
3	Teaching and evaluation Skill	20
4	Application of knowledge	10
5	Field Experience (Healthcare settings)	10
	Total	120

SYLLABUS-

FUNDAMENTALS OF YOGA THERAPY

1. Salient differences between Yoga and Yoga Therapy
2. Role and responsibilities of an Assistant Yoga Therapist
3. Scope and Limitations of Assistant Yoga Therapist
4. Terminologies in Yoga Therapy
5. Role of Yoga Therapist in injury prevention and disease management
6. Differences between Conventional medicine and Yoga Therapy Lifestyle Medicine
7. How yoga therapy works?
8. Scientific evidence behind Yoga Therapy
9. Patanjali's 4 H module of Yoga Therapy
10. Yogic risk factors for lifestyle diseases

YOGIC CONCEPT OF HEALTH

1. Wellness Illness
2. Concept of swasthya (healthy condition)
3. Concept of atur (diseased condition)
4. Key elements of Yoga Therapy
5. Nonconventional module of Yoga Therapy
6. Conventional module of Yoga Therapy

AYURVEDA AND YOGIC PHYSIOLOGY

1. Tridosha
2. Panchmahabhuta
3. Panchkoshas
4. Prakruti assesment/ epigenetics
5. Prakruti Parikshana (Determining one's Personality constitution)
6. Important Yoga practices as per one's Prakriti (Personality constitution)
7. Asana, Pranayama, Bandhas and yogic practices according to constitution
8. Compliance of students and patients of yoga
9. Importance of following Dinacharya and Ritucharya for well-being.
10. Ayurveda Trayopasyambha: Role of ahara, nidra and brahmacharya in wellness.

KEY CONCEPTS OF HATHA YOGA

1. Preventive health- Yogic Ahara (Mitahara, Yuktahara)
2. Main Types of Nutrients in Food
3. Problems with excess sugar
4. Problems with high protein diets
5. Fats: Problems resulting from eating excess fat
6. Yogic Diet: Dos and Don't

YOGIC CONCEPT OF MENTAL HYGIENE

1. Achar
2. Vichar
3. Vyavahar

4. Non-physical Yoga: Meditative Practices (Pratayahara, Dharana, Dhyana, and Samadhi) and Ethical Disciplines (Yama and Niyama)
5. Long-term effects of physical yoga Immediate effects of physical yoga
6. Contraindications in yoga
7. Common injuries in yoga
8. Yogic IKIGAI

YOGIC CASE TAKING

General examination

vital signs:

1. body temperature
2. blood pressure (BP)
3. heart rate (HR)
4. respiratory rate (RR)

Systemic examination

Cardiovascular examination

Peripheral vascular examination

Respiratory examination

Abdominal and retroperitoneal examination

Musculoskeletal examination

Neurologic examination

Head and neck examination

Gynaecological, Obstetric history

Menstrual history

Kosha examination

Yogic lifestyle evaluation

Diet history

Sleep history

Work place stress history

Postural habits, exercise/ yoga

Habits: alcohol, smoking, coffee, tea

Daily regimen

Seasonal regimen

Yama/ social restraints

Niyamas/ personal restraints

Diagnosis:

Advice: Dos and Don't:

Yogic management:

Ahar

Vihar

Achar

Vichar

Vyavahar

YOGA THERAPY FOR DISEASES ACCORDING TO SYSTEMS

THE CARDIOPULMONARY SYSTEM

ANATOMY AND PHYSIOLOGY

Systemic circulation

Pulmonary circulation

DISEASES AND YOGA MANAGEMENT:

1. Hypertension
2. Coronary artery disease – angina, myocardial infarction
3. Dyslipidemia

THE RESPIRATORY SYSTEM

ANATOMY AND PHYSIOLOGY

DISEASES AND YOGA MANAGEMENT:

1. Asthma
2. Bronchitis
3. Allergic Rhinitis
4. Sinusitis

THE ENDOCRINE SYSTEMS

Anatomy and Physiology

DISEASES AND YOGA MANAGEMENT:

1. Diabetes Mellitus (I&II)
2. Hypo and Hyper-thyroidism
3. Obesity

THE SKELETAL SYSTEM

ANATOMY AND PHYSIOLOGY

THE MUSCULAR SYSTEM

ANATOMY AND PHYSIOLOGY

DISEASES AND YOGA MANAGEMENT:

1. Frozen (or Very Stiff) Shoulder
2. The Carpal Tunnel
3. Potential Causes of Back Injury
4. Age-Related Spinal Pathology
5. Musculoskeletal and Other Abnormalities of the Spine
6. Scoliosis, Lordosis, Kyphosis

DISEASES AND YOGA MANAGEMENT:

1. Back Pain
2. Cervical spondylosis
3. Lumbar spondylosis
4. Arthritis

THE NERVOUS SYSTEM

ANATOMY AND PHYSIOLOGY

ORGANISATION OF THE NERVOUS SYSTEM

CENTRAL NERVOUS SYSTEM

PERIPHERAL NERVOUS SYSTEM (PNS)

AUTONOMIC NERVOUS SYSTEM

DISEASES AND YOGA MANAGEMENT:

1. Migraine headache
2. Tension
3. Errors of vision of refraction.
4. Hearing impairment

MODERN PSYCHOLOGY AND PSYCHOANALYSIS

Basics of Psychology

DISEASES AND YOGA MANAGEMENT:

1. Psychosis
2. Depression
3. Gen Anxiety Disorder

THE DIGESTIVE SYSTEM & YOGIC NUTRITION

Anatomy and Physiology

DISEASES AND YOGA MANAGEMENT:

1. Constipation
2. APD/ Hyperacidity
3. Irritable Bowel Syndrome

THE IMMUNE SYSTEM

Anatomy and Physiology

Natural and Acquired Immunity

Inflammation

DISEASES AND YOGA MANAGEMENT:

1. Fever
2. Autoimmune diseases

THE URINARY SYSTEM

Anatomy and Physiology

DISEASES AND YOGA MANAGEMENT:

1. Renal hypertension
2. Renal stones

THE REPRODUCTIVE SYSTEM

MALE REPRODUCTIVE SYSTEM

Anatomy

FEMALE REPRODUCTIVE SYSTEM

Anatomy

Female reproductive cycle

Foetal changes

Hatha yoga for the male reproductive system

Hatha yoga for the female reproductive system

Hatha yoga during menstruation

DISEASES AND YOGA MANAGEMENT:

1. Pregnancy and Childbirth
2. Ante-natal care
3. Post-natal care
4. PCOS

EMERGENCY MEDICINE

CPR—Adult

CPR—Infant

First Aid