

## **Syllabus for Yoga Foundation Course (YFC)**

1. **Name of the certification:** Yoga Foundation Course (YFC)
2. **Course level:** Foundation (Swasti Yoga Certification)
3. **Requirement/ Eligibility:**
  - a. For open candidates there are no eligibility criteria
  - b. For admission in the course it is suggested/ desired that the candidate should have passed 10<sup>th</sup> standard / secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility.
4. **Brief Role Description:** Certified Yoga Professionals (Yoga Protocol Instructor) can teach basics of Yoga for prevention of diseases and promotion of health. They can conduct Yoga practice /classes in parks, societies etc.
5. **Minimum age:** No age limit
6. **Personal Attributes:** The job requires individual to have good communication skills, time management skills and ability to understand the body language of the trainees.
7. **Credit points for certificate:** N/A
8. **Duration of course:** Not less than 50 hours (direct and indirect contact hours)
9. **Certification exam conducted by Swasti Yoga Centre:**

Total Marks: 100 (Theory: 50 + Practical: 100)

### **Theory**

#### **S. No. Name of the Unit**

#### **1 Introduction to Yoga and Yogic Practices**

- What is Yoga?
- Different Definitions of Yoga
- Streams of Yoga
- Major Benefits of Yoga
- International Yoga Day

#### **2 Introduction to Yoga Texts**

- Eight Limbs of Ashtang Yoga
- Bhagvad Gita
- The Ramayana
- Vedas
- Basic terminologies of Yoga and their meanings

#### **3 Yoga for Health Promotion**

- Job role of a Yoga Instructor
- Responsibilities of Yoga Instructor

- Setting up and maintaining a Yoga center
- Yoga equipments
- Yogic anatomy & physiology
- Yogic Diet
- Fasting in Yoga
- Maintain health & safety at the work place
- Safety during Yoga

#### **4 Practical**

##### **A. Demonstration Skills**

- Prayer: Shanti Mantra, Gayatri Mantra,
- Breathing Practices- Hand in and out, Hand Stretch Breathing, Ankle Stretch Breathing, Rabbit Stretch Breathing, Tiger Breathing, Dog Breathing
- Body Loosening Exercises- Jogging Practice, Forward and Backward Bending, Side Bending, Upper body twisting, Sit-ups, Hip Rotation, Nauka Chalana, Chakki Chalana, Chapa Making, Rope Pulling, Paschimotasana, Horse Riding Jumping
- Sithili Vyayam- Toe Bending, Ankle Bending, Ankle Rotation, Knee Bending, Knee Rotation, Knee Cap Tightening, Half Butterfly, Full Butterfly, Waist Rotation, Wrist Rotation, Shoulder Rotation, Neck Bending, Neck Rotation, Elbow Stretching
- Asanas: Supine-
  - Ardha Pavanmuktasana
  - Apanasana
  - Jhulana Lurhakanasana
  - Parivartit Pavanmuktasana
  - Sethu Bandhasana
  - Ardha Halasana/ Utthanpadasana
  - Supta Padangusthasana
  - Pada Sanchalanasana
  - Ananda Balasana
  - Kativakrasana/Jathara Parivartanasana
  - Shava Udarakarshanasana
  - Jathara Parivritti
  - Urdhva Prasarita Padasana
- Prone:
  - Ardh Bhujangasana
  - Sarpasana
  - Viminasana
  - Ardha Shalabhasana
  - Makarasana
  - Matsya Kridasana
- Sitting
  - Utkatasana
  - Sukhasana
  - Purvottanasana
  - Ardha Padmasana , Padmasana

- Veerasana
- Vajrasana
- Supta Vajrasana
- Shithila Dandasana
- Chaturanga Dandasana
- Bharadvajasana I
- Namaskarasana
- Bhadrasana
- Janu Sirshasana
- Parighasana
- Poorna Titali Asana/
- Baddha Konasana
- Udarakarshanasana
- Brahmacharyasana
- Simple Navasana
- Marjarasana
- Standing
- Hasta uttanasana
- Akarna Dhanurasana
- Padhastasana
- Eka Pada Pranamasana
- Tiryaka Kati Chakrasana
- Meru Prishthasana
- Kati Chakrasana
- Tadasana/ Samasthiti
- Tiryaka Tadasana
- Virabhadrasana 2
- Utthita Trikonasana
- Dolasana
- Mudras
- Drushti
- Pranayama- Moola Pranayama, Anulom/ Vilom, Abdominal, Thoracic, Clavicular, FYB, Bhramari, Om Chanting

**B. Teaching Skills (Methods of Teaching Yoga)**

- Communication skills
- Communication barriers
- Keys to effective Listening -Active listening
- Essentials of good lesson plan: concepts, needs, planning of teaching Yoga