



## Syllabus for Geriatric Yoga aka Chair Yoga (Chair as Prop)

Name of the Certification: Chair Yoga (Chair as Prop)

Requirement/ Eligibility: No eligibility criteria

Brief Role Description: Can work under supervision of certified physician or certified Yoga Therapist & Yoga Consultant on specific disorders.

Minimum age: No age limit

Personal Attributes: The job requires individual to have good communication skills, time management 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, empathy, language proficiency, ability to build caring relationships, friendly and approachable, credibility etc.

Duration of course: 2 months

Not less than 50 hours (Contact program for 10 hrs. to be conducted on Anatomy, Physiology).

Contact hours: 15 hours (Live 1.5 hours session)

Non-contact hours: 30 hours

Assignments, Log book, Doubt clearing sessions, video recording of sessions in different conditions, Material reading, Exam MCQ and practical

Fees: 10000 INR (125 \$)

Mark Distribution: Total Marks: 200 (Theory: 60+Practical: 140)

Chair Yoga

Theory

Unit No.	Unit Name	Marks
1	Basic Principles of Yoga with Chair	15
2	Props in Traditional Yoga Texts	15
3	General Anatomy and Physiology	15
4	Yoga with chair in preventive and restorative health	15
	Total	60

## Practical

Unit No.	Practical	Marks
1	Demonstration Skills	80
2	Teaching Skills	20
3	Application of knowledge	30
4	Field Experience	10
	Total	140

## Theory Syllabus

### UNIT 1 Basic Principles of Yoga with Chair

- Concept of Yoga: Its Definition, Aim, Objectives and Misconception.
- Yoga with Chair: Benefits and eligibility
- Benefits of chair yoga supported by research studies
- Risk reduction and safety with Chair Yoga
- Guiding Principles to be followed by Chair Yoga Assistant.
- Prerequisites for Chair
- Roles and Responsibilities of Chair Yoga Assistant.
- Scope and limitations of Chair Yoga Assistant.
- Knowledge of use of other props: ropes/belt/cushions/special aids.

### UNIT 2 Props in Traditional Yoga Texts

- Understanding classical definitions of yoga through chair yoga
- Basic Knowledge of various yogic texts such as Patanjala Yogsutra, Hathapradipika, GherandaSamhita
- Knowledge of schools of Yoga: Karma Yoga, Bhakti Yoga, Jnana Yoga and Dhyana Yoga.
- Concept of klesha
- Concept of chitta vritti
- Practicing Ashtanga Yoga, Hatha Yoga with chair and its therapeutic importance

### UNIT 3 General Anatomy and Physiology

- Basic knowledge of Human Body Skeleton; organization of body cells, tissues, Systems, membranes and glands.
- Basic Knowledge of Anatomy and Physiology of the following system ---
- Muscular, skeletal system; Digestive system; Respiratory system; Cardio vascular system; Excretory system; Endocrine system.

### UNIT 4 Yoga with chair in preventive and restorative health

- Yogic concept of healthy living
- Knowledge of vital parameters to assess general state of patients: Measurement of Blood Pressure, Respiratory Rate, Pulse Rate and Body Temperature.
- Importance of pre-procedural preparedness for therapeutic Yoga sessions.
- Chair yoga for preventive health
- Chair yoga in restorative conditions:
  1. Arthritis
  2. Cardiovascular disease
  3. Cancer
  4. Chronic pain
  5. Multiple sclerosis (MS)
  6. Parkinson's disease
  7. Osteoporosis
  8. Anxiety and depression
  9. Fibromyalgia
  10. Stroke recovery

## **Practical Syllabus**

### A. Demonstrative Skills

UNIT 1 Shatkarma: Knowledge and ability to perform the practices with chair modification

1. Neti
2. Kapalabhati
3. Agnisar

UNIT 2 Yogic Sukshma Vyayama and Sthula Vyayama

Yogic Sukshma Vyayam

- 2.1 Neck Movements
- 2.2 Shoulder Movements
- 2.3 Trunk Movements
- 2.4 Ankle Movements

Surya Namaskar with chair support (Sitting and Standing)

UNIT 3 Yogasana with chair support

3.1 Standing Asana: Tadasana, Trikonasana, Vrikshasana, Ardhchakrasna, Padhastanasana, Parshavkonasana

3.2 Sitting Asana: Padmasana, Vakrasana, Janusirsasana, Paschimottanasana, ArdhCo-foun Ushtrasana, Gomukhasana, Mandukasana

3.3 Prone Lying Asana: Makarasana

3.4 Supine Lying Asana: Setubandhasana, Viparitkarniasana, Ardhalasana, Uttanpadasana, Halasana, Chakrasana, Shavasana.

UNIT 4 Pranayama

UNIT 5 Bandha and Mudra

UNIT 6 Practices leading to Meditation

B. Communication and Maintenance Skills during chair yoga for patients



The image is an accreditation certificate from the Yoga Certification Board, Ministry of AYUSH, Government of India. It certifies the Swasti Yoga Center, located at Empire Estate, M2, 001, Near Jai Hind Collection, Chinchwad, Pune - 411019, as a Yoga Training Center. The certificate is valid from 08 October 2021 to 07 October 2024. The board's scope of work includes running courses equivalent to its own and conducting assessments. The certificate is signed by Dr. I. V. Basavaraddi, Head of Institution.

**YOGA CERTIFICATION BOARD**  
MINISTRY OF AYUSH, GOVERNMENT OF INDIA

**ACCREDITATION CERTIFICATE**  
**YOGA TRAINING CENTER**

*This is to certify that*

**SWASTI YOGA CENTER**

*Empire Estate, M2, 001, Near Jai Hind Collection, Chinchwad, Pune - 411019 has been assessed as per the YCB guidelines for accreditation of the institute and approved as a Yoga Training Center.*

*Validity of the certificate is subject to continued compliance to the prescribed YCB guidelines for accreditation and scope of work.*

**SCOPE OF WORK**

- To run courses equivalent to certifications offered by the YCB for Yoga professionals under these categories- Yoga Volunteer, Yoga Protocol Instructor and Yoga Wellness Instructor.
- To conduct assessment for its own candidates as per YCB guidelines.

Issue Date: 08.10.2021    Certificate No.: YCB/20/YC/000035    Valid from: 08 October 2021    Valid upto: 07 October 2024

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