



Swasti Yamakam (Couple/ Partner Yoga TTC)

Name of the Certification: Couple / Partner Yoga Program

Requirement/ Eligibility: No eligibility criteria

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: 3 months

Contact hours: 90 hours (12 sessions -1 hour Weekly once on zoom, 1 day yoga retreat, daily yoga practice)

Non-contact hours: 20 hours (Assignments, Log book, Doubt clearing sessions, video recording of sessions in different conditions, Material reading, Exam MCQ and practical)

Fees: 40000 INR (500 \$)

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

Course Description: The Couple / Partner Yoga course is designed to provide participants with the knowledge and skills to guide couples through partner-based yoga practices. This course aims to deepen the connection and communication between partners while exploring the physical, emotional, and spiritual aspects of their relationship. They will learn how to create a supportive and nurturing environment and manage stress through the practice of yoga promoting holistic well-being in relationships. Participants will learn a variety of partner yoga postures, sequences, and techniques to enhance trust, balance, and harmony in their partnerships.

Course Objectives:

1. **Strengthening the Bond:** Couple yoga TTC offers an opportunity for partners to deepen their connection and strengthen their bond. By engaging in shared physical and spiritual practices, couples develop a greater sense of trust, communication, and unity.
2. **Enhancing Communication:** Communication is key in any relationship. Through partner yoga, couples learn to communicate effectively, both verbally and non-verbally. They develop a deeper understanding of each other's needs, boundaries, and desires, fostering a more harmonious and fulfilling relationship.
3. **Cultivating Trust and Intimacy:** Partner yoga involves physical contact, support, and balance between partners. By practicing trust exercises and engaging in synchronized movements, couples learn to rely on and trust one another, creating a safe space for vulnerability and intimacy.
4. **Shared Growth and Development:** Attending a couple yoga TTC allows couples to grow and evolve together. They learn and progress as a team, sharing experiences, challenges, and triumphs. This shared journey fosters a sense of unity and encourages personal growth within the relationship.
5. **Stress Relief and Relaxation:** Life's pressures and stressors can take a toll on relationships. Couple yoga provides a space for couples to unwind, relax, and rejuvenate together. The practice promotes deep relaxation, reduces stress, and cultivates a peaceful state of mind, benefiting both partners individually and as a couple.
6. **Fun and Playfulness:** Partner yoga brings an element of playfulness and joy into the relationship. Couples can explore new postures, engage in creative sequences, and laugh together, creating joyful and memorable experiences that can reignite the spark in their relationship.
7. **Supportive Community:** Couple yoga TTCs often foster a supportive and nurturing community of like-minded couples. This allows partners to connect with other couples on a similar journey, share insights, and build lasting friendships, further enriching their overall experience.

Syllabus:

Week 1: Introduction to Couple/ Partner Yoga

- Overview of couple yoga and their benefits
- Principles and fundamentals of practicing yoga as a couple
- Creating a safe and supportive environment for partner yoga
- Understanding the role of partner yoga in enhancing relationships
- Understanding the principles of trust, communication, and support in partner yoga

Week 2: Challenges and Dynamics in Couples' Relationships

- Understanding common challenges and dynamics in relationships
- Identifying and addressing conflict in a mindful and constructive manner
- Applying yogic principles to promote understanding and harmony
- Strategies for nurturing growth and resilience in couples' relationships

Week 3: Partner Yoga Asanas and Sequences

- Introduction to foundational partner yoga postures
- Exploring symmetry, mirroring, and counterbalance in partner yoga
- Creating fluid and seamless partner yoga sequences
- Adapting partner yoga for different body types and abilities
- Enhancing body awareness and proprioception in partnered practice

Week 4: Breathwork and Synchronization in Partner Yoga

- Exploring the power of breath synchronization in partner yoga
- Pranayama techniques for enhancing connection and harmony
- Incorporating breath awareness and mindful breathing in partner yoga
- Using breath as a tool for relaxation and mindfulness in partner yoga

Week 5: Yogic Techniques for Stress Management in Relationships

- Understanding stress and its impact on relationships
- Exploring yogic tools for stress relief and relaxation (e.g., pranayama, meditation)
- Teaching couples stress management techniques for daily life
- Integrating stress management practices into partner yoga sessions
- Exploring the connection between emotions and well-being
- Practicing guided Yoga Nidra sessions for deep relaxation and rejuvenation

Week 6: Mindfulness and Communication in Relationships

- Cultivating mindfulness in couples' practice and daily interactions

- Enhancing communication skills for effective expression and active listening
- Developing empathy and compassion in relationships through yoga
- Mindfulness exercises for couples to deepen connection and understanding
- Exploring self-care and self-compassion with chitta prasadanam techniques
- Exploring yogic principles of love (bhakti), compassion (karuna), and non-attachment (vairagya) in relationships

Week 7: Building Trust and Intimacy through Partner Yoga

- Exploring practices to build trust and intimacy between partners
- Partner poses and activities for enhancing connection and bonding
- Balancing individual needs and shared experiences in couple yoga practice
- Nurturing emotional intimacy through breathwork and meditation

Week 8: Energetics and Symbolism in Partner Yoga

- Understanding the Antaranga yoga, panchakoshas and connection in partner yoga
- Exploring chakras and energy centers in partner yoga practice
- Symbolism and intention setting in partner yoga postures and sequences
- Incorporating partner meditations and visualizations

Week 9: Partner Yoga Sequencing and Therapeutic Benefits

- Understanding the art of creating well-rounded partner yoga sequences
- Exploring different themes and intentions for partnered practice
- Designing and practicing sequences for specific goals or purposes
- Exploring the therapeutic applications of partner yoga
- Understanding how partner yoga can support healing and recovery
- Practicing partner poses and techniques for common ailments and conditions

Week 10: Yoga Philosophy for couples

- Exploring the philosophical aspects of yoga in the context of partner practice
- Integrating yogic principles of unity, compassion, and non-attachment into partner yoga
- Reflecting on the spiritual and mindful aspects of practicing yoga with a partner

Week 11: Partner Inversions, Balances and Advanced Partner Yoga Poses

- Building strength and stability through partner inversions
- Exploring partner balances and counterbalances
- Developing trust and communication in challenging poses

Week 12: Integration and Culminating Experience

- Reviewing and integrating the knowledge and skills learned throughout the course
- Collaboratively creating and presenting a partner yoga sequence

- Celebrating the journey and growth as a couple through a culminating partner yoga experience



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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