



Swasti Maithili (Aqua Yoga Therapy TTC)

Name of the Certification: 100 hours Aqua Yoga Therapy Program

Requirement/ Eligibility: No eligibility criteria

Minimum age: No age limit

Personal Attributes: To excel in an Aqua Yoga Therapy program, it is beneficial to possess a passion for both water and yoga, adaptability to the aquatic environment, and compassion for individuals with specific needs. 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: 1 month

Contact hours: 40 hours (4 sessions -1 hour Weekly once on zoom, 1 day yoga retreat pool practical sessions, daily yoga practice- online)

Non-contact hours: 60 hours (Assignments, Log book, Doubt clearing sessions, video recording of sessions in different conditions, Material reading, Exam MCQ and practical)

Fees: 10000 INR (250 \$)

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

Course Description: Embark on a transformative journey with our 100-hour Aqua Yoga Therapy Program. Dive into the healing properties of water and the therapeutic benefits of yoga. Gain in-depth knowledge of aquatic principles, adapt traditional yoga practices to the water, and develop specialized skills in supporting individuals with specific needs. Immerse yourself in a supportive and nurturing environment, and emerge as a skilled Aqua Yoga Therapist, ready to empower and transform lives through the unique synergy of water and yoga. Enroll now and embark on a path of healing, growth, and service with Swasti Yoga Center, accredited by YCB under Ministry of AYUSH.

Course Objectives:

- Develop a comprehensive understanding of the principles and benefits of Aqua Yoga Therapy.
- Gain practical knowledge and skills in adapting traditional yoga practices to the aquatic environment.
- Learn techniques for supporting individuals with specific needs, such as injuries, chronic conditions, or limited mobility.
- Deepen your understanding of water properties and their therapeutic effects on the body and mind.
- Cultivate the ability to create safe and effective Aqua Yoga Therapy sessions for a variety of clients.

Program Highlights:

- **Pool Training:** Experience hands-on pool training sessions where you'll learn and practice Aqua Yoga Therapy techniques in a controlled aquatic environment.
- **Expert Guidance:** Learn from experienced Aqua Yoga Therapy instructors who will provide comprehensive guidance and support throughout the program.
- **Practical Application:** Apply your knowledge through supervised practice sessions, allowing you to gain confidence and refine your skills.
- **Case Studies:** Engage in case studies and real-life scenarios to develop problem-solving abilities and enhance your understanding of client-specific needs.
- **Peer Learning:** Collaborate with fellow students, sharing experiences, insights, and best practices to foster a supportive learning community.
- **Certification:** Upon successful completion, receive a certification from Swasti Yoga Center as an Aqua Yoga Therapist, equipping you to serve individuals with personalized aquatic yoga therapy sessions.

Syllabus:

1: Introduction to Aqua Yoga Therapy

- Principles and benefits of Aqua Yoga Therapy
- Integration of water properties with yoga for healing and rehabilitation
- Exploring the role of Aqua Yoga Therapy in preventive healthcare

2: Anatomy and Physiology in Aqua Yoga Therapy

- Understanding the impact of water on the musculoskeletal and cardiovascular systems
- Examining the therapeutic effects of Aqua Yoga on various body systems
- Adapting asanas and movements to the aquatic environment for maximum benefit

3: Aqua Yoga Therapy Techniques for Specific Conditions

- Applying Aqua Yoga Therapy for musculoskeletal conditions such as arthritis, back pain, and joint injuries
- Utilizing Aqua Yoga for cardiovascular health, respiratory conditions, and stress-related disorders
- Developing specialized protocols for specific medical conditions and post-surgical rehabilitation

4: Aquatic Bodywork and Assisted Aqua Yoga

- Learning hands-on techniques for aquatic bodywork and assisted Aqua Yoga
- Enhancing range of motion, flexibility, and circulation through gentle movements in water
- Exploring the therapeutic applications of partner-based Aqua Yoga sequences

5: Aqua Yoga for Stress Management and Mental Well-being

- Understanding the mind-body connection in stress management
- Applying Aqua Yoga techniques to promote relaxation, mindfulness, and emotional well-being
- Incorporating breathwork, meditation, and visualization into Aqua Yoga sessions

6: Aqua Yoga Therapy Research and Case Studies

- Reviewing scientific research and evidence supporting the efficacy of Aqua Yoga Therapy
- Analysing case studies and clinical trials to understand practical applications
- Conducting research projects to contribute to the growing field of Aqua Yoga Therapy

7: Adapting Aqua Yoga Therapy for Different Populations

- Customizing Aqua Yoga Therapy for geriatric patients, pregnant women, and children
- Addressing specific considerations and modifications for diverse populations
- Incorporating Aqua Yoga into comprehensive treatment plans for holistic care

8: Professional Ethics and Practice Management

- Ethical considerations and boundaries when integrating Aqua Yoga Therapy into medical practice
- Building client relationships, effective communication, and informed consent
- Marketing and promoting Aqua Yoga Therapy services within legal and ethical frameworks

9: Safety, CPR, Practical Training and Supervised Sessions

- Hands-on practice sessions in the pool under the guidance of experienced instructors
- Conducting supervised Aqua Yoga Therapy sessions with volunteer participants
- Receiving personalized feedback and guidance for further skill development
- CPR certification training specific to aquatic environments
- Understanding safety protocols and risk management in Aqua Yoga Therapy

10: Emergency Management and Final Assessments

- Learning emergency response techniques and first aid for pool-related incidents preparedness
- Developing emergency action plans for Aqua Yoga Therapy sessions
- Addressing potential hazards and emergencies in the pool environment
- Practicing crisis management scenarios and implementing emergency protocols
- Reviewing and consolidating knowledge gained throughout the program
- Written and practical assessments to evaluate understanding and proficiency
- Presenting a case study or research project showcasing the application of Aqua Yoga Therapy in medical practice



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.



Dr. I. V. Basavaraddi
Head of Institution

Issue Date: 08.10.2021

Certificate No.: YCB/20/YC/000035

Valid from: 08 October 2021

Valid upto: 07 October 2024



Yoga Certification Board, Ministry of AYUSH, Govt. of India, Indian Red Cross Society, Sansad Marg, 1 Red Cross Road, New Delhi - 110001
Ph.: +91-11-23354634, 23354695, Email: ycb18-mdny@nic.in / ceoycb18-mdny@nic.in Website: www.yogacertificationboard.nic.in







