

# YOGA UNIVERSITY OF INDIA

## (SYLLABUS)

### 1.) FOUNDATION COURSE OF YOGA (Course level -1)

***Foundation course of Yoga is a part time Course of one month duration or 40 hrs.***

1. **Eligibility Criteria** :For Admission candidate should have passed matriculation examination (10th) or equivalent from any recognized board.
2. **Age limit** :No age limit
3. **Intake Capacity** :50 per Batch

### Theory Part

- a.) Yogic Prayer
- b.) Yoga (Meaning, Introduction, all the eight limbs, Origin of Yoga & its brief development)
- c.) Types of Yoga (Astang Yoga, Hatha Yoga )
- d.) Asana (Yogic Postures) and their benefits.

### Practical Part

#### ASANAS:

1. **Inverted:** Bhumipadmastakasana, Vipareetkarni, Sarvangasana, Halasana
2. **Backward:** Makrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kandharasana, Setuasana, Grivasana, Iying Chakrasana
3. **Forward:** Saithalyasana, Paschimottanasana, ArdhaPadmaPaschimottanasana, Garbhasana, Meruakarshanasana,
4. **Spinal twist:** MeruVakrasana, Bhunamanasana, Ardhmatsyendrasana, Markatasana,
5. **Balancing:** EkapadaPranamasana and its variations, EkaPadasana, Natrajasana, Garudasana, Bakasana, Brahmcharyasana, PadmParvatasana, Merudandasana.
6. **Premeditative:** Ananda Maadirasana, Padadirasana
7. **Meditative:** Sukhasana, ArdhPadmasana, Padmasana, Siddhasana, Siddhayoniasana, Swastikasana, Dhyanveerasana.
8. **Relaxation:** Shavasana, Advasana, Jyestikasana, Matsyakridasana, Balasana, Makrasana.
9. **Surya Namaskaar**

## 2.) BASIC COURSE OF YOGA(Course level -2)

**Basic course of Yoga is also a part time Course of Three month duration or 100 hrs.**

- 1.) **Eligibility Criteria** :For Admission Candidate should have passed matriculation examination (10th) or equivalent from a recognized board.
- 2.) **Age limit** : No age limit
- 3.) **Intake capacity** :50 per Batch

### Theory Part

- a. Yogic Prayer
- b. Yoga (Meaning, Introduction, all the eight limbs, Origin of Yoga & its brief development)
- c. Types of Yoga (AstangYoga,Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga)
- d. Asana (Yogic Postures) and their benefits.
- e. Pranayam and their benefits.
- f. Taking note of individual health problems of participants.
- g. Distractions in the path of Yoga and its immeasurable benefits, if one keeps moving along the journey of Yoga.
- h. Yoga Ahara (Yogic food) and nutrition.
- i. Prana : Five major ones and their importance.
- j. Human Body and its healthy functioning, with reference to the Yogic Science.

### Practical Part

#### ASANAS:

1. **Inverted:** BhumiPadmastakasana, Vipareetkarni, Sarvangasana, PadmaSarvangasana, Halasana
2. **Backward:** Makrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kandharasana, Setuasana, Grivasana, Iying Chakrasana, Pristhasana.
3. **Forward:** Saithalyasana, Paschimottanasana, ArdhaPadmaPaschimottanasana, Garbhasana, Meruakarshanasana.
4. **Spinal twist:** MeruVakrasana, Bhunamanasana, Ardhmatsyendrasana, Markatasana, UtthiapadaprasarVakrasana
5. **Balancing:** EkapadaPranamasana and its variations, EkaPadasana, Natrajasana, Garudasana, Bakasana.
6. **Premeditative:** Ananda Maadirasana, Padadirasana
7. **Meditative:** Sukhasana, ArdhPadmasana, Padmasana, Siddhasana, Siddhayoniasana, Swastikasana, Dhyanveerasana.
8. **Relaxation:** Shavasana, Advasana, Jyestikasana, Matsyakridasana, Balasana, Makrasana, Saithilyasana, Sasankasana, Vrishabhasana.
9. **Surya Namaskaar**

#### PRANAYAM:

1. **Yogic Breathing (Concept of Kumbhak, Purak, Rechak)**
2. **NaadiShodhanand its stages**
3. **Sheetali**
4. **Sheetakari**
5. **Bhramari**
6. **Ujjai**
7. **Bhastrika**
8. **Kapalbhati**
9. **SuryaBheda**
10. **Bahyavritti**

# 3.) CERTIFICATE COURSE OF YOGA

*(Course level -3)*

***Certificate course of Yoga is also a part time Course of Six month duration.***

1. **Eligibility Criteria:** For Admission candidate should have passed matriculation examination (10th) or equivalent from a recognized board.
2. **Age limit :**No age limit
3. **Intake Capacity :**50 per Batch

## Theory Part

- a) Yogic Prayer
- b) Yoga (Meaning, Introduction, all the eight limbs, Origin of Yoga & its brief development)
- c) Types of Yoga (AstangYoga,Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga)
- d) Asana (Yogic Postures) and their benefits.
- e) Pranayam and their benefits.
- f) Taking note of individual health problems of participants.
- g) Distractions in the path of Yoga and its immeasurable benefits, if one keeps moving along the journey of Yoga.
- h) Yoga Ahara (Yogic food): satvik, rajshik, tamshik and nutrition.
- i) Prana : Five major ones and their importance.
- j) Human Body and its healthy functioning, with reference to the Yogic Science.
- k) Astangayoga :yama, niyam, asana, pranayama, pratyahara, dharna, dhyana, samadhi.
- l) Mudra : (meaning, Introduction, Types and benefits)
- m) Kriyas : (meaning, Introduction, Types and benefits)
- n) Mantras :Psychology of mantras and their benefits in human life.
- o) Bandhas : (meaning, Introduction, Types and benefits)



### 3.) CERTIFICATE COURSE OF YOGA

#### Practical Part

#### ASANAS:

1. **Inverted:** Bhujangasana, Vipareetkarni, Sarvangasana, PadmaSarvangasana, Halasana
2. **Backward:** Makrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kandharasana, Setuasarana, Grivasana, Iyng Chakrasana, Pristhasana.
3. **Forward:** Saithalyasana, Paschimottanasana, ArdhaPadmaPaschimottanasana, Garbhasana, Meruakarshanasana, Koormasana, Ekapadasirasana, EkapadaPadmottanasana.
4. **Spinal twist:** MeruVakrasana, Bhunamanasana, Ardhmatsyendrasana, Markatasana, Utthiapadaprasar Vakrasana
5. **Balancing:** EkapadaPranamasana and its variations, EkaPadasana, Natrajasana, Garudasana, Bakasana, Brahmcharyasana, PadmParvatasana, Merudandasana and its variations, Padangusthasana, Bakadhyanasana
6. **Premeditative:** Ananda Maadirasana, Padadirasana
7. **Meditative:** Sukhasana, ArdhPadmasana, Padmasana, Siddhasana, Siddhayoniasana, Swastikasana, Dhyanyveerasana.
8. **Relaxation:** Shavasana, Advasana, Jyestikasana, Matsyakridasana, Balasana, Makrasana, Saithilyasana, Sasankasana, Vrishabhasana.
9. **Surya Namaskaar**

#### PRANAYAM:

- 1 Yogic Breathing  
(Concept of Kumbhak, Purak, Rechak)
- 2 NaadiShodhan and its stages
- 3 Sheetali
- 4 Sheetakari
- 5 Bhramari
- 6 Ujjai
- 7 Bhastrika
- 8 Kapalbhathi
- 9 SuryaBheda
- 10 Bahyavritti

#### MUDRA :

Gyan Mudra  
Dhyany Mudra  
Bhoomi Mudra  
Agni Mudra  
Vayu Mudra  
Surya Mudra  
Apan Mudra  
Vyan Mudra  
Prithvi Mudra  
Sunya Mudra  
Ling Mudra etc.

#### KRIYA :

1. Neti (Jal neti, dugdhneti, sutraneti, rabarneti)
2. Dhauti
3. Bhasti
4. Tratak
5. Agnisara
6. Gajakarani
7. Nauli
8. Shankhprakhshalan
9. Kapalbhathi

#### Bandh :

1. Jalandhar Bandh
2. Uddiyan Bandh
3. Mool Bandh

#### Meditation :

1. Traditional Meditation Techniques
2. Trataka :Bahiranga and Antaranga
3. Ajapajapa
4. Antarmauna
5. Akashadharanas :Chidakasha, Hridayakasha, Daharakasha.
6. Transcendental Meditation
7. Preksha Dhyana
8. Avarthana Dhyana etc.



# 4) DIPLOMA COURSE OF YOGA

## (Course level -4)

Certificate course of Yoga is also a part time Course of One Year duration.

- 1.) **Eligibility Criteria** :For Admission candidate should have passed senior secondary examination (12th) or equivalent from a recognized board or Passed Foundation Course of yoga
- 2.) **Age limit** :No age limit
- 3.) **Intake Capacity** :50 per Batch

## Theory Part

- a.) Yogic Prayer
- b.) Yoga (Meaning, Introduction, all the eight limbs, Origin of Yoga & its brief development)
- c.) Types of Yoga (AstangYoga,Hatha Yoga , Raja Yoga, Laya Yoga, Bhakti Yoga, Gyan Yoga, Karma Yoga)
- d.) Basics of Integral Approach to Yoga Therapy (Upnishad, Bhagwat Geeta, Sankhya and Yoga)
- e.) Yoga & Psychology&Research
- f.) Orientation to Patanjali Yoga Sutra
- g.) Yoga and Human biology
- h.) Asana (Yogic Postures) and their benefits.
- i.) Pranayam and their benefits.
- j.) Taking note of individual health problems of participants.
- k.) Distractions in the path of Yoga and its immeasurable benefits, if one keeps moving along the journey of Yoga.
- l.) Yoga Ahara (Yogic Diet): satvik, rajshik, tamshik and nutrition.
- m.) **Prana** : Five major ones and their importance.
- n.) Human Body and its healthy functioning, with reference to the Yogic Science.
- o.) **Astangayoga**: yama, niyam, asana, pranayama, pratyahara, dharna, dhyana, samadhi.
- p.) **Mudra** : (meaning, Introduction, Types and benefits)
- q.) **Kriyas** : (meaning, Introduction, Types and benefits)
- r.) Mantras :Psychology of mantras and their benefits in human life.
- s.) **Bandhas** : (meaning, Introduction, Types and benefits.

# 4) DIPLOMA COURSE OF YOGA

## Practical Part

### ASANAS:

1. **Inverted:** BhumiPadmaSthanasana, Vipareetkarni, Sarvangasana, PadmaSarvangasana, Halasana
2. **Backward:** Makrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kandharasana, SetuSasana, Grivasana, Iyeng Chakrasana, Pristhasana.
3. **Forward:** Saithalyasana, Paschimottanasana, ArdhaPadmaPaschimottanasana, Garbhasana, Meruakarshanasana, Koormasana, Ekapadasirasana, EkapadaPadmottanasana.
4. **Spinal twist:** MeruVakrasana, Bhunamanasana, Ardhmatsyendrasana, Markatasana, UtthiapadaprasarVakrasana
5. **Balancing:** EkapadaPranamasana and its variations, EkaPadasana, Natrajasana, Garudasana, Bakasana, Brahmcharyasana, PadmParvatasana, Merudandasana and its variations, Padangusthasana, Bakadhyanasana
6. **Premeditative:** Ananda Maadirasana, Padadirasana
7. **Meditative:** Sukhasana, ArdhPadmasana, Padmasana, Siddhasana, Siddhayoniasana, Swastikasana, Dhyanyveerasana.
8. **Relaxation:** Shavasana, Advasana, Jyestikasana, Matsyakridasana, Balasana, Makrasana, Saithilyasana, Sasankasana, Vrishabhasana.
9. **Other useful Asanas:** Vajrasana, Singhasana, Tadasana, Tanasana, Mandookasana, Utkatasana, Kagasana etc.
10. **Surya Namaskaar**

### PRANAYAM:

- 1 Yogic Breathing (Concept of Kumbhak, Purak, Rechak)
- 2 NaadiShodhan and its stages
- 3 Sheetal
- 4 Sheetakari
- 5 Bhramari
- 6 Ujjai
- 7 Bhastrika
- 8 Kapalbhati
- 9 SuryaBheda
- 10 Bahyavritti

### MUDRA :

- 1 Gyan Mudra
- 2 Dhyan Mudra
- 3 Bhoomi Mudra
- 4 Agni Mudra
- 5 Vayu Mudra
- 6 Surya Mudra
- 7 Apan Mudra
- 8 Vyan Mudra
- 9 Prithvi Mudra
- 10 Sunya Mudra
- 10 Ling Mudra etc.

### KRIYA :

- 1 Neti (Jal neti, dugdhneti, sutraneti, rabarneti ) Dhauti
- 2 Bhasti
- 3 Tratak
- 4 Agnisara
- 5 Gajakarani
- 6 Nauli
- 7 Shankhprakashan
- 8 Kapalbhati

### Bandh :

- 1 Jalandhar Bandh
- 2 Uddiyan Bandh
- 3 Mool Bandh

### Meditation :

- 1 Traditional Meditation Techniques
- 2 Trataka :Bahiranga and Antaranga
- 3 Ajapajapa
- 4 Antarmauna
- 5 Akashadharanas :Chidakasha, Hridayakasha, Daharakasha.
- 6 Transcendental Meditation
- 7 Preksha Dhyana
- 8 Avarthana Dhyana etc.

## 5.) TEACHERS TRAINING COURSE OF YOGA

- 1.) **Eligibility Criteria** :For Admission Candidate should have passed senior secondary examination (12th) or equivalent from a recognized board or Passed Foundation Course of yoga
- 2.) **Age limit** :No age limit
- 3.) **Intake Capacity** : 50 per Batch

### Theory Part

- a.) Yogic Prayer
- b.) Yoga (Meaning, Introduction, Origin of Yoga & its brief development)
- c.) Types of Yoga
- d.) Basics of Integral Approach to Yoga Therapy (Upnishad, Bhagwat Geeta, Sankhya and Yoga)
- e.) Asana (Yogic Postures) and their benefits.
- f.) Pranayam and their benefits.
- g.) Taking note of individual health problems of participants.
- h.) Yoga Ahara (Yogic Diet): satvik, rajshik, tamshik and nutrition.
- i.) Prana : Five major ones and their importance.
- j.) Astanga yoga
- k.) Mudra : (meaning, Introduction, Types and benefits)
- l.) Kriyas : (meaning, Introduction, Types and benefits)
- m.) Bandhas : (meaning, Introduction, Types and benefits).

### Practical Part

#### ASANAS:

1. **Inverted**: Bhumipadmastakasana, Vipareetkarni, Sarvangasana, PadmaSarvangasana, Halasana
2. **Backward**: Makrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kandharasana, Setuasana, Grivasana, lying Chakrasana, Pristhasana.
3. **Forward**: Saithalyasana, Paschimottanasana, ArdhaPadmaPaschimottanasana, Garbhasana, Meruakarshanasana.
4. **Spinal twist**: MeruVakrasana, Bhunamanasana, Ardhmatsyendrasana, Markatasana,
5. **Balancing**: EkapadaPranamasana and its variations, EkaPadasana, Natrajasana, Garudasana, Bakasana, Brahmcharyasana, PadmParvatasana, Merudandasana
6. **Premeditative**: Ananda Maadirasana, Padadirasana
7. **Meditative**: Sukhasana, ArdhPadmasana, Padmasana, Siddhasana, Siddhayoniasana,
8. **Relaxation**: Shavasana, Advasana, Jyestikasana, Matsyakridasana, Balasana,
10. **Surya Namaskaar**



## 5.) TEACHERS TRAINING COURSE OF YOGA

### PRANAYAM:

- 1 Yogic Breathing (Concept of Kumbhak, Purak, Rechak)
- 2 NaadiShodhan and its stages
- 3 Sheetalī
- 4 Sheetakari
- 5 Bhramari
- 6 Ujjai
- 7 Bhastrika
- 8 Kapalbhati
- 9 SuryaBhedhi
- 10 Bahyavritti

### MUDRA :

- 1 Gyan Mudra
- 2 Dhyān Mudra
- 3 Bhoomi Mudra
- 4 Agni Mudra
- 5 Vayu Mudra
- 6 Surya Mudra
- 7 Apan Mudra
- 8 Vyan Mudra
- 9 Prithvi Mudra
- 10 Sunya Mudra
- 11 Ling Mudra etc.

### KRIYA :

- 1.) Neti (Jal neti, dugdhneti, sutraneti, rabarneti )
- 2.) Dhauti
- 3.) Bhasti
- 4.) Tratak
- 5.) Agnisara
- 6.) Gajakarani
- 7.) Nauli
- 8.) Shankhprakshalan
- 9.) Kapalbhati

### Bandh :

- 1.) Jalandhar Bandh
- 2.) Uddiyan Bandh
- 3.) Mool Bandh

# 6- ADVANCE TEACHERS TRAINING COURSE OF YOGA

- 1.) **Eligibility Criteria :**For Admission candidate should have passed senior secondary examination (12th) or equivalent from a recognized board or Passed Foundation Course of yoga
- 2.) **Age limit :**No age limit
- 3.) **Intake Capacity :** 50 per Batch

## Theory Part

- a.) Yogic Prayer
- b.) Yoga (Meaning, Introduction, Origin of Yoga & its brief development)
- c.) Types of Yoga
- d.) Basics of Integral Approach to Yoga Therapy (Upanishad, Bhagwat Geeta, Sankhya and Yoga)
- e.) Asana (Yogic Postures) and their benefits.
- f.) Pranayam and their benefits.
- g.) Taking note of individual health problems of participants.
- h.) Yoga Ahara (Yogic Diet): satvik, rajshik, tamshik and nutrition.
- i.) Prana : Five major ones and their importance.
- j.) Astanga yoga
- k.) Mudra : (meaning, Introduction, Types and benefits)
- l.) Kriyas : (meaning, Introduction, Types and benefits)
- m.) Bandhas : (meaning, Introduction, Types and benefits).

## Practical Part

### ASANAS:

1. **Inverted:** Bhumipadmastakasana, Vipareetkarni, Sarvangasana, PadmaSarvangasana, Halasana
2. **Backward:** Makrasana, Bhujangasana, Shalabhasana, Dhanurasana, Kandharasana, Setuasana, Grivasana, lying Chakrasana, Pristhasana.
3. **Forward:** Saithalyasana, Paschimottanasana, ArdhaPadmaPaschimottanasana, Garbhasana, Meruakarshanasana, Koormasana, Ekapadasirasana, EkapadaPadmottanasana.
4. **Spinal twist:** MeruVakrasana, Bhunamanasana, Ardhmatsyendrasana, Markatasana, UtthiapadaprasarVakrasana
5. **Balancing:** EkapadaPranamasana and its variations, EkaPadasana, Natrajasana, Garudasana, Bakasana, Brahmcharyasana, PadmParvatasana, Merudandasana and its variations, Padangusthasana, Bakadhyanasana
6. **Premeditative:** Ananda Maadirasana, Padadirasana
7. **Meditative:** Sukhasana, ArdhPadmasana, Padmasana, Siddhasana, Siddhayoniasana, Swastikasana, Dhyanyveerasana.
8. **Relaxation:** Shavasana, Advasana, Jyestikasana, Matsyakridasana, Balasana, Makrasana, Saithilyasana, Sasankasana, Vrishabhasana.
9. **Other useful Asanas:** Vajrasana, Singhasana, Tadasana, Tanasana, Mandookasana, Utkatasana, Kagasana etc.
10. **Surya Namaskaar**

# 6- ADVANCE TEACHERS TRAINING COURSE OF YOGA

## PRANAYAM:

1. Yogic Breathing (Concept of Kumbhak, Purak, Rechak)
2. Naadi Shodhan and its stages
3. Sheetal
4. Sheetakari
5. Bhramari
6. Ujjai
7. Bhastrika
8. Kapalbhati
9. SuryaBheda
10. Bahyavritti

## MUDRA :

Gyan Mudra  
Dhyan Mudra  
Bhoomi Mudra  
Agni Mudra  
Vayu Mudra  
Surya Mudra  
Apan Mudra  
Vyan Mudra  
Prithvi Mudra  
Sunya Mudra  
Ling Mudra etc.

## KRIYA :

- 1.) Neti (Jal neti, dugdhneti, sutraneti, rabarneti )
- 2.) Dhauti
- 3.) Bhasti
- 4.) Tratak
- 5.) Agnisara
- 6.) Gajakarani
- 7.) Nauli
- 8.) Shankhprakashan
- 9.) Kapalbhati

## Bandh :

- 1.) Jalandhar Bandh
- 2.) Uddiyan Bandh
- 3.) Mool Bandh



# 7) INTERNSHIP IN YOGA UNIVERSITY OF INDIA

**STUDENTS WHO SUCCESSFULLY COMPLETE THE COURSE  
WILL BE ADMITTED TO INTERNSHIP COURSE FOR SIX MONTHS FOR**

☞ **YOGA COURSE**

☞ **NATUROPATHY COURSE .**

☞ **STUDENTS WILL BE GIVEN PRACTICAL TRAINING**

☞ **HOW TO RUN THE YOGA CENTERS -INDEPENDENTLY**

☞ **HOW TO CONDUCT YOGA CLASSES IN CORPORATE HOUSES.**

☞ **HOW TO RUN THE CLINIC OF NATUROPATHY INDEPENDENTLY.**

☞ **HOW TO GIVE TREATMENT TO PATIENTS- NATURE CURE & HERBAL TREATMENT.**

**AFTER FINISHING THE INTERNSHIP, STUDENTS WILL BE GIVEN 100% FREE  
PLACEMENT GUIDANCE IN INDIA AND ABROAD AS PER CAPACITY OF THE STUDENT.**

## Antiaging

How to maintain mental, Physical and Social Health. There are many factors which effects your mental, Physicals and Social heath in severe way. Those candidate who have passed Yoga courses from "Yoga University of India" or nay other recognized Institutions are illegible to join this "Special Course of Antiaging.

Basic Course	: Three Months
Certificate course	: Six. Months
Diploma Course	: One Year