



# BROCHURE

# 1 YEAR DIPLOMA IN YOGA



9883061986



[www.yogaandhappiness.in](http://www.yogaandhappiness.in)





# BROCHURE FOR 1 YEAR DIPLOMA IN YOGA



## About Us:

Yoga & Happiness is a visionary endeavor dedicated to fostering a deep and accurate understanding of yoga. Contrary to the prevailing misconception that yoga is solely about physical postures (asanas) and bodily flexibility, we are committed to unveiling its true essence. Yoga transcends the confines of mere physical exercise; it's a profound journey of self-discovery that extends into the realms of our very souls.

In essence, yoga is not about how close we can get to touching our toes; it's about how close we can get to touching our inner selves. It is a practice that transcends the confines of the yoga mat, permeating every aspect of our lives. It has the transformative power to bring about positive changes, reshaping our thoughts, our relationship with our bodies, and our perspectives on the world around us.

At Yoga & Happiness, our goal is to empower individuals with a comprehensive knowledge of yoga, encompassing its rich philosophy, holistic lifestyle, and the scientific basis of its health benefits. We are champions of a holistic approach to well-being that addresses the physical, mental, and spiritual dimensions of our lives.

Importantly, there are no age limitations to embarking on this path of health and self discovery. Whether you're a beginner or an experienced practitioner, yoga is an inclusive journey open to all.

Furthermore, if you aspire to pursue a career that not only sustains you financially but also allows you to make a meaningful impact on the lives of others, then yoga holds immense promise. Through yoga, you can create income with a purpose, contributing to the well-being of individuals and society as a whole.

Join us in taking a pledge to build a more holistic society, one that values and prioritizes the health and happiness of all its members. Together, we can embark on a transformative journey toward a brighter, more harmonious future where yoga stands as a beacon of holistic living and personal growth.



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## Name of the Certification:

1 Year Diploma in Yoga

## Requirement/ Eligibility

10+2 / or equivalent to that

## Brief Role Description:

Master Trainers in Yoga instruct, evaluate, and assess professionals, teaching in various settings such as studios, colleges, and universities.

## Minimum age:

16

## Personal Attributes:

This role demands strong communication, time management, and adeptness in interpreting trainees' body language. Essential traits include self-discipline, confidence, maturity, patience, empathy, active listening, language proficiency, student engagement, teaching dedication, fostering caring student relationships, friendliness, independence, credibility, and analytical prowess.

## Who Can Do the Course:

Yoga Enthusiast; Want to grow ones career in the field of Yoga;

- Credit points for certificate:  $24+46 = 70$
- Duration of course:: 1 year
- 1st exam after 6 months; 2nd exam after 1 year)
- Marks Distribution: Total = 400
- Theory -  $100+100 = 200$  Practical -  $100+100 = 200$



## Certificate:

Yoga Wellness  
Instructor

Yoga Teacher &  
Evaluator

Advance Certificate  
Course in Yoga

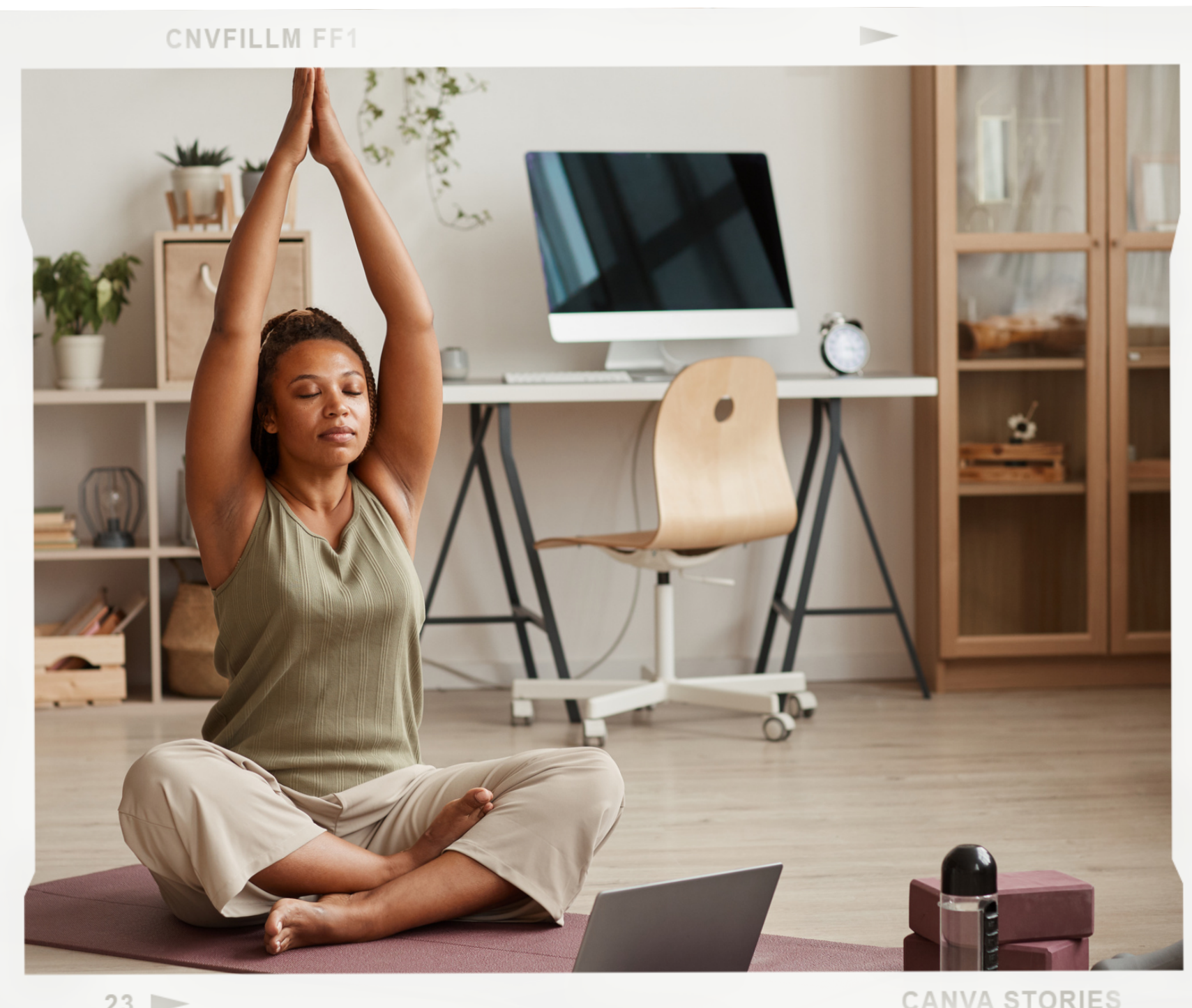
1 year Diploma  
in Yoga



# SERVICES THAT WE OFFER



## YOGA TEACHERS TRAINING & EDUCATIONAL TRAINING



## AT-HOME YOGA PRACTICE



## STUDIO BASED YOGA PRACTICE



## YOGA RETREAT



# COURSE BRIEF:

The One-Year Diploma Course offered by Yoga & Happiness is a comprehensive and prestigious program designed to elevate your expertise and opportunities in the field of yoga. This course amalgamates multiple certifications and a diploma, providing a robust foundation for a successful career in yoga. Here's what this course entails:



## **Level-2 Yoga Wellness Instructor Certification by YCB, Ministry of AYUSH**

This certification focuses on enhancing your skills as a wellness instructor, delving into yoga practices that contribute to holistic well-being.



## **Level-3 Yoga Teacher & Evaluator Certification by YCB, Ministry of AYUSH**

Building upon the previous level, this certification equips you with the expertise needed to teach yoga effectively while evaluating others' practices.



## **Advance Certificate Course in Yoga by Indian Yoga Association (IYA)**

This course extends your knowledge base with advanced teachings and practices endorsed by the Indian Yoga Association.



## **Yoga Professional ID Card by Indian Yoga Association (IYA):**

Upon completion, you receive an ID card from the Indian Yoga Association, validating your credentials as a certified yoga professional.



## **One Year Diploma in Yoga**

The culmination of these certifications and courses results in a prestigious one-year diploma, signifying your dedication, knowledge, and expertise in the field of yoga.

By enrolling in this course, you'll not only expand your understanding of yoga but also open doors to enhanced job opportunities within the yoga industry. The flexibility of an online format allows you to complete the course comfortably from your preferred location, enabling a seamless balance between learning and personal commitments.

This comprehensive program is tailored to provide you with a holistic and multifaceted education in yoga, empowering you to make a significant impact as a certified and proficient yoga professional. Join the course and embark on a transformative journey that propels your career and deepens your passion for yoga.



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# BENEFITS OF THE COURSE:



## Elevate Your Journey:

Unveiling the Advantages of 'Yoga & Happiness' Online Certification Course

## Global Recognition

Accredited by the Yoga Certification Board (YCB), Ministry of AYUSH, Govt of India, and the Indian Yoga Association (IYA), our course ensures credibility and acknowledgment worldwide. Candidates from any corner of the globe can join, fostering a diverse learning environment.

## Proven Track Record

With a legacy of training over 3000 candidates, our course has consistently empowered individuals to thrive as Yoga Professionals. Many of our graduates have embarked on successful careers in the realm of yoga, contributing to its global spread.

## Success Storie

The majority of our students have emerged as successful Yoga Professionals, testament to the efficacy of our program. We take pride in nurturing talents and supporting them on their journey to success



## Comprehensive Curriculum

Our course doesn't just focus on the physical aspects of yoga; it delves into its philosophy, psychology, and scientific underpinnings. Participants explore the profound link between yoga and happiness, learning practices that cultivate mindfulness, emotional resilience, and balance.

## Professional Certifications

Graduates receive certifications from esteemed bodies like YCB and IYA, validating their expertise as certified yoga practitioners. This recognition opens doors to diverse opportunities in the field, locally and internationally.

## Global Accessibility

Embracing a digital format, candidates worldwide can access our course, transcending geographical limitations. This flexibility allows for an enriched learning experience that accommodates various schedules and time zones.

## Job Assistance

To further bolster our commitment to our graduates, we offer 100% job assistance to passed candidates. Beyond certification, we strive to facilitate their entry into the professional realm of yoga, ensuring a seamless transition.

Enroll in the 'Yoga & Happiness' Online Certification Course and join a transformative journey that extends beyond borders. Acquire knowledge, earn prestigious certifications, and pave the way for a fulfilling career as a certified yoga practitioner.



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# YOGA THEORY



## Foundation of yoga

- Yoga in Principle Upanishads.
- Yoga tradition in Jainism
- Yoga Tradition in Buddhism
- Salient features and branches of Bharatiya Darshana (Astika and Nastika Darshana)
- Brief survey of Yoga in Modern and Contemporary Times
- Brief Introduction to Schools of Yoga; Jnana, Bhakti, Karma, Raja & Hatha
- Introduction to Bandha & Mudra and their health benefits.
- Introduction to Yogic relaxation techniques with special reference to Yoga Nidra.

## Introduction to Yoga Texts

- o Introduction to Prasthanatrayee, Purushartha Chatushtaya and goal of human life.
- Significance of Bhagavad Gita as a synthesis of Yoga.
- Concept of Chitta, Chitta Bhumi, Chitta Vritti, Chitta Vikshepa, Chittaprasadanam, Klesha and Vivek-Khyati and their relationship with wellness.
- Concept of Kriya Yoga of Patanjali and its importance for healthy living.
- Bahiranga & Antaranga Yoga
- Sadhaka Tattva and Badhaka Tattva principles to be followed by Hatha Yoga practitioner.
- Concept of Shwasa-Prashwasa, Vayu, Prana, Upa-Prana, Shat Chakra etc.
- Knowledge of Hatha Yoga practices for wellness (Shatkarma, Asanas, Pranayama, Mudra, o Nadaanusandhana).



## Introduction to Human Body – Anatomy and Physiology

- Introduction to Human body.
- Basic structure and functions of Musculoskeletal system, Respiratory system, Cardio vascular system, Nervous system, Digestive system and Endocrine system.
- Homeostasis: its mechanism to maintain internal environment of the body.
- Introduction to sensory organs
- Impact of Yogic practices on different systems of the human body: Benefits of Shatkarma, Yogasana, Pranayama and Bandha on Respiratory, Circulatory, Musculoskeletal system.

## Introduction to Psychology

- Introduction to psychology, concept of human psyche, stages of consciousness, cognitive process: Its meaning and nature.
- Definition and nature of Behavior, kinds of Behavior Motivation.
- Emotions : definition, nature and physiological changes during Emotion.
- Mental Health : Yogic view of Mental Health and Mental Illness.
- Role of Yoga in Mental Health. Importance of psychosocial environment for health and wellness.





# YOGA THEORY



## Yoga For Health And Wellness

- Yogic concept of health, wellness and illness.
- Importance of psycho-social environment for health and wellness.
- Role of Yoga in various dimensions ( physical, mental, social and spiritual) of health.
- Importance of following Dinacharya and Ritucharya for well being.
- Role of Ahara, Nidra and Brahmacharya in wellness.

## Yoga For Disease Prevention And Health Promotion

- Brief of Health and Disease, Concept of Adhi and Vyadhi.
- Yoga as a preventive Health care- Heyam dukham anagatam.
- Potential causes of ill –health: Tapatrayas and Kleshas, Mental and Emotional ill Health:Anatrayas.
- Shuddhi Prakriyas in Yoga and their role in preventive and curative Health. o Knowledge of Trigunas, Pancha-Kosha, Pancha-Prana and Shatkchakra and their role in Health and Disease.
- Yogic concept of Holistic Health and its importance in the management of Diseases



## Yoga And Education

- Education: Its meaning, definition and goal, role and importance of education in Human Excellence.
- Yoga in Education: Salient features of Yoga Education, Factors of Yoga Education: Teacher, Student and Teaching, Guru- Shishya- Parampara and its importance in Yoga Education.
- Value Education: Its Meaning and Definition, Types of values, value – oriented Education in Personality Development.
- Contribution of Yoga towards Development of Values, Spiritual Growth.
- Salient features of Ideal Yoga Teacher, Role of Yoga Teacher in Value-oriented Education, o Role of Yoga in development of healthy society.



## Yoga For Personality Development

- Personality: Meaning and types of personality.
- Determinants of Personality with reference to psycho-social environment.
- Knowledge of various facets and stages of development of personality.
- Personality Development; Role of spirituality and positive attitude in personality development.
- Role of Yogic practices (Asana, Pranayama, Shatkarma, Bandha, Mudra etc.) in the Personality Development.





# YOGA THEORY



## Yogic management of stress and its Consequence

- Definition, nature and types of stress.
- Symptoms and consequences of stress on human mind.
- Yogic perspective of stress. Yogic principles for the management of stress and its consequences
- Concepts and techniques of Stress management in Ashtanga Yoga of Patanjala Yogasutra and Bhagawad Gita.
- Specific practices for stress management: Yogasana, Breath Awareness, Shavasana, Yoganidra, Pranayama and Meditation..

## Yoga for prevention and management of Life Style Disorders

- Concept of Yogic life style and its relevance.
- General knowledge about life style related disorders : Acidity , Constipation, Irritable bowel syndrome(IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis etc.
- Role of Yoga in prevention and management of common disorder: Acidity, Constipation, Irritable bowel syndrome (IBS), Bronchial Asthma , Sinusitis, Hypertension, Neck pain, Low Backache, Osteo-arthritis.
- Role of Yoga in prevention and management



## YOGA PRACTICAL:

### PRAYER

#### ➤ YOGIC SHAT KARMA

- Dhauti: VamanDhauti; DandaDhauti; VastraDhauti; Agnisaar
- Neti: Jal Neti; Sutra Neti
- Tratak,
- Kapalbhati, Nauli
- Theoretical Knowledge as regards Basti





# YOGA PRACTICAL:

## ➤ SUKSHMAVYAYAMA / PREPARATORY PRACTICES / SANDHI CHALANAKRIYA STHULA VYAYAMA

### Neck Movement

- Griva Shakti Vikasaka ( I,II,III,IV)

### Shoulder Movement

- Bhuja Valli Shakti Vikasaka
- Purna Bhuja Shakti Vikasaka

### Trunk Movement

- Kati Shakti Vikasaka (I, II, III, IV, V )

### Knee & Thigh Movement

- Jangha Shakti Vikasaka (II-A&B )
- Janu Shakti Vikasaka

### Ankle movement

- Pada-mula shakti Vikasaka – A&B
- Gulpha-pada-pristha-pada-tala shakti Vikasaka

## ➤ YOGIC STHULA VYAYAMA ( MACROCIRCULATION PRACTICES)

Sarvanga Pushti  
Hrid Gati (Engine run)

## ➤ PREPARATORY BREATHING PRACTICES

Sectional Breathing  
Yogic Breathing

## ➤ YOGIC SURYA NAMASKARA WITH MANTRA YOGASANA

### Five Meditative Asanas

- Siddhasana ▪ Padmasana
- Svastikasana ▪ Vajrasana
- Veerasana

### Seven Standing Asanas

- Tadasana ▪ Ekpadasana
- Vrikshasana ▪ Utkatasana
- Trikonasana ▪ Padahasthasana
- Garudasana

### Five Kneeling Asanas

- Ushtrasana ▪ Marjarasana
- Vyahgrasana ▪ Shashankhasana
- Suptavajrasana

### Eight Sitting Asanas

- Bhadrasana ▪ Simhasana ▪
- Gaumukhasana ▪ Vakrasana ▪
- Parvatasana ▪ Paschimottanasana
- Matsyendrasana
- Ardhamatsyendrasana

### Five Prone Asanas

- Bhujangasana ▪ Shalabhasana
- Dhanurasana ▪ Naukasana
- Makarasana

### Seven Supine Asanas

- Pavanmuktasana ▪ Halasana
- Setubandhasana ▪ Matsyasana
- Uthitapadahasthasana
- Chakrasana ▪ Shavasana

### Two Inverted Asanas

- Sarvangasana ▪ Shirsasana



# YOGA PRACTICAL:

## ➤ PRANAYAMA

- Nadishodhana
- Kumbhaka with Bandhas
- Suryabhedana
- Ujjayi
- Shitkari
- Shitali
- Bhramari
- Bhastrika
- Sagarbha & Agarbha
- Nadishodhana Pranayama

## ➤ CONCEPT AND DEMONSTRATION OF BANDHA AND MUDRA

- Mulabandha
- Uddiyana
- Bandha
- Jalandhar
- Bandha
- Jivha Bandha
- Maha bandha

## ➤ PRACTICES LEADING TO DHYANA SADHANA

## ➤ METHODS OF TEACHING & EVALUATION

**To enroll our course, visit our website  
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