

**Note:** Indian Yoga Association (IYA) is the idea of (late) BKS Iyengar to bring in authentic Yoga traditions under one roof. IYA is operating under the guidance of Swami Ramdev and Dr HR Nagendra with the support of advisors like Sri Sri Ravishankar, Jaggi Sri Vasudev, Swami Paramanand, Dr Pranav Pandya, Hansaji, Dr Basavaraddi and Sri OP Tiwari.

Prescribed syllabus for  
**Certificate Course in Yoga**

### Section 1 Philosophy

#### Indian Philosophy

1. Astika & Nastika Darshanas (Classification and Names of Founders)
2. Common Characteristics of Indian Philosophy

#### Samkhya Darshana

3. Dualism: Purusa & Prakrti Avidya
4. Names of 25 Tattvas and Tri Gunas

#### Yoga Darshana (Patanjali Yoga Sutras)

5. Names of 4 Padas
6. The Ashtangas (Bahiranga & Antaranga)
7. Names of Antarayas
8. Names of Vrittis & Klesas
9. Cittaprasadana technique
10. Names of Samadhi states
11. General understanding of Siddhi / Vibhuti

#### Etymological Meanings & Definitions of 'Yoga'

#### Meanings of 'Yoga'

12. Yujir-yoge
13. Yuj-samyoga
14. Yuj-samyamne Yuj-samadhi

#### Definitions of 'Yoga'

15. PYS Def Ch I – S: 2

#### Bhagavad Gita – 2

16. Samatvam Yoga Uchyate;
17. Yogaha Karmasu Kaushalam

#### Salient features of Indian Culture

Only Names & brief understanding

18. Sanatana Dharma
19. Vaidic Dharma
20. Anekantavada
21. Ashrama Dharma
22. Purusharthas
23. Guru-Shishya Parampara
24. Karma & Law of Karma
25. Dharma

### Section 2 Basic Texts of Yoga

#### Patanjali Yoga Sutras

26. Over-view of 1st and 2nd Padas

#### Sutras by heart

27. Definition (Ch:I S-2);
28. Ashtanga Yoga (Ch:II S- 29);
29. Asana (Ch:II S-46);
30. Pranayama (Ch:II S-49)

#### Hatha Pradipika& Gheranda Samhita

31. Brief Understanding of Hatha Yoga

#### Hatha Pradipika

32. Names of 4 angas
33. Names of 15 Asanas
34. Names of Shat Kriyas Names of 8
35. Kumbhakas
36. Names of 10 Mudras
37. Badhak Tattva / Sadhak Tattva

#### Gheranda Samhita

38. Names of Saptangas

#### Bhagavad Gita

39. Name of Author 40. No. of Chapters
41. General Understanding of Karma, Bhakti & Jnana Yoga

### **Upanishads**

- 42. Meaning of 'Upanishad'
- 43. Names of 10 Main Upanishads

### **Vedas**

- 44. Meaning of 'Veda'
- 45. Names of Vedas

### **Puranas**

- 46. Name of Author
- 47. Basic understanding of Puranas

### **Section 3A Anatomy & Physiology: Medical Science & Yoga**

- A. Anatomy & Physiology as per Medical Science
  - 48. Names of 9 Main Systems and Organs in each system
  - 49. Main Functions of Organs
- B. Yogic Anatomy & Physiology as per Yoga
  - 50. Prana and names of 10 Pranas
  - 51. Nadi & names of Nadis
  - 52. Ashta Chakras & Names of Granthis
  - 53. Kundalini

### **Section 3B Human Psychology as per Yoga**

#### **Personality theories**

- 54. Names & Main characteristics of Tri-Gunas
- 55. Names of 5 Citta Bhumis
- 56. Personality as per Samkhya Darsana: Prakrti (Sthula, Sukshma & Karana Shariras) + Purusa;
- 57. Panchamaya (Panchakosha) theory as already considered in earlier section.

#### **Concept of Mind**

- 58. Names of elements of Antahkarana in Samkhya: Buddhi, Ahamkar & Manas.
- 59. Concept of Citta in PYS
- Life Style Considerations
  - 60. Diet: Mitahar as per HP;
  - 61. Bhagavad Gita: Diet, rest, relaxation, exertion, etc
  - 62. Elaboration of Yogic Life style
- Introduction to Ayurveda
  - 63. Meaning of 'Ayurveda'
  - 64. Dosha
  - 65. Concept of Health (Swasthya)

### **Section 4 Teaching of Yoga**

- 66. Teaching Methods (Instruction; Observation; Demonstration; Correction)
- 67. Teaching Aids
- 68. Communication Skills
- 69. Verbal & Non-verbal
- 70. Ideal Qualities of Teacher
- 71. Conducive Environment
- 72. Safety measures
- 73. Guideline as regards framework of Professional Practice

**The 73 Topics, Institutions should cover at least 51 topics (The score should be greater than 51 for the Theory topics of CCY) This would mean upto 22 topics may be institution-specific syllabus**