

# Diploma in Yoga with Wellness Applications

Time Duration - 1 Year

A yoga instructor course is a transformative journey that deepens your practice and prepares you to share the benefits of yoga with others. With a blend of theory and practical application, graduates leave equipped not just with the knowledge to teach but with a deeper understanding of the holistic nature of yoga.

## *Asana Practice*

In-depth study of various yoga postures (asanas) Alignment techniques and modifications for different body types.

## *Anatomy and Physiology*

Understanding the human body and how it relates to yoga practice. Common injuries and how to prevent them.



## *Philosophy and History*

Study of yoga's roots, including texts like the Yoga Sutras and exploration of different styles.

## *Pranayama*

Techniques for breath control practices. Understanding the benefits of these practices for overall well-being.

## *Ethics and Professionalism*

Discussion of ethical considerations in teaching. Guidance on establishing a professional yoga career.



Module	Objectives for delegates
<b>Module 1:</b> Overview of Yoga: History, Philosophy, and Principles	<p><b>Historical Context:</b> Understand the rich history and evolution of yoga, appreciating its route and cultural significance.</p> <p><b>Philosophical foundations:</b> learn the key philosophical concepts and principles that-underpin yoga practice, fostering a deep understanding of its holistic approach.</p> <p><b>Core Principles:</b> Grasp the essential principles guiding yoga practises, ensuring the alignment with traditional teaching.</p> <p><b>Ethical Practice:</b> Emphasis the ethical considerations and professional conduct required for yoga teachers, promoting integrity and responsibility in their practice.</p>
<b>Module 2:</b> Developing the Yoga Lifestyle: The Eight Limbs of Yoga	<p><b>Holistic Understanding:</b> Gain comprehensive knowledge of the eight limbs of yoga, integrating these into both personal practice and teaching methodology.</p> <p><b>Lifestyle Integration:</b> Learn how to incorporate the principles of the eight limbs into daily life, promoting a balanced and mindful lifestyle.</p> <p><b>Spiritual Growth:</b> Explore the spiritual dimension of yoga, enhancing personal growth and self awareness.</p> <p><b>Practical Application:</b> Develop practical strategies for teaching and guiding others in adopting the eight limbs of yoga, fostering holistic wellness.</p>
<b>Module 3:</b> The Science of Yoga	<p><b>Scientific Basis:</b> Understand the scientific principles and research supporting the benefit of yoga, bridging traditional wisdom with modern science.</p> <p><b>Physiological Effects:</b> Learn about the physiological effects of yoga on the body, including improvement in flexibility, strength, and overall health.</p> <p><b>Mental Health Benefits:</b> Explore the mental health benefits of yoga, including stress reduction, improved focus, and emotional balance.</p> <p><b>Evidence-Based Practice:</b> Emphasise evidence based approaches in yoga practice, enhancing credibility and effectiveness in teaching.</p>
<b>Module 4:</b> Guided Integrated Practice	<p><b>Practical Skills:</b> Develop and refine practical skills in guiding integrated yoga sessions, including asana, pranayama, meditation, and relaxation techniques.</p> <p><b>Class Management:</b> Learn effective class management techniques, ensuring a safe and inclusive environment for all participants.</p> <p><b>Personalisation:</b> Understand how to personalise yoga practices to meet the diverse needs of students enhancing individual outcome.</p> <p><b>Holistic Teaching:</b> Foster a holistic approach to teaching yoga, integrating physical, mental, and spiritual aspects to support overall well-being</p>
<b>Module 5:</b> Yoga for Wellness	<p><b>Understand the Relationship:</b> Grasp how yoga contributes to holistic wellness by integrating physical, mental and spiritual health</p> <p><b>Explore Yogic Health Concepts:</b> Learn the traditional Yogic perspective on health, emphasising balance and vitality</p> <p><b>Principles of Healthy Living:</b> Familiarise with foundational principles for a healthy lifestyle, including dietary choices and daily routines</p> <p><b>Therapeutic applications:</b> Discover how specific yoga practices can address health conditions like stress and chronic pain</p> <p><b>Promote self-care:</b> Encourage the adoption of self-care practises through regular engagement with yoga techniques for enhanced well-being.</p>

### COURSE FEE:

Indian Candidates:

Tuition Fee: Total fee for five Modules will be Rs. 20,000

Examination Fee Excluded

Payment Mode: Demand Draft / at par Cheque (payment should be made out to Shree Bidada Sarvodaya Trust) or online payment.