



Yoga Therapy “TTC” - (500, 800 & 1000 hours)

“YOGA MINISTRY OF CANADA”

VENUE: UNIT-204, 2464 CLEARBROOK RD. ABBOTSFORD, CANADA.

Partner Organization of:

“Canadian Yoga Association”

World Real Yoga Alliance” – Europe

Eligibility

Education – Graduation from any stream with a minimum certificate course in Yoga from preferably an IYA certified Institution

Age – No limit

Medical Fitness: Candidates should be medically fit and sound as certified by competent authority

Section – 1 Goals of Course

1. Recognise the common health problems consulting a physician.
2. Become aware of the research advances and developments in the field of Yoga
3. Acquire a spirit of scientific inquiry and oriented to the principles of research methodology.
4. Become proficient by developing scientific temper and experience
5. Plan and design a module of yoga for a particular problem
6. Demonstrate empathy and humane approach towards patients and their families and exhibit interpersonal behaviour in accordance with the scientific norms and expectations.
7. Improve skills as a self-directed learner; recognise continuing educational needs, select and use appropriate learning resources.
8. Demonstrate competence in basic concepts of research methodology and be able to critically analyse relevant published research literature.
9. Work towards realization of health for all, as a national goal through Yoga.
10. To understand the medical ethics and never prescribe a module without consulting a doctor.
11. To become well versed in research and improve the skills of carrying research with medical researchers in the field of yoga
12. To demonstrate the usefulness of yoga through contiguous effort and encourage a patient to practice yogic techniques without fail.
13. To convince a patient to understand the root cause of his / her problem as yoga believes in the concept ‘identification of a disease is 50% cure’.

INSTITUTIONAL GOALS: After the completion of course program in yoga therapy, the students must:

1. Be able to design a Yoga Module based on the severity of the condition with consultation with medical doctors.
2. Be proficient in the Yoga Therapy Techniques he/ she prescribes for health issues.
3. Develop a humane attitude towards the patients and never give burden to a patient in terms of financial affordability.
4. Enjoy an urge for self-improvement, directed towards advanced expertise or research in the field of yoga
5. Be able to give spiritual counselling and explain the manifestation of a disease in the context of yogic scriptures and spiritual lures.
6. Explore and understand the cause of his / her problem for which the patient has been suffering
7. Be able to work successfully in a variety of health care settings
8. Develop integrity, responsibility, reliability, dependability and compassion which are characteristics required for successful professional life.
9. Develop leadership and communication skills to work as leading therapist in health care teams.

OBJECTIVES OF THE PROGRAM: The post-graduation program in Yoga Therapy has been designed with the following objectives

1. To train students in Yoga Therapy so as to enable the students to become well versed in Yoga Therapy.
2. To integrate Yoga Therapy with other systems of medicine to speed up the process of recovery
3. To explore the possibilities of promoting Yoga Therapy integrating medical practice at conventional medical facilities attached to the institute.
4. To produce Yoga Therapists with in-depth understanding of basic sciences and mechanism of action of every technique prescribed for a disease.
5. To bring all round personality development of the students at all levels of their personality.
6. To produce the therapists of high calibre who could work efficiently as a yoga therapist in the hospitals, spa, wellness centre, start their yoga centre and join the yoga department of the universities as an assistant professor.



Proposal for Education.

Languages: English. Punjabi, Hindi.

SYLLABUS

Theory subjects

1. Yoga Philosophy
2. Research Methodology
3. Anatomy & Physiology
4. Yoga for prevention and promotion of health
5. Yoga practice for Emotion Culturing
6. Yoga Practice for Personality development
7. Yoga Practice for prevention and promotion of health
8. Yogic Counselling

Practical subjects

1. Yoga Therapy Techniques
2. Advanced Yoga Techniques

Class Management and Methodology for

1. Hatha Yoga Detox 2. Yoga Therapy 3. Asana Meditation 4. Sivananda Yoga 5. Ashtanga Yoga

6. Power Yoga 7. Yoga for Backache 8. Asana Meditation 9. Yoga Vinyasa 10. Yoga Massage

COURSE CONTENT: no. 1

Yoga-Theory:

1. Introduction to Subject Yoga

Introduction of yoga, Types of Yoga, Definition of Yoga, Precautions for the practitioner, importance of place, seat, time sequence, Combination with other exercise, Bath, Food, Limitation for female etc.

2.Traditional Yoga (Ashtanga Yoga)

1.Yama,

2. Niyama,

3.Asana:

Meditative Poses

1. Padmasana
2. Ardha Padmasana
3. Siddhasana
4. Swastikasana
5. Sukhasana
6. Vajrasana



Relaxative Asanas

7. Savasana
8. Makar Asana
9. Bal Asana or Shashankasana

Cultural yoga Asanas (1-30 asanas for 500hours) & (1-84 asanas for 800 or 1000 hours)

10. Surya Namaskar Standing Postures
11. Anjaneyasana
12. Bidalasana
13. Bhujangasana
14. Chakrasana
15. Viparita Dandasana
16. Kapotasana
17. Rajkapotasana
18. Urdhva Mukha Svanasana
19. Ustrasana
20. Astavakrasana
21. Bakasana
22. Bhujapidasana
23. Dvi Pada Sirsasana
24. Koundinyasana
25. Garbha Pindasana
26. Kukuttasana
27. Lolasana
28. Mayurasana
29. Tittibhasana
30. Tulasana
31. Vasisthasana
32. Adho Mukha Vrksasana
33. Halasana
34. Karnapidasana
35. Sarvangasana
36. Setu Bandha Sarvangasana
37. Sirsasana
38. Viparita Karani
39. Vrschikasana
40. Tadasana
41. Vrikshasana
42. Hanuman asana
43. Garud asana
44. Vatayanasana
45. Natarajasana
46. Bharadvajasana
47. Prasarita Padottanasana
48. Trikonasana
49. Supta Vajrasana
50. Manduka asana
51. Janusirasana
52. Paschimottanasana
53. Kurmasana
54. Gomukhasana
55. Bhairavasana
56. Brahmcharyasana
57. Akarn Dhanurasana
58. Baddha Kona Asana
59. Yogamudrasana
60. Parvatasana
61. Kukutasana
62. Ardha Matsyendrasana



63. Matsyendrasana
64. Marichyasana
65. Dhanurasana
66. Shalabhasana
67. Matsyasana
68. Yoganidrasana
69. Navasana
70. Pawanuktasana
71. Baddha Padmasana
72. Gorakshasana
73. Virabhadrasana
74. Utkatasana
75. Utthita Padangusthasana
76. Utthita Paravakonasana
77. Malasana
78. Parighasana
79. Parsvottanasana
80. Prasarita Padottanasana
81. Trikonasana
82. Uttanpadasana
83. Krounchasana
84. Durvasana

4. Pranayama and Types of Pranayama:

1. Surya Bhedan Pranayama,
2. Chandra Bhedan Pranayama,
3. Anuloma Viloma Pranayama,
4. Bhastrika Pranayama,
5. Sitali Pranayama,
6. Seetkari Pranayama,
7. Bhramari Pranayama,
8. Ujjayi Pranayama.

5. Pratyahara.

6. Dharana.

7. Dhayana.

8. Samadhi.

Meditation

1. Vipassana Meditation
2. Mantra Meditation
3. Prana meditation



4. Journey Meditation

5. Yoga Nidra

6. Pancha Parana (Five vital life force)

3. Sat-karma, Shat Kriya (Cleaning process)

1. Neti (Nasal cavity cleansing)

2. Dhouti (intestine cleansing)

3. Tratak (Eyes purification)

4. Kapalbhata (Mind Cleansing breath)

5. Basti (Yogic enema)

6. Nauli (Abdominal muscle and Viscera)

4. Bandha (Locks)

1. Moola Bandha,

2. Uddiyana Bandha,

3. Jalandhar Bandha,

4. Maha Bandha

COURSE CONTENT: no. 2

1.A deep study of each human problem by Yogic Therapy

1. Acidity,

2. Allergy,

3. Anemia,

4. Anxiety,

5. Arthritis,

6. Asthma,

7. Backache,

8. Cervical Spondylitis,

9. Common cold,

10. Constipation,

11. Diabetes,

12. Depression,

13. Dyspepsia,

14. Eye problems,

15. Gastritis,

16. Headache,



17. Heart disease,
18. Hernia,
19. Hypertension,
20. Hypotension,
21. Indigestion,
22. Insomnia,
23. Jaundice,
24. Kidney Trouble,
25. Liver Disorders,
26. Memory loss,
27. Menstrual disorder,
28. Migraine,
29. Obesity,
30. Peptic ulcer,
31. Premenstrual Tension,
32. Prostrate-Disorders,
33. Sexual dysfunction,
34. Sciatica Pain,
35. Sinusitis,
36. Skin Diseases,
37. Slipped disc,
38. Sterility,
39. Stress Relief,
40. Thyroid Problem,
41. Tuberculosis,
42. Prenatal Yoga

Scheme of examination

The examinations should be held as per the date examination notified by the Yoga Ministry of Canada. There should be two examiners for all practical subjects. Candidates must pass the course with minimum 50% pass marks in practical and theory.

Course In-charge.

Dr. Aman Sood
(Ph.D. in Yoga)

Guinness World Record Holder.

