



**PODAR EDUCATIONAL  
INSTITUTIONS**  
**G. B. PODAR COLLEGE**  
**ADVANCED CERTIFICATE COURSE IN YOGA**



## Advance Certificate Course in Yoga

As we progress in our Yogic journey, a desire arises to learn advance yogic practices and techniques. This advanced teacher's training course (Advanced Yoga TTC) will help you establish your Sadhana (practice) and make you a better learner to impart the same to many more. Find out more about this advanced-level teacher's course in yoga.

### **Aim of Certification**

The aim is to produce Yoga professionals such that an IYA certified professional will have minimum / basic common standards of Yoga knowledge and expertise irrespective of which institute he or she is certified from. These standards will become the hallmark of Yoga all over the world.

### **How will it benefit the member?**

It is advantageous for individuals to get certified under this scheme of IYA because IYA will maintain a portal on its website detailing the list and individual details of certified Yoga professionals under this scheme. This will provide more job and service opportunities.

### **What is the Role of Indian Yoga Association?**

IYA will provide the Syllabi for the Various Courses and Accredited Member Institutes for conducting the courses. Certificates once issued by the Member Institutes to candidates on successfully completing the Courses will be permanent. IYA reserves the right to and will conduct audit checks on the Courses to be conducted by the Member Institutes.

**Eligibility** – 12th Std. or Certificate Course in Yoga

**Duration** – 500 Hours

**Practical:** Theory = 50: 50 I.E. 250 Hours: 250 Hours

**Minimum Contact Hours** = 80% I.E. 400 Hours

**Practical** – Total Contact Hours = 200 Hours

**Theory** – Total Contact Hours = 200 Hours

**(Please note that the certification fees is different from course fees;  
course fees is as per norms of the hosting institution)**

**Of the 106 Topics, Institutions should cover at least 74 topics (The score should be greater than 74 for the Theory topics of ACCY), this would mean up to 32 topics may be institution-specific syllabus**

## SYLLABUS THEORY TOPICS



### Section 1 Philosophy

#### Indian Philosophy

1. Astika & Nastika Darsanas
2. Common Characteristics of IP (a slightly deeper understanding)

#### Samkhya Darshana

3. Dukha Traya
4. Purusa & Prakrti
5. Avidya
6. Tri-Guna Theory
7. Names and Characteristics of 25 Tattvas
8. Kaivalya

#### Yoga Darshana (Patanjali Yoga Sutras)

9. Background of Patanjali
10. Names of 4 Padas
11. The Ashtangas
12. Sabija / Nirbija / Dharmamegha Samadhi
13. Antarayas and method to remove them
14. Vikshepa Sahabhavas and method to remove them
15. Vrittis & methods to eliminate them
16. Klesas & methods to eliminate them
17. Cittaprasadana & Manasthithi Nibandhini techniques
18. Definition & description of Ishvara

19. Concept of Samapatti
20. Concept and examples of Siddhis / Vibhutis
21. Kaivalya
<b>Etymological Meanings &amp; Definitions of 'Yoga'</b>
<b>Meanings with Explanation</b>
22. Yujir-yoge
23. Yuj-samyoga
24. Yuj-samyamne Yuj-samadhi
<b>Definitions with Explanation</b>
25. PYS Def Ch I – S: 2
<b>Bhagavad Gita</b>
26. Samatvam Yoga Uchyate;
27. Yogaha Karmasu Kaushalam
<b>Salient features of Indian Culture</b>
<b>Only Names &amp; brief understanding</b>
28. Deeper Understanding
29. Sanatana Dharma
30. Vaidic Dharma
31. Anekantavada
32. Ashrama Dharma
33. Purusharthas
34. Guru-Shishya Parampara
35. Karma & Law of Karma
36. Dharma

37. Spiritual culture (Adhyatmic Samskriti) / Materialistic culture (Bhautic Samskriti)

 **Section 2 Basic Texts of Yoga**

**Patanjali Yoga Sutras**

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

39. Over-view of 3rd and 4th Padas

40. Sutras by heart

41. Definition (Ch:I S-2);

42. Ashtanga Yoga (Ch:II S- 29);

43. Asana (Ch:II S-46);

44. Pranayama (Ch:II S-49)

45. Ashtangas of Yoga (Ch:II S-54) (Ch:III S-1, 2 &3)

46. Cittaprasadana (Ch:I S-33 &34)

47. Pratipaksha Bhavana (Ch:II S-33)

**Hatha Pradipika (HP) & Gheranda Samhita (GS)**

48. Deeper Understanding of Hatha Yoga

**Deeper understanding of Hatha Pradipika**

49. Understanding of 4 angas

50. Understanding of 15 Asanas

51. Understanding of Shat Kriyas

52. Understanding of 8

53. Kumbhakas

54. Understanding of 10 Mudras

55. Badhak Tattva / Sadhak Tattva

## **Deeper understanding of Gheranda Samhita**

56. Understanding of Saptangas

## **Bhagavad Gita**

57. Name of Author

58. No. of Chapters

## **Detailed understanding of:**

59. What is Karma Yoga?

60. What is Bhakti Yoga?

61. What is Jnana Yoga?

## **Upanishads**

62. Meaning of 'Upanishad'

63. Names of 10 Main Upanishads

64. A few Upanishadic doctrines – 4 Mahavakyas

65. Panchamaya (Pancha kosha) theory

## **Vedas**

66. Meaning of 'Veda'

67. Names of 4 Vedas

68. Four parts of each Veda, Veda Angas & Upa Vedas

## **Puranas**

69. Name of Author

70. Basic understanding of Puranas

71. Names of 18 Puranas

72. Purushartha theory



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

### A. Anatomy & Physiology as per Medical Science

73. Names of 9 Main Systems and Organs in each system

74. Other Main Organs (e.g. Eyes, Ears, etc.)

75. Main Functions of above

76. Effects of Yoga Practices on the above systems and organs.

### B. Yogic Anatomy & Physiology as per Yoga

77. Concept of Prana

78. Names and Functions of the Pancha Pranas and Upa Pranas

79. Concept of Nadi & names of Nadis

80. Significance of Ida, Pingala & Sushumna Nadis

81. Ashta Chakras and their Significance

82. Names of Granthis & Chakra awakening

83. Names of Endocrine glands corresponding to Chakras

84. Kundalini & its awakening and practices (e.g. Bandhas, Shaktichalana Mudra, etc.) for same



## Section 3B Human Psychology as per Yoga

### Personality theories

85. Deeper understanding personality according to Tri- Gunas

86. The 5 Citta Bhumis & their Guna orientation

87. Understanding of Personality as per Samkhya Darsana: Prakrti (Sthula, Sukshma & Karana Shariras) + Purusa

88. Panchamaya (Panchakosha) theory as already considered in earlier section

### Concept of Mind

89. Names & functions of elements of Antahkarana in Samkhya: Buddhi, Ahamkar & Manas.
90. Concept of Citta in PYS
91. Distractions / Disturbances of Mind – 9 Antarayas as per PYS, Shad Ripu as per Upanishads (Kama, Krodha, Lobha, Moha, Mada & Matsarya), Samskaras (conditioning) / Vasanas /Klesas, etc.
92. Mind Control Techniques: Yamas, Niyamas, Pranayama, Meditation, Pranavajapa, Ek Tattva abhyasa, Cittaprasadana techniques, Pratipaksha Bhavana, Relaxation Practices (Shavasana, Yoga Nidra, etc.)
<b>Life Style Considerations</b>
93. Diet: Mitahar as per HP;
94. Bhagavad Gita: Diet, rest, relaxation, exertion, etc
95. Elaboration of Yogic Life style
<b>Introduction to Ayurveda</b>
96. Meaning of ‘Ayurveda’
97. 3 Doshas
98. Concepts of Health (Swasthya), Mala; Dhatus; etc.
 <b>Section 4 Teaching of Yoga</b>
99. Teaching Methods (Instruction; Observation; Demonstration; Correction)
100. Teaching Aids
101. Communication Skills
102. Verbal & Non-verbal
103. Ideal Qualities of Teacher
104. Conducive Environment
105. Safety measures
106. Guideline as regards framework of Professional Practice

## SYLLABUS PRACTICE TOPICS

Of the 67 Practices, Institutions should cover at least 53 Practices (The score should be greater than 53 for the Practice topics of ACCY) this would mean up to 14 topics may be institution-specific syllabus

### ॐ Section 1 SukshmaVyayama / Preparatory Practices / Sandhi Chalana kriya

1. Institution-specific

### ॐ Section 2 Shuddhi Kriyas

2. Dhauti: VamanDhauti; Danda Dhauti; Vastra Dhauti; Agnisaar

3. Neti: Jal Neti; Sutra Neti

4. Tratak

5. Kapalbhati

6. Nauli

7. Theoretical Knowledge as regards Basti

### ॐ Section 3 Asanas

#### Five Meditative Asanas

8. Siddhasana

9. Padmasana

10. Svastikasana

11. Vajrasana

12. Veerasana

#### Seven Standing Asanas

13. Tadasana

14. Ekpadasana

15. Vrikshasana

16. Utkatasana



17. Trikonasana

18. Padahastasana

19. Garudasana

**Five Kneeling Asanas**

20. Ushtrasana

21. Marjarasana

22. Vyahgrasana

23. Shashankhasana

24. Supta vajrasana

**Eight Sitting Asanas**

25. Bhadrasana

26. Simhasana

27. Gaumukhasana

28. Vakrasana

29. Parvatasana

30. Paschimottanasana

31. Matsyendrasana

32. Ardhamatsyendrasana

**Five Prone Asanas**

33. Bhujangasana

34. Shalabhasana

35. Dhanurasana

36. Naukasana

37. Makarasana

## Seven Supine Asanas

38. Pavanmuktasana

39. Setubandhasana

40. Matsyasana

41. Uthitapadahasthasana

42. Halasana

43. Chakrasana

44. Shavasana

## Two Inverted Asanas

45. Sarvangasana

46. Shirsasana



## Section 4 Suryanamaskar

47. Suryanamaskar (Traditional with 12 Poses and accompanying 48. Mantras) (Can be School- Specific)



## Section 5 Pranayama

48. Sectional Breathing

49. Yogic Breathing

50. Nadishodhana

## Kumbhakas with Bandhas

51. Suryabhedana

52. Ujjayi

53. Shitkari

54. Shitali

55. Bhramari

56. Bhastrika

57. Sagarbha & Agarbha Nadishodhana Pranayama

### **Bandhas**

58. Mulabandha

59. Uddiyana Bandha

60. Jalandhar Bandha

61. Jivha Bandha

62. Maha bandha

### **Section 6 Mudras**

63. Chin / Jnana Mudra

64. Padma Mudra

65. Agochari Mudra (Nasikagra Drishthi)

66. Shambhavi (Bruhmadhya Drishthi)

67. Viparitakarani

68. Khechari

69. Mahamudra

70. Mahavedha Mudra

71. Ashvini Mudra

72. Yoga Mudra

73. Shanmukhi Mudra

74. Shaktichalana Mudra

75. Brahma Mudra

### **Section 7 Mantras**

76. Pranava japa

77. Shanti Mantra: Can be institution-specific

 **Section 8 Meditation**

78. Institution-specific

 **Section 9 Teaching Practice**

79. Institution-specific