

RURAL URBAN COUNCIL OF SKILLS & VOCATIONAL STUDIES

Certificate In Teaching Yoga Syllabus

Certificate In Teaching Yoga	1 Year Course
Subject Code	Subject Name
CTY 101	Foundations of Yoga Psychology
CTY 102	Essentials of Anatomy and Physiology
CTY 103	Yoga Poses, Postures & Yoga Exercises
CTY 104	Yoga & Health Care

Certificate In Teaching Yoga

Practical 1	Practical Demonstration: Practical Demonstration of Asanas, Shudhi Kriya (Practical Note Book)- Supine Asanas, Standing Asanas, Prone Asanas, Advanced Asanas, Inverted Asanas, Sitting Asanas, Meditative Asanas, SHUDDHI KRIYA.
Practical 2	Practice of Teaching five lessons Plan on any skill (three asanas one pranayama & one kirya) on lesson format with chart.
Practical 3	Meditation and Mantra Chanting.
Practical 4	Breathing & Pranayama Demonstration & File
Practical 5	Viva & Internal Assessment