



Mysore Vivekananda Yoga Education & Research Institution ®



Mob : 94486 00581, 72040 20581

Email: mvyogas@gmail.com, Web: www.mvyogas.org

#3018/C, 23rd Main, 24th Cross, Behind Police Station, II Stage, Vijayanagar, Mysuru - 570 017

COURSE CURRICULUM

Post Graduate Diploma in Yoga Education [P.G.D.YEd]

Course I: Philosophy, History and Development of Yoga

- Unit 01 : Introduction to Yoga
- Unit 02 : Origin and Development of Yoga
- Unit 2a : Various Paths of Yoga
- Unit 03 : Aum-Shanthimantra – Gayathri Mantra
- Unit 04 : Yogic Scriptures
- Unit 05 : The Bhagavad Gita – The Song of God
- Unit 06 : The Hatha Yoga Pradipika
- Unit 07 : Patanjali's Yoga Sutras
- Unit 08 : Astanga Yoga
- Unit 09 : Recent Forms of Yoga
- Unit 10 : Practice Procedure of Asanas

Course II: Principles of Yoga, Pranayama, Meditation & Kriyas

- Unit 01 : Bandhas and Mudras
- Unit 02 : Pranayama
- Unit 03 : Shat Kriyas
- Unit 04 : Meditation
- Unit 05 : Different Schools of Meditation

Course III: Science of Yoga and Application of Yoga Therapy

- Unit 01 : The Science of Yoga
- Unit 1a : Anatomy and Physiology
- Unit 2 & 2a : Skeletal System & Muscular System
- Unit 3 & 3a : Respiratory System & Circulatory System
- Unit 4 & 4a : Nervous System & Digestive System
- Unit 05 : Urinary System
- Unit 5a & 5b : Reproductive System & Endocrine System
- Unit 06 : Pancha Koshas and Nadis
- Unit 6a : Shat Chakras and Kundalini Shakthi
- Unit 7 & 7a : Ayurveda and Yoga & Naturopathy
- Unit 08 : Food and Nutrition
- Unit 8a : Applications of Yoga in Sports
- Unit 09 : Pranic Healing
- Unit 10 : Yoga Therapy
- Unit 10a : International Day of Yoga 21st June

Course III: Practical Training in Yoga Education

Practice of Guru Namaskar, Surya Namaskar, Yogasana (Standing, Sitting, Prone, Supine, Advanced), Relaxation Techniques, Bandha, Mudra, Pranayama, Meditation and Kriyas (Jala Neti, Sutra Neti, Trataka)

Course IV: Organization and Teaching Skills of Yogic Activities

Teaching Techniques of Mind Calming Techniques, Prayer, Kapalabhati, Bhastrika, Therapeutical Movements, Guru Namaskara, Surya Namaskar, Asana, Pranayama, Bandha, Mudra, Kriya, Meditation and Shavasana.