



Mysore Vivekananda Yoga Education & Research Institution ®



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COURSE CURRICULUM

Diploma in Yoga Education [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: 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.