Advance Certificate 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 Accredit 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 upto 32 topics may be institution-specific syllabus



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 Sahabhuvas 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 Etymological Meanings & Definitions of 'Yoga' Meanings with Explanation 22. Yujir-yoge 23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2 Bhagavad Gita	
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 Etymological Meanings & Definitions of 'Yoga' Meanings with Explanation 22. Yujir-yoge 23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	•
17. Cittaprasadana & Manasthithi Nibandhini techniques 18. Definition & description of Ishvara 19. Concept of Samapatti 20. Concept and examples of Siddhis / Vibhutis 21. Kaivalya Etymological Meanings & Definitions of 'Yoga' Meanings with Explanation 22. Yujir-yoge 23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	15. Vrittis & methods to eliminate them
18. Definition & description of Ishvara 19. Concept of Samapatti 20. Concept and examples of Siddhis / Vibhutis 21. Kaivalya Etymological Meanings & Definitions of 'Yoga' Meanings with Explanation 22. Yujir-yoge 23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	16. Klesas & methods to eliminate them
19. Concept of Samapatti 20. Concept and examples of Siddhis / Vibhutis 21. Kaivalya Etymological Meanings & Definitions of 'Yoga' Meanings with Explanation 22. Yujir-yoge 23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	•
20. Concept and examples of Siddhis / Vibhutis 21. Kaivalya Etymological Meanings & Definitions of 'Yoga' Meanings with Explanation 22. Yujir-yoge 23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	18. Definition & description of Ishvara
21. Kaivalya Etymological Meanings & Definitions of 'Yoga' Meanings with Explanation 22. Yujir-yoge 23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	19. Concept of Samapatti
Etymological Meanings & Definitions of 'Yoga' Meanings with Explanation 22. Yujir-yoge 23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	20. Concept and examples of Siddhis / Vibhutis
Meanings with Explanation 22. Yujir-yoge 23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	21. Kaivalya
22. Yujir-yoge 23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	Etymological Meanings & Definitions of 'Yoga'
23. Yuj-samyoga 24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	Meanings with Explanation
24. Yuj-samyamne Yuj-samadhi Definitions with Explanation 25. PYS Def Ch I – S: 2	22. Yujir-yoge
Definitions with Explanation 25. PYS Def Ch I – S: 2	23. Yuj-samyoga
25. PYS Def Ch I – S: 2	24. Yuj-samyamne Yuj-samadhi
	Definitions with Explanation
Bhagavad Gita	25. PYS Def Ch I – S: 2
	Bhagavad Gita

26. Samatvam Yoga Uchyate;
27. Yogaha Karmasu Kaushalam
Salient features of Indian Culture
Only Names & brief understanding
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.)
Life Style Considerations
93. Diet: Mitahar as per HP;
94. Bhagavad Gita: Diet, rest, relaxation, exertion, etc
95. Elaboration of Yogic Life style
Introduction to Ayurveda
96. Meaning of 'Ayurveda'
97. 3 Doshas
98. Concepts of Health (Swasthya), Mala; Dhatus; etc.

Section 4 Teaching of Yoga
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

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 upto 14 topics may be institution-specific syllabus

Section 1 SukshmaVyayama / Preparatory Practices / Sandhi Chalana kriya

1. Institution-specific

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
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. Ma	atsyendrasana
32. Ar	dhamatsyendrasana
Five P	rone Asanas
33. Bh	ujangasana
34. Sh	alabhasana
35. Dł	nanurasana
36. Na	nukasana
37. Ma	akarasana
Seven Supine Asanas	
38. Pa	vanmuktasana
39. Se	tubandhasana
40. Ma	atsyasana
41. Ut	hitapadahastasana
42. Ha	llasana
43. Ch	akrasana
44. Sh	avasana

Two Inverted Asanas

45. Sarvangasana		
46. Shirsasana		
Section 4 Suryanamaskar ■ Section 4 Suryanamask		
47. Suryanamaskar (Traditional with 12 Poses and accompanying 48. Mantras) (Can be School-Specific)		
^ॐ 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	