

## **Foundation 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** – 16 years of age;

**Duration** – 50 hours

**Practical : Theory** = 80 : 20

**Minimum Contact Hours** = 80% I.E. 40 Hours

**Practical** – Total Contact Hours = 32 Hours



**Theory** – Total Contact Hours = 8 Hours

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

The 33 Topics, Institutions should cover at least 23 topics (The score should be greater than 23 for the Theory topics of FCY) This would mean upto 10 topics may be institution-specific syllabus

Section 1	Indian Philosophy & Culture
ॐ	<b>Vedas</b>
1	Meaning of 'Veda'
2	Names of 4 Vedas
3	Four Parts of each Veda
4	Six Vedangas
5	Four Upavedas
ॐ	<b>Darshanas</b>
6	Names of Darsanas (Aastika & Nastika) and their Originators
ॐ	<b>Upanishads</b>
7	Meaning of Upanishads
8	Panchakosha Theory
ॐ	<b>Samkhya Darsana</b>
9	Names of Dukhatraya
10	Purusa / Prakrti

11	Bondage & Liberation
12	Names & characteristics of 3 Gunas
ॐ	<b>PYS</b>
13	Names of 4 Chapters
14	The Ashtangas
15	Def of Yoga (PYS -Ch. I : S2)
ॐ	<b>Hatha Yoga</b>
16	Brief understanding of 'Hatha' Yoga
17	Names of Chaturangas of Hatha Pradipika
18	Names of Saptangas of Gheranda Samhita
ॐ	<b>Bhagavad Gita</b>
19	Brief background of context of BG
20	Karma, Bhakti & Jnana Yogas
ॐ	<b>Two Definitions of yoga</b>
21	Samatvam Yoga Uchyate
22	Yogaha Karmasu Kaushalam

	<b>Puranas</b>
23	Names of the 4 Purusharthas
	<b>Salient Features of Indian Culture</b>
24	Sanatana & Vaidic Dharma
25	Anekantavada
26	Chatur Ashramas
27	Dharma
28	Law of Karma (in brief)
	<b>Applications of Yoga</b>
29	Benefits / Pre-cautions / Contra-indications of Yoga Practices
	<b>Yogic Diet</b>
30	Mitahar
31	Yogic Lifestyle
32	Holistic Health
33	Guidelines for Self-practice

The 49 Practices, Institutions should cover at least 39 Practices (The score should be greater than 39 for the Practice topics of FCY) This would mean upto 10 topics may be institution-specific syllabus

<b>Section 1</b>	<b>SukshmaVyayama / Preparatory Practices</b>
<b>1</b>	Institution-specific
<b>Section 2</b>	<b>Shuddhi Kriyas</b>
<b>2</b>	Vaman Dhauti
<b>3</b>	Jala Neti
<b>4</b>	Trataka
<b>5</b>	Kapalbhati
<b>Section 3</b>	<b>Suryanamaskar</b>
<b>6</b>	Traditional Suryanamaskar with 12 poses
<b>Section 4</b>	<b>Asanas</b>
ॐ	<b>Four Meditative Asanas</b>
<b>7</b>	Padmasana
<b>8</b>	Svastikasana
<b>9</b>	Vajrasana
<b>10</b>	Veerasana
ॐ	<b>Five Standing Asanas</b>
<b>11</b>	Tadasana

12	Ekpadasana
13	Vrikshasana
14	Utkatasana
15	Trikonasana
	<b>Four Kneeling Asanas</b>
16	Ushtrasana
17	Marjarasana
18	Vyahgrasana
19	Shashankhasana
ॐ	<b>Five Sitting Asanas</b>
20	Bhadrasana
21	Simhasana
22	Vakrasana
23	Parvatasana
24	Paschimottanasana
ॐ	<b>Four Prone Asanas</b>
25	Bhujangasana

26	Shalabhasana
27	Dhanurasana
28	Naukasana
ॐ	<b>Five Supine Asanas</b>
29	Pavanmuktasana
30	Setubandhasana
31	Matsyasana
32	Uthitapadahasthasana
33	<b>Shavasana</b>
ॐ	<b>One Inverted Asanas</b>
34	Sarvangasana
<b>Section 4</b>	<b>Pranayama</b>
ॐ	<b>Sectional Breathing</b>
35	Basic yogic Breathing
36	Nadishodhana Kriya
	<b>Pranayama without Kumbhaka</b>
37	Suryabhedana

38	Shitali
39	Shitkari
40	Brahmari
<b>Section 5</b>	<b>Mudras</b>
41	Chin / Jnana Mudra
42	Agochari Mudra (Nasikagra Drishthi)
43	Shambhavi Mudra (Bruhmadhya Drishthi)
44	Ashvini Mudra
45	Shanmukhi Mudra
46	Yoga Mudra in Vajrasana & Padmasana
<b>Section 6</b>	<b>Mantra</b>
47	Pranav Japa
ॐ	<b>Shanti Mantra</b>
48	Institution-Specific
<b>Section 7</b>	<b>Meditation</b>
49	Institution-Specific