



**Yoga Chikitsak (Yoga Therapist) Therapy Teachers
Training course Diploma
Accredited by IAYT, USA
(300+505)805 hours**

Syllabus

Outlines of the courses:

Headings of Syllabus:

1. *Yoga Philosophy*
2. *Anatomy, Physiology and Pathology*
3. *Tools of Yoga Therapy*
4. *Making of a Yoga Therapist*
5. *Ayurveda and Yoga Therapy*
6. *Psychology and Yoga Therapy*
7. *Regulatory practices and Business Ethics*
8. *Research Methodology*

1. Yoga Philosophy:

Overview:

Yoga philosophy facilitates the understanding of fundamental ways of conducting oneself, individually as well as in relation with others. It also provides the basic framework in finding out one's purpose of life and how to progress on the path of spiritual ascension. We kick start our Yog Chikitsak Program by providing our students basic understanding behind using Yoga for therapy purposes as explained in our ancient teachings from Vedic and post-Vedic periods, Samkhya, Yoga, Tantra, and Ayurveda.

Competencies Covered:

Category 1.1. Yoga Teachings and Philosophy

1.1.1 Familiarity with the evolution of the teachings and philosophy of the yoga tradition and its relevance and application to yoga therapy, including teachings from Vedic and post-Vedic periods, Samkhya, Yoga, Tantra, and Ayurveda.

Examples of concepts and models from the above teachings and philosophy relevant to yoga therapy, include but are not limited to,

1. Tanmatra/ Bhuta/ Indriya (subtle element/gross elements/senses);
2. Purusha/Prakriti(consciousness/material world);
3. Pancha kosha (dimensions of the human system);
4. Guna(fundamental forces of nature);and
5. Duhkha(suffering/discomfort).

Category 1.2. Yoga and the Mind

1.2.1 Knowledge of yoga perspectives on the structure, states, functioning, and conditions of the mind, including, but not limited to,

1.2.1.1 Drashta (seer), Drshya(seen);

1.2.1.2 Antahkarana : citta (consciousness), Buddhi(intellect), Ahamkara(ego), Manas(mind);

1.2.1.3 Citta vrtti(activities of the mind), Cittapariama(structural changes in the mind), Vyutthana/Nirodha(mind's potential for distraction and focus);

1.2.1.4 Artha(cognition), Bhava (mood), Svabhava(inborn nature), Vasana(residue of experience), Samskara(conditioned pattern of thinking and behavior);and

1.2.1.5 states of mind: Mudah(stupefied/dull), Kshipta(disturbed), Vikshipta(alternating between distraction and focus), Ekagrata(one- pointed), Nirodha(focus enveloped/held/ restrained), Vaishvanara waking), Taijasa(dream), Prajña(deep sleep), Turiya(beyond).

1.2.2 Knowledge of yoga perspectives on distracted/disturbed conditions of mind and their expressions as expressed in such texts as the Yoga Sutras, the Bhagavad Gita, and other texts, including but not limited to,

1.2.2.1 klesha(affliction);

1.2.2.2 Lobha, krodha, and moha(greed, anger, attachment);

1.2.2.3 Duhkha and daurmanasya(suffering/discomfort and negative attitude/thinking), sarupyam(identification with the contents of the mind or seer taking the same form as the mind);and

1.2.2.4 Antaraya(obstacles to progress in yoga).

Learning Objectives: At the end of the course, students will know:

1. An overview of yoga philosophy and relation to yoga therapy
2. How to use the Eightfold Path to enhance success for you and your clients on all levels including spiritually and in yoga therapy.
- 3 What holds people back spiritually, and how to overcome it in yourself and how to help your clients.
4. What is this state of Samadhi or Oneness, and how can you and your clients move toward an actual experience of it.
5. How to help clients develop the attitudes essential for success on all levels of life.
6. How to help clients integrate the essence of yoga into daily life.
7. The essence of the yamas and niyamas and how they apply to an individual's ability to achieve wellness on all levels.
8. How a yoga therapist applies the above knowledge to serving clients' best interests.

Flow of Class Presentation:

This course is the foundation course of the Yog Chikitsak Program. Various scriptures like, Patanjali Yoga sutra, Bhagvad Gita, hatha Yoga Pradipika, Yog Taravali and a few more are used to explain different concepts. We begin the course with providing our students an overview of Indian Philosophy, of which Yoga Philosophy is a very small part. Familiarizing our students with concepts of Non-duality and perceived duality and then helping them understand the relationship of Purusha and Prakriti. Later we brief them about Mahabhutas and different layers of the body. It's very interesting how elucidates complex concepts. The class basically is a mix of lectures with clear examples from real life scenarios to make the content of Yoga philosophy easier to comprehend. Apart from lectures there are open end discussions amongst students and the faculty to assess their understanding. There are MCQ tests and class quizzes where answers are discussed post tests and feedback provided.

Faculty:

Dr. Omanand Guruji. ERYT 500, M.Com, DPMIR, M.Phil, PhD in Yoga & Meditation

Prof. Abha Bajaj, ERYT, 800hrs C-IAYT,
Dr. Shiv Verma, PhD in Philosophy and Vastu.
Dr. Rashmi Joshi, PhD in Yoga & Nutrition

Course Subject Matter:

Examples of concepts and models from the above teachings and philosophy relevant to yoga therapy, like:

- tanmatra/bhuta/indriya (subtle element/gross elements/senses);
- purusha/prakrti (consciousness/material world);
- pancamaya kosha (dimensions of the human system);
- guna (fundamental forces of nature);and
- duhkha(suffering/discomfort).

The following questions will be dealt with:

- The interplay of Prakriti (material world) and Purusha (consciousness), and how that affects a person's life?
- How to recognize the inner struggles of life and how to get over them?
- How does the law of karma work, including the effects of asanas and samskaras?
- How to use the workings of karma to one's advantage?
- How to recognize and avoid a variety of psychological traps?
- The nature of right action?
- How to overcome desire, anger, and attachment?
- A deeper understanding of the paths of Karma, Gyana, Bhakti,and RajaYoga?
- The three gunas: how they manifest in life and in people, and how they relate to improving one's experience of life?
- Recognizing caste tendencies in oneself, and what to do to move to the next higher caste?
- How to get past attachment to experiencing pleasure and avoiding pain?
- What one can do when he bogs down, spiritually?
- How to deepen your relationship with Ishwara?
- How does a yoga therapist apply the above knowledge to serving clients?

To understand the mind from the perspective of Yoga following subjects will be taught:

- Drashtr (seer), Drshya(seen);
- Antahkarana citta (consciousness), buddhi(intellect), ahamkara (ego), manas(mind);
- Chitta vrtti (activities of the mind), citta pariama (structural changes in the mind), vyutthana/nirodha (mind's potential for distraction and focus);
- Artha (cognition), bhava (mood), svabhava (inborn nature), vasana (residue of experience), samskara (conditioned pattern of thinking and behavior);and

- States of mind: mudha (stupefied/dull), kshipta (disturbed), vikshipta (alternating between distraction and focus), ekagrata (one-pointed), nirodha (focus enveloped/held/ restrained), vaishvanara (waking), taijasa (dream), prajña (deep sleep), turiya (beyond).

As well as on distracted/disturbed conditions of mind and their expressions as explained in the Yoga Sutras, the Bhagavad Gita, and other texts like:

- Klesha (affliction);
- Lobha, krodha, and moha (greed, anger, attachment);
- Duhkha and daurmanasya (suffering/discomfort and negative attitude/thinking), sarupyam (identification with the content of the mind or seer taking the same form as the mind); and antaraya (obstacles to progress in yoga).

Assessment and Assignment:

We give our students ample opportunities to express their learnings. We assess them based on the open-ended discussions, class quiz and weekly tests. We deem it of utmost importance to make sure that the students operate as a therapist keeping yoga philosophy as the core of their practice. Ample feedback is provided based on their performance in class tests and based on their daily journal in which they are asked to explain two sutra from Patanjali Yoga Sutras and two shloka from Bhagwad Gita daily.

Reference Books:

- Patanjali Yoga sutra of Maharishi Patanjali – by Dr. Omanand
- Hatha Yoga Pradipika of Pt. Swatmarama – by Dr. Omanand
- Bhagvad Gita by Krishna – Gita Press Gorakhpur
- Yoga Taravali of Adi Shankaracharya – by Dr. Omanand
- Gheranda Samhita commentary by Dr. Omanand
- Tattva Bodh commentary by Dr. Omanand
- Insight of Yoga Therapy by Dr. Omanand

2. Anatomy, Physiology and Pathology, Overview

It is a basic requirement for a yoga therapist to have a thorough and deep understanding of anatomy and physiology, including all major systems of the human body. This course has been designed keeping in mind the requirements of our Yog Chikitsak to handle most client conditions effortlessly and efficiently. In this course all major systems of the body are taught in detail. Body kinesiology and muscular imbalances, major pathologies of various systems, their symptoms, modern medical

terminologies, are the main focus of this course. Also management, illness trajectories, and contraindications, as relevant to the work of a Yoga therapist.

Competencies Covered:

Category 2.1. Anatomy and Physiology

2.1.1 Knowledge of human anatomy and physiology, including all major systems of the body and their interrelationships, as relevant to the work of a yoga therapist.

2.1.2 Knowledge of biomechanics and movement as they relate to the practice of yoga and the work of a Yoga therapist.

2.1.3 Knowledge of common pathologies and disorders of all the major systems, including symptoms, management, illness trajectories, and contraindications, as relevant to the work of a Yoga therapist.

Category 2.2. Additional Biomedical Knowledge

2.2.1 Familiarity with common medical terminology.

2.2.2 Knowledge of how to reference current health care information relevant to the work of a yoga therapist, including pathologies, disorders, drugs, and surgical procedures, as relevant to the work of a yoga therapist.

Learning Objectives:

Students will learn anatomy and physiology as it relates to the practice of yoga therapy. They will learn how to research conditions previously unknown to them and when to refer their clients/students to another healthcare provider. They will know their scope of practice and will be able to guide their student/clients in daily living recommendations. They will be able to assess a client's unique needs so that in addition to the more physically based interventions emphasized in this course, they will be able to deliver interventions that work on the emotional, social, mental, spiritual and subtle energy levels as needed.

Students will have opportunities to practice intake, evaluating, critical thinking skills, communication, lead and teach appropriate yoga therapy techniques including both subtle and gross interventions, conduct sessions, provide daily living advice, and give homework/home routines as appropriate to clients' needs, constitution and circumstances, and follow-up.

Flow of Class Presentation:

The method of teaching includes powerpoint slides, demonstrations, quizzes, videos, case studies, and the latest research. We begin the course with brushing our students' knowledge of anatomy and physiology. Then we take each system separately to focus on the pathologies that can occur in that system. We teach in detail the various tools of yoga therapy that can be applied to restore balance. At the same time, we educate

our students about modern medicinal approaches towards those issues and how a yoga therapist can work in tandem with other health care workers, understanding clearly their scope of work. Knowledge of major surgeries, medicine generic names and other medicinal terminology to improve their confidence and capability to comprehend the clients' background and his/her expectations and being able to set priorities in therapy protocol

Faculty:

Dr. B.K. Bandre who is an experienced Yoga Therapist practicing for over 35 years.

Dr. Vaishali Adlok, Professional physiotherapist.

Dr. Pallavi Padhye Ayurveda doctor.

Course Subject Matter:

Students will have a deeper understanding of various systems of the body, their functioning and malfunctioning, posture abnormalities, pathologies and yoga therapy options.

1. Digestive system

Anatomy of Digestive system, Mouth and salivary glands, Mastication & Swallowing, Salivary secretions, Stomach, Pancreas, Pancreatic & biliary secretion, Liver & Gall bladders, Intestine, Movements of gastrointestinal tract, Gastrointestinal motility, Gastrointestinal hormones, Functions of colon.

2. Respiratory System

Anatomy of Respiratory tract, Pulmonary ventilation, Mechanics of respiration, Pulmonary circulation, Pleural fluid, Principles of gas exchange, Oxygen and carbon-dioxide transport, Regulation of respiration, Pulmonary function tests.

3. Circulatory System

Cardio-vascular system's Erythrocytes, structure & function of RBCs, destruction & fate of RBCs, anemia, Leucocytes & general characteristics, Anatomy of Heart, Properties of cardiac muscle, Cardiac cycle, Heart as a pump, Cardiac output, Generation & conduction of cardiac impulse, Arrhythmias, Arterial blood pressure.

4. Skeletal system: Bones & its types, Joints & its types, structure and function of a Synovial joint

5. Muscular system: Classification and structure of muscles, Changes during muscular contraction, Neuro-muscular junction

6. Excretory system:

- Anatomy of Urinary system, Kidney functions
- Blood pressure
- Micturition, Renal failure

7. Lymphatic system:

- Lymphoid organs, Composition and functions of Lymph
- Microcirculation & lymphatic system

8. Endocrine system:

- Structure and location of glands and their secretions
- Endocrine functions of the hypothalamus, Pituitary, Thyroid, Adrenals,
- pancreas, Parathyroid gland, Pineal gland

9. Nervous system:

- Introduction to Nervous system, Classification of nerve fibers,
- Classification of somatic senses, Sensory receptors, Somatic sensory association areas,
- Brain stem & cortical control of motor function, Cerebellum,
- Maintenance of posture and equilibrium, Motor cortex, brief detail about homunculus

10. Autonomic Nervous system

- Structure of Eye
- Structure and functions of external, middle and inner ear, Cochlea, Semicircular canals

- Primary taste sensations
- Brief introduction about Peripheral olfactory mechanisms

11. Immune system:

- Immunity, Innate immunity, Acquired immunity, Allergy,
- Hypersensitivity and immunodeficiency

12. Reproductive system:

- Anatomy of male reproductive system, Primary & accessory male sex organs, Testosterone & male sex hormones,
- Anatomy of female reproductive system, Primary & accessory female sex organs, Menstrual cycle, Female sex hormones, Pregnancy & Lactation, Functions of Placenta, Parturition

Common Pathologies related to these Systems.

1. Circulatory System:

- Hypertension
- Coronary artery disease
- Cardiomyopathy
- Cardiac asthma
- Angiopathy
- Myocardial Infarction

2. Muscular-Skeletal Disorders:

- Muscular dystrophy
- Disc Herniation /Bulge
- Piriformis syndrome
- Sciatica
- Stiff Neck and shoulders
- Frozen shoulder
- Carpal tunnel. syndrome
- Tennis Elbow/ golfers'. elbow
- Kyphosis
- Lordosis
- Scoliosis
- Arthritis of joints
- Lumbar spondylitis
- Major tendonitis and Ligament ruptures like ACL

3. Respiratory System:

- Cervical and Respiratory Disorders
- Tuberculosis
- Chronic Bronchitis
- Allergic Rhinitis & Sinusitis
- COPD & Emphysema
- Bronchial Asthma

4. Digestive System:

- Constipation
- APD
- Irritable Bowel Syndrome
- Ulcerative colitis

Integrating Yoga Therapy with modern medicine. Using Yoga philosophy to understand these pathologies.

Neurological Disorders:

- i. Migraine headache
- ii. Tension
- iii. Cerebral vascular accidents
- iv. Epilepsy
- v. Parkinson's disease
- vi. Multiple sclerosis

Excretory System:

- i. Chronic kidney failure
- ii. Hypertension
- iii. Kidney stones
- iv. irritable bladder
- v. Stress incontinence

Obstetrics and Gynecological Conditions

- i. Menstrual disorders
- ii. Premenstrual Syndrome
- iii. Pregnancy and Childbirth
- iv. Ante-natal care
- v. Post-natal care
- vi. Infertility-male and female PCOS

Endocrinological and Metabolic Disorder

- i. Diabetes Mellitus (I&II)
- ii. Hypo and Hyper-thyroidism
- iii. Obesity

Assignment and Assessment:

We assess our students through a variety of assessment tools. Each week there will be a class quiz, students teach students sessions, involving demonstration of their understanding of all components. Feedback will be provided and their progress will be marked in the assessment rubrics. At the end of the course there will be one written test consisting of MCQ and short answer questions and a practical test where each student will be asked to assess the postural, pathological issues and pinpoint the reasons behind that. Further we ask our students to demonstrate their learning of human anatomy and physiology through various Asanas, thus integrating tools of yoga therapy and medical terminology which will help in their grooming as an effective yoga therapist. We check their progress during role play sessions and provide feedback as to how they can improve their learning.

Reference Books:

- Anatomy & Physiology of Yogic Practices by Dr.Makarand Madhukar Gore
- Anatomy and physiology by Ross and Wilson
- Yoga Therapy Manual of Parmanand Institute

3. Tools of Yoga Therapy

Overview:

Tools of Yoga Therapy are the yogic techniques applied according to the pathologies alone or in conjunction with each other. This course has been designed to let our students have an in-depth understanding of various techniques in yoga to be used for therapy purposes with the aim of restoring functionality, pain reduction and optimum wellbeing. They will learn that the client in yoga therapy is not passive but an active recipient and the aim of a therapist is to teach them, guide them, support their healing process and let them recover to optimize the quality of their lives.

This course takes the knowledge and understanding of a basic yoga teacher many notches higher by teaching them the physiology of each yogic technique in great detail, including contraindications. This course combines yoga philosophy and yogic techniques to help the students understand the endless possibilities a yogic lifestyle has to offer and how it can lead to achieving optimum wellbeing.

Competencies Covered:

Competencies Covered

Category 3.1. Yoga Therapy Tools

3.1.1 In-depth knowledge of the application of Yama and Niyama in the context of Yoga therapy.

3.1.2 In-depth knowledge of the range of yoga practices and their potential therapeutic effects for common conditions. Practices may include, but are not limited to,

3.1.2.1 Asana(postures);

3.1.2.2 Pranayama (regulated breathing);

3.1.2.3 Meditation and relaxation techniques such as bhavana (visualization), mantra (recitation), and ritualized activities such as nyasa and mudra; and

3.1.2.4 Vihara(lifestyle modifications) including basic yogic dietary concepts.

3.1.2.5 Bhakti Yoga experience and practices and importance in Yoga Therapy.

3.1.3 In-depth knowledge of contraindications of yoga practices for specific conditions and circumstances.

Category 3.2 Basic Principles of the Therapeutic Relationship

3.2.1 In-depth knowledge of, and observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

3.2.2 Demonstrated ability to recognize, adjust, and adapt to specific client/student needs in the evolving therapeutic/professional relationship.

3.2.3 Demonstrated ability to recognize and manage the subtle dynamics inherent in the therapist/client relationship.

3.2.4 In-depth knowledge of the scope of practice of yoga therapy and how to assess the need for referral to other professional services.

Role of Purifications process (Shuddhi Prakriyas) in preventive, promotive and curative aspects of Yoga Therapy -Health, Karma Shuddhi (Yama, Niyama), Ghata Shuddhi (Shatkarma), Snayu Shuddhi (Asana), Prana Shuddhi (Pranayama), Indriya and Mano Shuddhi (Pratyahara), Mana, Buddhi, Ahamkar and ChittaShuddhi (Dharana, Dhyana and Samadhi).

Learning Objectives:

They will be able to demonstrate proficiency in asanas, pranayama, meditation, bandha, mudra, mantra chanting, visualization techniques, communication skills as well as dynamics of therapeutic relationships.

- How to be a safe, supportive, and conscientious(honest) Yoga Therapist?
- How to assess the client including the guidance and instruction of: Breathing, Posture, Proper Alignment, Safety mechanics for asanas and the common cautions and contraindications
- How to demonstrate restorative yoga asanas and their common modifications and variations needed for students with or without special conditions
- How to explain the common conditions/cautions and/or complaints a client may experience in a restorative pose and know how to individually assist these clients in the asanas so that they are practicing safely and comfortably
- How to use the breath to invoke the Relaxation Response
- How to practice with a variety of props used in real-life situations
- How to experience and student-teach restorative poses that focus on releasing specific physical and mental tensions
- How to use affirmations, visualizations, meditation, and music to deepen one's own and their students 'practice.
- How to work one-on-one with 2 or more yoga clients who need individual assistance

Flow of Class Presentation:

The course is more of practice than theory. While we teach them the physiology of each tool of yoga therapy, we also want them to experience everything firsthand. We teach our students to not treat their clients as the same but be mindful of individual differences. Modifications of various tools of yoga therapy is the main focus. Role play is inbuilt in the course where students work in small groups and learn to master these techniques. Being Blissful Meditation(R) Course is part of the curriculum and is taught by Guruji himself. This course aims to make our students stand apart from others as this technique of meditation has been passed on to Guruji Dr.Omanand by his Guru and has transformed millions of lives so far.

We progress our course according to the limbs of ashtanga yoga and begin with Yama, Niyama and then Asana and Meditation. Lifestyle and diet modifications are evaluated for each pathology.

This course works hand in hand with the anatomy, physiology and pathology course. Students will be integrating their learnings in both courses during their practice. We also teach them the challenges of group therapy sessions and give them ample practice for that.

They will be evaluated and given feedback on their learnings by the faculty members daily to improve their skills.

Students will also share their reflections in class from time to time. Course Subject Matter: Students will be able to learn these tools of yoga therapy and apply them for

various conditions as explained to them in the Anatomy, physiology and Pathophysiology Course.

Revision of Yogic Shvasan Ang Sanchalan,(sukshma Vyayama) Asana, Pranayam, Mudra, Kriya, Bandhas: learned in 200 hours TTC plus 300 hrs

Yogic Shvasan Ang Sanchalan(Sukshma Vyayama) Yogic Warming up: Head to toes,

Standing Postures:

Trikonasana, Parsvakonasana, Parivrtta Trikonasana, Virabhadrasana 1,2 and 3; Vrikshasana, Garudasana, Natrajasana, Parsvottanasana, Utthita Parsvakonasana

Sitting Postures:

Baddha Konasana, Padmasana, Kurmasana, SuptaVirasana, Vakrasana, Gomukhasana

Postures in Prone Position:

Sarpasana, Bhujangasana, Dhanurasana, Shalabhasana

Postures in Supine Position:

SuptaPawanMuktasana(All Variations), Setubandhasana, Viparita Karani, Markatasana, Matsyasana

Meditative Postures:

Vajrasana, Siddhasana, Sukhasana, Ardha Padmasana

Pranayama:

Kapalbhati, Bhastrika, AnulomVilom, Bhramari, Ujjai, Surya Bhedi, Chandra Bhedi
Three phases and techniques of Pranayama

1. Inhalation(Poorak)
2. Retention(Kumbhak)
3. Exhalation(Rechak)
4. Techniques of advancements in pranayama practice.

Mudras:

Brahma Mudra, Chin Mudra, Samana Mudra, Nasika Mudra, Gyan Mudra, Brahma Mudra, Mahasir Mudra

Kriyas:

JalaNeti, Trataka, Laghu shankha Prakshalana, Kapalbhati, Kunjal

ASANA: Advanced with modifications according to the patient's conditions

Utkatasana, Yoga Mudrasana, Gupta Padmasana, Baddha Padmasana, Kukkutasana, Tiryaka Bhujangasana, Kandharasana, Ardha Chandrasana, Ashwasanchalan asana, Uttanaprishtasana, Setu asana, Janushirasana, Paschimottanasana, Padahastasana, Shirshaangushthasana, Utthita Janu Shirshasana, Bhunaman asana, Ardhamatsyendrasana, Moordhasana, Sarvangasana, Halasana, Shirshasana, Bakasana, Merudandasana, Baka dhyanasana, Dwi hasta bhujasana, Hamsasana, Santolanasana, Parighasana, Chakrasana, Visvamitrasana, Astavakrasana

Meditative postures:

Sidhdha yoni asana, dhyana virasana, swastika asana, anandmadirasana, bhadrasana, padadhirasana, simhasana, veerasana

RELAXATION POSTURES:

Shavasana, Advasana, Jyestikasana, Makarasana, Matsyakridasana

PRANAYAMA:

YOGIC BREATHING

1. Abdominal (diaphragmatic)breathing
2. Antar and Bahir KumbhakaTechniques
3. SheetalPranayama
4. SitkariPranayama
5. Bhramari Pranayama
6. NadanusandhanAsana
7. UjjayiPranayama
8. Moorcha Pranayama
9. Surya bhedanaPranayama
10. Pashchatya Pranayama

Techniques, duration, awareness, sequence, Precautions, contra indications, benefits of all Pranayamas and asanas related to various pathologies.

MUDRAS:

The Sanskrit word Mudra is translated as gesture. Yogis have experienced mudras as gestures of energy flow intended to link individual pranic energy to the universal and cosmic flow of energy. Mudras are a combination of subtle physical movements which deepen awareness and concentration and also alter mood, perceptions and attitudes. Groups of Mudras:

1. Hand Mudras: Jnana Mudra, Chin mudra, Yoni mudra, Bhairava Mudra, Hridaya mudra, Sanjeevni mudra, Mahasir Mudra,
2. Head Mudras: Shambhavi mudra, Nasikagra mudra, Khichari mudra, Kaki mudra, Akashi mudra, Shanmukhi mudra, Unmani mudra
3. Kaya(Postural) Mudras: Viparita Karani mudra, Pashini mudra, Prana mudra, Yoga mudra, Manduki mudra

4. Bandha (Lock Mudras): Maha mudra, Mahabheda mudra, Mahaveda mudra
5. Adhara (Perineal Mudras): Ashwini mudra, Vajroli/ sahajoli mudra

KRIYAS

1. Agnisar Kriya
2. Nauli
3. Sutra Neti

Vihara: Lifestyle Modification including diet, sleep patterns etc Meditation: Being Blissful Meditation and other meditation techniques. Participants have daily guided practices of Energization Exercises, yoga postures, meditation and guided yoga techniques for greater energy, therapeutic and restorative yoga.

Students will know practices to help their students/clients deal with difficult issues in their lives. By the end of the course, students will know:

- The three levels of consciousness: Where do solutions reside?
- How to use meditation techniques to find solutions?
- Introspection and personal commitment.
- How to deepen meditation practice.
- Tools to help raise consciousness and how to use them: affirmations, visualizations, pranayama.
- Working with the chakras to transmute negative energy.
- How to find solutions to specific issues. (health, relationships, money, stress)
- Discussion of questions that you as teachers face with your students.
- Daily special guided sadhanas to help deepen meditation and a variety of ways to go deeper in meditation.
- Learn the benefit from silence and find answers.

Bhakti Yoga: Mantra Chanting

Faculty:

Dr. Omanand Guruji

Prof. Divya Darshan MA Yoga

Dr. Sunita Maa, PhD

Mr. Lokesh Carpenter, MA Yoga

Assignment and Assessment:

The students are assessed each day based on their performance during class discussions, role play sessions, peer review and self-review through Daily Journal writing. We often record the role play sessions for review purposes and provide effective feedback for improvisation.

The written test at the end of the course, and assisting yoga therapy sessions are used for grading purposes.

Students are graded based on their grasp of key concepts, their ability to understand the need to modify the various tools, clarity of their instructions and flexibility of their approach.

Reference Books:

- Asana through the Third Eye Level 1, by Dr.Omanand Guruji
- Asana through the Third Eye Level 2, by Dr.Omanand Guruji
- Yoga The Ultimate Science, Dr. Omanand Guruji
- Insight of Yoga Therapy by Dr. Omanand Guruji

4. Ayurveda and Yoga Therapy Overview

Ayurveda is an intricate medical system that originated in India thousands of years ago, widely regarded as the oldest form of healthcare in the world.

Ayurveda deals with the entire creation with special emphasis on the biology of life.

Ayurveda is derived from the most sacred scriptures from India, known as Vedas.

They are Rig, Sama, Yajur and Atharva Vedas.

In this course, we aim to educate our students about the relevance of Ayurvedic treatments in yoga therapy and assimilation of Ayurvedic principles in efficiently delivering yoga therapy. The students will learn about

- pancamaya(kosha) (fundamental structure of the human system);
- subtle anatomy;
- tri-dosha (effect of the elements on the physical body);
- tri-guna (effect of sattva (equilibrium), rajas (activity),tamas [inertia]);
- prakrti/vikrti (dosha constitution at birth/imbalance of the dosha currently expressed in the body);
- ama(undigested food, emotions, etc. accumulated in the body);
- agni (internal fire(s) and their contribution to health);
- prana vayu (prana, apana, vyana,udana,samana);
- prana prakopa (disturbance of the vayu);
- urya/chandra(sun/moon);
- brmhana/langhana (expansion/contraction);and
- vyuha model: heya (the symptoms), hetu (the causes),hana (the goal), upaya (the tools)

Competencies Covered:

Category 1.3. Framework for Health and Disease

1.3.1 Knowledge of the basic perspectives on health and disease from yoga and Ayurveda relevant to the practice of yoga therapy, including the concepts of

1.3.1.1 Pancamaya (kosha) (fundamental structure of the human system);

1.3.1.2 Subtle anatomy;

1.3.1.3 Tri-dosha(effect of the elements on the physical body);

1.3.1.4 Tri-guna(effect of sattva (equilibrium), rajas (activity),tamas (inertia);

1.3.1.5 Prakriti/vikrti(dosha constitution at birth/imbalance of the dosha currently expressed in the body);

1.3.1.6 Ama(undigested food, emotions, etc. accumulated in the body);

1.3.1.7 Agni(internal fire(s) and their contribution to health);

1.3.1.8 Pranavayu (prana, apana, vyana,udana,samana);

1.3.1.9 Prana prakopa(disturbance of the vayu);

1.3.1.10 Surya/chandra(sun/moon);

1.3.1.11 Brahmana/langhana(expansion/contraction);and

1.3.1.12 Vyuha model: heya(the symptoms), hetu(the causes), hana(the goal), upaya(thetools).

1.3.2 Knowledge of categorizing illness, including

1.3.2.1 Development/evolution of disease (samprapti[pathogenesis]), including but not limited to direction, intensity, onset, and duration and

their influence on the ease or difficulty of healing and disease management.

1.3.2.2 Setting priorities: symptoms/pacification (shamana[short-term]) and purification/strengthening (shodhana[long-term]).

Learning Objectives:

Yoga and Ayurveda are considered to be in close relationship. This course aims to broaden the horizon for our Yog Chikitsak students. At the end of this course they will be able to incorporate the basics of Ayurveda in assessing their clients and identify the pathologies originating from imbalances in their gunas. They will learn

human anatomy and physiology from the perspective of Ayurveda as described in yoga philosophy and how Ayurveda treats the human body as whole rather than in parts thus integrating mind, body and breath. They will also understand the basic differences in prakritis and can suggest lifestyle modifications to bring harmony in the system. We however caution our students from claiming to be proficient in Ayurveda and advise them to appropriately refer their clients if their condition is beyond the scope of yoga therapy.

Flow of Class Presentation: The class is conducted through lectures, quizzes and discussions. Introduction to major texts of Ayurveda and their relevance in today's world where most of the diseases are lifestyle based diseases is discussed.

Goals/Aims of Ayurveda are explained, that are basically to
Protect health and remain healthy. (Swasthya Swasthya Rakshanam)
Eliminate diseases and dysfunctions. (Aturasyavikarprashamanamcha)

Ayurveda provides both curative and preventive measures towards optimal physical, mental and spiritual well-being.

Major concepts of Ayurveda, like following the basic constitution of each person based on trigunas and understanding their prakriti and vikriti makes it easier for a therapist to go to the root cause of a problem and decide on the strategies such as preventive or curative to be adopted based on the clients' condition. Students will learn techniques of both short term/ long term treatment options of shodhan and shaman with special emphasis on vyuha model: heya (the symptoms), hetu (the causes), hana (the goal), upaya (the tools), as well as the importance of Ayurvedic diet based on seasons.

The course content is presented in an interesting manner by an Ayurveda Practitioner himself.

Course Subject Matter:

Ayurvedic treatments for Healthy People Nasya (nasal instillation)

Snehan (oleation) (Medicinal enema),

- Karnapurana (ear instillation)

Ayurvedic treatments are used for all types of chronic diseases as well as for newer diseases. In diseases like asthma, diabetes, high blood pressure, etc. this treatment has given very enthusiastic positive results. In acute pain and swelling, procedures like snehana, swedan and raktamokshana help to relieve symptoms very quickly.

Ayurvedic treatment before any kind of surgical treatment is recommended which reduces the total time taken for the treatment of chronic diseases. Excess toxins are eliminated by this process thus giving medicine more space to act fast.

The Main Texts of Ayurveda :

1. BrihatTrayee:

- i. CharakSamhita,

- ii. SushurtSamhita
- iii. AstangaSangrah / Hridaya.

2. LaghuTrayee:

- i. MadhavNidaan,
- ii. SharangdharSamhita,
- iii. Bhava Prakash. Others:

Kashyap Samhita, SahastraYogam, YogRatnakar, Bhaisajya Ratnavali,
Bharat BhaisajyaRatnakar

Introduction of Eight Branches of Ayurveda (Astanga Ayurveda):

1. Kaya - comprising of general medicine / all somatic disorders
2. Bal - comprising of gynecology, obstetrics, pediatrics
3. Graha - comprising of psychological and psycho-somatic disorders
4. Urdhvang - comprising of ENT, dentistry, ophthalmology, head brain
5. Shalya - comprising surgery.
6. Danshtra - comprising toxicology.
7. Rasayana - comprising of geriatrics immunological studies
8. Vajikarana - comprising of sexual disorder studies

- At Constitutional level (The PanchaMahabhutas/ PanchKoshas)
- At Functional level (The Tri Doshas, Tri Gunas, PanchVayu)
- At Structural level (The SaptaDhatus)
- At By-product level (TheMalas)
- Prakriti/Vikriti The PanchaMahabhutas:
Akasha (Space) , Ether
Vayu (Air,) Gases
Agni (Fire) Heat Energy
Jala (Water) Liquid
Prithvi. (Earth) Solid

The Tri Dosha/Prakriti:

- i. Vata
- ii. Pitta
- iii. Kapha

The relation between Tri-Doshas and Pancha-Mahabhutas with respect to their category of work and changes in prakriti.

- i. Vata(Vayu and Akash) -Movements
- ii. Pitta (AgniandJal) – Transformations
- iii. Kapha (Jaland Prithvi) -Stability

The Tri Gunas:

- i. Sattav
- ii. Rajas
- iii. Tamas

The Panch Vayu:

- i. Udana
- ii. Samana
- iii. Vyana
- iv. Apana
- v. Prana

Techniques to remove Prakopa or disbalance in prana body
The Sapta Dhatus:
There are seven types of dhatus in our body according to Ayurveda. This may be regarded as seven types of tissues based on the common functions they perform in our body

1. Rasa: Fluid or plasma. Connective tissue: Provides contentment and saturation and it nourishes each and every tissue and cell of the body.
2. Rakta: Blood cells, Blood generates clarity in complexion; it not only nourishes the body tissues, but provides physical strength and color to the body.
3. Mamsa: Muscle issue Its main function is to provide physical strength and support for the meda dhatu.
4. Meda : Fats / adipose tissue, Medas gives rise to unctuous materials, it also lubricates the body.
5. Asthi: Bones and cartilages; Asthi supports the body structure
6. Majja: Nervous tissue / bone marrow/ CSF provides function, strength and regulates shukra dhatu
7. Shukra: Reproductive tissue Provides velour, discharge, pleasure, physical strength, exhilaration and is meant for reproduction or seed production.

The Malas:

Malas are the various waste products of food and the dhatus produced during the normal digestive and metabolically process. The three primary malas being Purisa (feces), Mutra (urine) and Sveda (sweat). Ayurveda clearly states that only a balanced condition of dosas, dhatus and malas is 'arogya' (good health or disease free condition) and their imbalance is the cause of ill health or disease.

Ayurveda modalities of treatment include but are not limited to the Vyuha Model.

Ayurvedic Diet: Basic elements of an ayurvedic diet according to different climatic conditions.

Assignments and Assessment:

1. Students are assessed on their competence of assessing the Prakriti /Vikruti of 3 fellow students. (Assessment form provided)
2. Students are required to submit a case study about a client with focus on:
 - a. Samprapti (Identifying pathology) as learned during the course.
 - b. Vyuha model of treatment.
 - c. Choose between shamana/shodhana treatment options.
3. Students also visit the Ayurveda Clinic for a total of 21 hours and learn many Ayurveda therapy techniques. They assist in therapy sessions and learn a great deal interacting with real patients. Feedback is provided on their performance which helps to refine their skills, especially client intake and assessment.
4. Final written Exam and Case Study Presentation are used for final grading.

Faculty:

Dr. Sandeep Shah, BAMS Ayurveda Doctor

Dr. Atul Gupta, BAMS, Ayurveda Doctor

Dr. Pallavi Padhye, BAMS, Ayurveda Doctor

Dr. Deepak Mehta, MD Ayurveda

Reference Books:

Basics of Ayurveda compilation by Paramanand Yoga Institute of Yoga sciences & Research with the team of Ayurveda Doctors.

5. Making of a Yoga Therapist

Overview:

Making of a Yoga Therapist Course is the Integration point of Yoga Therapist all other courses. It works at refining the subtler skills of our students. It prepares our students for practicum delivery through practical sessions where they work on fine tuning their skills until they are able to demonstrate all the competencies of a successful yoga therapist.

Competencies Covered:

Category 1.1. Yoga Teachings and Philosophy

Category 1.2. Yoga and the Mind

Category 1.3. Framework for Health and Disease

Category 2.1. Anatomy and Physiology

Category 2.2. Additional Biomedical Knowledge

Category 2.3. Psychology and Mental Health

Category 2.4. Additional Knowledge

Category 2.5. Body and Mind Integration

Category 3.2 Basic Principles of the Therapeutic Relationship

3.2.1 In-depth knowledge of, and observed capacity for, well-developed communication skills: listening, presence, directive and non-directive dialogue.

3.2.2 Demonstrated ability to recognize, adjust, and adapt to specific client/student needs in the evolving therapeutic/ professional relationship.

3.2.3 Demonstrated ability to recognize and manage the subtle dynamics inherent in the therapist/client relationship.

3.2.4 In-depth knowledge of the scope of practice of yoga therapy and how to assess the need for referral to other professional services.

Category 3.3 Principles and Skills for Educating Clients/Students

3.3.1 In-depth knowledge of and demonstrated ability to implement effective teaching methods, adapt to unique styles of learning, provide supportive and effective feedback, acknowledge the client's/student's progress, and cope with unique difficulties/successes.

3.3.2 In-depth knowledge of and demonstrated ability to transmit the value of self-awareness and self-responsibility throughout the therapeutic process.

3.3.3 In-depth knowledge of and demonstrated ability to develop and adjust appropriate practice strategies to the client/student.

Category 3.4 Principles and Skills for Working with Groups

3.4.1 Basic knowledge of and demonstrated ability to design, implement, and evaluate group programs.

3.4.2 Familiarity with group dynamics and techniques, including communication skills, time management, and the establishment of priorities and boundaries, as well as techniques to address the specific needs of individual participants, to the degree possible in a group setting.

Learning Objectives:

1. Demonstrate practical client assessment skills (including structural and functional assessment, chakra assessment, basic Ayurvedic constitution and imbalances assessment)
2. Demonstrate ability to take a client history, create, document, and evaluate individualized therapeutic plans including an evaluation of the physical, energetic, mental, emotional, and spiritual dimensions of well-being.
3. Demonstrate a deeper understanding of anatomy, physiology, and kinesiology
4. Learn how to design individualized yoga therapy regimes
5. Demonstrate understanding of how chakra energy affects a client's physical, mental, emotional and spiritual wellbeing and how this knowledge can inform the choice of techniques used in yoga therapy routines.
6. Know how Yoga and Ayurveda work together to promote well- being of body, mind, and spirit.
7. Demonstrate an understanding of Yoga teaching (asanas, meditation, pranayama, diet, yoga philosophy, and more), and how they can be used to help a client therapeutically.
8. Demonstrate ability to apply knowledge of strategies that address common disorders and pathologies of the major human systems and common mental health conditions, as well as other goals and aspirations of the student as relevant to the work of a yoga therapist.
9. Know the principles Energy Healing and demonstrate how to send healing energy to others; the roles of prayer and intention;
10. Demonstrate understanding of the importance of the power of the mind; the use of affirmations, visualizations, and mantra.
11. Demonstrate ability to apply knowledge of pacification, purification, and strengthening strategies.
12. Demonstrate ability to integrate information from the intake, evaluation, and observation to develop a working assessment of the client's condition, limitations, and possibilities.
13. Demonstrate ability to apply knowledge of how to combine intake, evaluation, observations, and working assessment to develop an appropriate practice or session strategy for individual clients/students as well as group classes, taking into consideration the holistic nature of the individual.
14. Demonstrate ability to apply knowledge of how to choose and prioritize the use of yoga tools and techniques, including selecting, sequencing, adapting, and modifying yoga practices appropriate to the needs of clients.
15. Demonstrate ability to teach or deliver the appropriate practices for individuals as well as groups, taking into consideration the assessment of their conditions, limitations, possibilities, and the overall practice strategy.
16. Be familiar with important issues in conducting the business of yoga therapy, how to communicate with healthcare professionals and how to generate and interpret referral information.
17. Understand how to establish therapeutic relationships with clients, how to set clear boundaries; what are professional and ethical boundaries; listening and communication skills.

Making a Yoga Therapist is the core of our Yoga Chikitsak Program. This course has been carefully drafted for fine tuning the skills of a future yoga therapist. This course takes into consideration communication skills, listening skills, adaptation skills, and knowing the restrictions of their profession. It will also equip the students to educate their clients about their conditions and the need to modify their lifestyle and follow the protocol designed for them to achieve holistic health conditions. The students will be able to demonstrate their skills to establish therapeutic relationships with their client. They will also be able to effectively communicate with their clients. The course also aims at educating our students the value of upgrading their skills and conducting basic research studies and presenting their findings in various ways.

Flow of Class Presentation:

The course will be conducted in the form of Presentations, Role Plays, Discussions, class quiz and mock therapy sessions. This course runs concurrently with other courses and aims at reinforcing the learnings of all courses. All therapy sessions where the students are either shadowing or assisting, they focus on one major area specifically, such as; intake, assessment, therapeutic relationship, conducive environment, communication skills, collating the assessment data to understand client's condition, reading medical reports, setting priorities, short term and long term goals, creating therapy protocol, explaining protocol through different modalities, understanding individual differences, treating group therapy clients individually, being able to offer modifications, being able to review the progress of the client in subsequent sessions, etc. All these skills are polished through visits to Ayurveda Clinics, Yoga Therapy Hospitals other than our own clinic. Early patient contact helps in translating theoretical knowledge to practical dimensions. Our aim is to make our students competent and confident therapists before they leave our campus and can successfully deliver their practicum hours and take pride in being able to touch people's lives in a meaningful way.

Introduction to research methodology and presentation skills makes this course wholesome.

Course Subject Matter:

- Communication Skills
- Assessment Skills
- Establishing Therapeutic Relationship
- Develop Therapy Protocol
- Demonstrate protocol via multimodal approach
- Importance of being attentive
- Listening skills

- Adapting to client's needs
- Subtle dynamics of client therapist relations.
- Scope of Yoga Therapy and need for referral
- Design, implement and evaluate group therapy programs.
- Principles and skills of working with a group.
- Setting priorities and meeting individual needs in a group therapy session.
- Ability to acknowledge clients 'progress.
- Develop and adjust appropriate practice strategies for the client.
- Demonstrate the ability to handle challenges.
- Demonstrate the ability to provide supportive and effective feedback.
- Creating awareness and sense of responsibility in clients.
- Developing strategies for the client to practice the protocol.
- Behavior modification strategies for the client to stick to home practice and actively participate.
- Introduction to Research Methodology.
- Types of Research Designs
- Different types of sampling.
- Types of data and methods of data collection.
- Measures of central tendency- Mean, Median, Mode.
- Correlation, Coefficient and probability theory
- Testing of hypothesis, synopsis and dissertation writing.
- Presentation skills.
- Introduction to bio statistical analysis and presentation of data in Excel.
- Reference writing in Research work.
- Demonstration of case study, Poster Presentation
- PowerPoint Presentations

Faculty:

Dr. Omanand Guruji

Dr. B.K. Bandre

Mrs.Abha Bajaj(Ma Atma Anand)

Assignment and Assessment:

- Observation
- Interview
- Peer Review
- Self-Review
- Daily Journal
- Discussions during sessions
- Role Play
- Assisting Therapy Sessions
- Class Test

Books:

Insight of Yoga Therapy by Dr. Omanand Guruji

Yoga The Ultimate Science. by Dr. Omanand Guruji

Psychology and Yoga Therapy by Dr. Omanand Guruji

In-take forms

6. Psychology and Yoga Therapy

Overview:

In today's world, the most common ailments suffered by humanity are more mental than physical. Overload of information, advancements in technology, increased competitiveness, cut throat race for survival create massive loads of stress. According to Yoga science all mental or physical illness originate in Manomaya Kosha or The Third Plane of consciousness. Yoga therapy is immensely capable of relieving symptoms of psychosomatic disorders. At the same time, the knowledge of principles of human psychology will be an added advantage for future yoga therapists to adopt an approach which balances the old and new in an integrative approach for restoring harmony and holistic wellbeing.

Competencies Covered:

Category 2.3. Psychology and Mental Health

2.3.1 Basic knowledge of commonly occurring mental health conditions—from psychological distress to psychiatric conditions—their symptoms, and common approaches/interventions, as they relate to the work of a yoga therapist.

2.3.2 Basic knowledge of psychological concepts and terminology, including mood, cognition, behaviour, and personality, as relevant to the work of a yoga therapist.

Category 2.4. Additional Knowledge

2.4.1 Familiarity with models of human development, including developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being.

2.4.2 Familiarity with the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing.

Category 2.5. Body and Mind Integration

2.5.1 Knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being.

Learning Objectives:

The students will learn the basic knowledge of commonly occurring mental health conditions—from psychological distress to psychiatric conditions—their symptoms, and common approaches/interventions, as they relate to the work of a yoga therapist. Including basic knowledge of psychological concepts and terminology, including mood, cognition, behavior, and personality, as relevant to the work of a yoga therapist. Furthermore, they get familiar with models of human development, including developmental stages, lifecycles, and personality, and their importance to medical and psychological health and well-being. And also learn about the influence of familial, social, cultural, and religious conditioning on mental and medical perspectives of health and healing; as well as knowledge of the interaction of the body, breath, mind, intellect, and emotions in health and well-being.

The objective of this course is to familiarize the students with different approaches in Psychology which can be integrated in planning an effective yoga therapy protocol for psychosomatic disorders. The course focuses on the mental / emotional body, evaluating and understanding the multi-dimensional nature of the human mind. Students will explore the underlying, correlating factors and side effects of conditions such as depression, anxiety, addiction and trauma, as well as how to assess and treat such conditions with yogic practices.

At the completion of the course students will be able to understand:

- Similarities and differences in Psychological therapy and Yoga Therapy
- Brief History of Psychology
- Stages of human development, lifecycles, personality types
- Research Methodology in Psychological testing
- Common terminology used in psychological testing.
- Ethics in psychological research
- Know basic pathophysiology, symptoms, treatments (including medications) and medical terminology of a variety of common mental health conditions, ranging from psychological distress to psychiatric conditions, including how they impact a person's life physically, mentally, emotionally, and spiritually.
- Know how to and demonstrate the ability (via case studies) to incorporate any contraindications related to mental health conditions into the development of a yoga therapy plan for clients.
- Know how developmental models of human development and influences of familial, social, cultural, and religious conditioning influence mental health conditions and healing.

- Know how Yogic and Ayurvedic views of the mind and personality can help the yoga therapist to create appropriate yoga therapy plans for those with a variety of psychological and mental health conditions.
- Know and be able to demonstrate good communication skills, including listening, presence, directive and non-directive dialogue; how to set appropriate therapeutic boundaries.
- Know how to do a basic evaluation of a person's mental and emotional dimensions of well-being, and when it is appropriate to refer to a mental health professional.
- Know how to and be able to demonstrate (via case studies) the ability to apply appropriate yoga therapy to those with common mental health conditions, and how to collaborate with mental health practitioners as needed.
- Know effective teaching methods and how to adapt to different styles of learning.
- Know therapeutic ways to develop and manage group classes for people with these psychological/mental health conditions.

Flow of Class Presentation:

This course is an integral part of the YOG CHIKITSAK (Diploma in Yoga Therapy) Program. This course is taught in the format of lectures, discussions, assignments, class quizzes. The skills learned in this course will come handy when the students learn to assess their clients. Behavioural and cognitive psychotherapy approaches can easily be integrated in yoga therapy protocols. Students will be given an insight about human psychology as described in Hindu scriptures and a comparative analysis will be done with modern psychology. They will learn how meditation, Mudras, chanting, restorative asanas and visualization techniques can help in alleviating symptoms of various psychosomatic disorders.

Course Subject Matter:

Major Psychological Disorder:

Some of the following symptoms and interventions. These are adoptable by Yoga Therapists.

- Depression
- Anxiety
- Eating Disorders like Bulimia and Anorexia
- Dependence on Alcohol and Tobacco and other drugs and Addiction
- Schizophrenia
- Dementia and Alzheimer
- Obsessive Compulsive Disorder
- Fear
- Stress
- Anger
- Confusion
- Frustration

- Insomnia

Introduction to Psychotherapy:

- Various methods of counseling
- Required skills for counseling
- Various stages of counseling
- Behavioral Therapy
- Cognitive Therapy

Faculty:

Dr. Omanand Guruji
Prof. Abha Bajaj
Dr. Vaishali
Dr. Rashmi Joshi

Assignment and Assessment:

Case Study:

Students will visit the Old Age Home in Ashram Campus or old age outdoor patients and identify a client with psychosomatic disorder. Students will take the history of the client either from the client or from the caregiver and fill up the Patient intake form. Students will submit their report which will include:

- A brief description of the problem that they addressed.
- The description of the disorder.
- Identify the Mind body incoherence
- Locate the probable underlying issues
- Using the techniques learned in yoga philosophy as well as Psychology to design a therapy protocol which will establish harmony in mind, body, breath, emotions and intellect.
- Submitting the case study to the mentor.
- The students will be observed and assessed during assisting therapy sessions as well as role play sessions. Feedback will be provided on their performance. They will be assessed based on their client assessment skills through case studies and presentations. A final exam at the end of the course will count towards grading.

Reference Books:

Yoga and Psychotherapy by Dr. Omanand Guruji
Insight of Yoga Therapy by Dr. Omanand Guruji
Yoga The Ultimate Science by Dr. Omamand Guruji
Patanjali Yoga Sutra - translation by Dr. Omanand Guruji

7. Regulatory Practices and Business Ethics

Overview:

Ethical Guidelines for the Yoga Therapist & establishing the students as a Yoga Therapist

At Paramanand Yoga, we follow traditional Yoga practices and teachings. A Yoga practitioner or Yoga Teacher or Yoga therapist is supposed to follow ethics in accordance to Yama and Niyama.

This course focuses on outlining the professional standards, guidelines and codes of ethics that are standards of practice for healthcare professionals. It includes generally accepted ethical principles of health care codes of conduct and yoga's ethical principles and evolving experience in yoga therapy, and knowledge of the importance of practising within such parameters.

Competencies Covered:

Category 5.1. Ethical Principles

5.1.1 In-depth knowledge of yoga practices and methods for self-inquiry related to establishing, practicing, and maintaining ethical principles.

5.1.2 In-depth knowledge of generally accepted ethical principles of health care codes of conduct and yoga's ethical principles.

5.1.3 Demonstrated ability to apply knowledge of generally accepted ethical principles and related concepts from the yoga tradition to professional interactions and relationships.

5.1.4 In-depth knowledge of the scope of practice of yoga therapy, resulting in the demonstrated ability to discern the need for referral to other modalities.

5.1.5 Knowledge of the extent of one's own individual training, skills, and evolving experience in yoga therapy, and knowledge of the importance of practicing within such parameters.

Category 5.2. Legal, Regulatory, and Business Issues Pertaining to Yoga Therapy

5.2.1 Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga therapist.

5.2.2 Basic knowledge of business practices relevant to the work of a yoga therapist, including record keeping, planning, and financial management.

Category 5.3. Relationships with Peers, Mentors, Clinicians, and Organizations

5.3.1 Basic knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist.

5.3.2 Basic knowledge of how to establish, maintain, and utilize a referral network of peers and related healthcare practitioners and organizations.

5.3.3 Basic knowledge of how to develop and maintain ongoing collaborative relationships.

Category 5.4. Personal and Professional Development and Continuing Education

5.4.1 Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education.

5.4.2 Knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice.

Learning Objectives:

Guidelines of building one's practice, maintaining harmonious therapeutic alliances and understanding one's scope of work are covered in this course. Additional topics include moral compliance, networking among healthcare providers as well as handling clients with special needs populations.

- Knowledge of current relevant local, state, and national laws and regulations impacting the work of a yoga therapist.
- Knowledge of business practices relevant to the work of a yoga therapist, including record keeping, planning, and financial management.
- Knowledge of other healthcare fields and their potential role in and relevance to the work of a yoga therapist.
- Knowledge of how to establish, maintain, and utilize a referral network of peers and related healthcare practitioners and organizations.
- Knowledge of how to develop and maintain ongoing collaborative relationships.
- Knowledge of the fundamental value of ongoing personal practice, long-term mentorship, and skills maintenance/development through continuing education.
- Knowledge of when and how to seek advice and support for case consultation, educational advancement, and personal practice.

Flow of Class Presentation:

This course is presented in the form of lectures, powerpoint presentations, role play and open-ended discussions and aims at

- Defining one's role as a yoga therapist, understanding the scope of your practice and refraining from advertising oneself as a doctor, physiotherapist or an Ayurveda practitioner;
- An overview of issues that they may come across while dealing with specific populations, such as the special needs population and people with severe disabilities.
- Defining the ethical guidelines for providing therapy to individuals as well as groups which may include topics like maintaining confidentiality, legal responsibility, staying within the scope of practice, maintaining the standards of health care professionals.
- Learning the values and moral compass of working with other health care professionals;
- Networking with various healthcare professionals for consultation and support in their business.
- Establishing themselves as a Yoga therapist

Faculty:

Dr. Omanand Guruji

Prof. Abha Bajaj

Course Subject Matter:

- Establishing, practicing and maintaining Ethical Principles
- Ethical practices and Code of Conduct
- Professional interactions and relationships as per Yoga Tradition
- Practicing with in realms of individual knowledge
- Scope of the practice of Yoga Therapy and the need for referral
- Relevant. local, state and national laws and regulations per training to Yoga Therapy
- Basic knowledge of Business Practices, including record keeping, planning and financial management to Yoga Therapy
- Establishing, maintaining and utilizing a referral network with healthcare professionals.

Assignment and Assessment: Students will be assessed through class quiz, discussions, role play sessions, assisting therapy sessions and case study presentations.

Reference Books:

Yoga beyond Business- Dr. Omanand Guruji
Insight of Yoga Therapy – by Dr. Omanand Guruji
Yoga The Ultimate Science – by Dr. Omanand Guruji
Business communication- Global Open University
Business Ethics- Global Open University

Description of the Learning and Other Physical Resources

Reference / Text Course Books

1. Yoga beyond Business- Dr. Omanand Guruji
2. Insight of Yoga Therapy – by Dr. Omanand Guruji
3. Yoga The Ultimate Science – by Dr. Omanand Guruji
4. Asana by Third Eye Level 1 – by Dr. Omanand Guruji
5. Asana by Third Eye Level 2 – by Dr. Omanand Guruji
6. Total awakening (Patanjali Yoga Sutra Explained)- Dr. Omanand Guruji
7. Alchemy of life (Mind body integration)-Dr. Omanand Guruji
8. Bhagvad Gita concise – Gita Press, Gorakhpur
9. Hatha Yoga Pradipika- Swami Swatmarama – by Dr. Omanand Guruji
10. Basics of Ayurveda- compilation by PIYSR.
11. Yoga Vashishtha – Maharishi Vashishth
12. Illness to Wellness, Yoga Therapy for common diseases- Dr. Omanand
13. Yoga Taravali- Dr. Omanand Guruji
14. Yoga and Psychotherapy- Dr. Omanand Guruji
15. Marital Yoga- Dr. Omanand Guruji
16. Mantra Yoga- Dr. Omanand Guruji
17. Secrets of Chakras and Kundalini (Therapeutic Benefits)- Dr. Omanand
18. Yoga Beyond Business (A business Plan)- Dr. Omanand Guruji
19. PowerPoint Presentations by Faculty Members

8. Research Methodology:

Whenever we think of a healthy life, we start thinking how Yoga Therapy can bring health and wellness in our life? What way can we fortify our research to re-confirm, research or investigate that Yoga therapy is a powerful tool for healing, health and wellness? When students of the

Yoga Chikitsak program start case studies, it should be done as Research. This will fortify their findings and conclusions that Yoga Therapy helps and heal the diseases or health conditions of patients.