# Ananda Marga Yoga Instructor Course

<table>
<thead>
<tr>
<th>Module</th>
<th>Key Learning Outcome</th>
<th>Equipment Required</th>
</tr>
</thead>
</table>
| 1.     | **Introduction and Basic Knowledge of Yoga & Yoga Philosophy.**  
Theory Duration (hh:mm) 16:00  
Practical Duration (hh:mm) 00:00 | At the end of this module, participant will be to  
*Define Yoga,  
*Explain the History of Yoga,  
*Explain Yoga Philosophy- Brahma Cakra (Circle of Creation), Cosmic Mind, Five Fundamentals, Vital Energy, Unit Mind, Evolution of unit mind, Intellect, Intuition, Savikalpa Sama’dhi, Nirvikalpa Sama’dhi.  
*Specialities of Ananda Marga Yoga.  
*Austa’unga Yoga (Ra’ja’dhira’j Yoga):  
Yama, Niyama, A’sana, Pra’na’ya’m, Praty’a’ha’r, Dha’rana’, Dhya’na, Sama’dhi.  
*Yama and Niyama ( Moral ethics and Social awareness)  
Ahimsa’, Satya, Astyeya, Brahmacarya, Aparigraha, Shaoca, Santoas’a, Tapah, Sva’dhya’y, lishvara Pranidha’na(Meditation).  
*Food and Cells, Physical and Mental development.  
. *Cakra, Glands, Propensities (Vrttis) and Asana. | Yoga Hall  
Yoga Mat |
| 2.     | **Prepare and maintain work area**  
Theory Duration (hh:mm) 01:00  
Practical Duration (hh:mm) 07:00 | At the completion of this module, participants will be able to:  
*Prepare & identify types of products, materials etc. required for the Yoga services.  
*Apply applicable legislation relating to the workplace (for example health and safety, workplace regulations, use of work equipment, health hazards, handling/storage/disposal/cautions in the use of products/tools/equipment etc. fire precautions, occurrences, hygiene, disposal of waste, environmental protection etc. | Yoga Mats/  
Mysore Rugs/  
Towels/  
Durries. Yoga Blankets |
<table>
<thead>
<tr>
<th>3.</th>
<th>Conduct the basic yoga sessions- Yaogic Lifestyle &amp; Asana, Mudra’, Bandha etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Theory Duration</strong>&lt;br&gt;(hh:mm)&lt;br&gt; 40:00</td>
<td>At the end of this module, participant will be able to explain and follow the Yaogic Lifestyle:&lt;br&gt;*Moral ethics of Yoga- Yama and Niyama: &lt;br&gt;*Social awareness (Social outlook).&lt;br&gt;*Social Norms.&lt;br&gt;<em>Core Principle of Ananda Marga Yoga.&lt;br&gt;<em>Bha’gavata Dharma- Vista’r, Rasa, Seva’, Tadasthiti (A’nandam).&lt;br&gt;<em>Yaogic Balance Diet &amp; Fasting.&lt;br&gt;</em> Mantra, Chanting, Kiirtan and Lalita Ma’rmika.&lt;br&gt;</em> Yaogic Dance- Kaoshiki and Ta’ndava.&lt;br&gt;<em>Sixteen Points.&lt;br&gt;</em> Fifteen Shiils.&lt;br&gt;</em> Secrets of a long and Healthy Life.&lt;br&gt;*Stress free life.&lt;br&gt;*Describe &amp; illustrate the Anatomy &amp; Physiology of human body systems.</td>
</tr>
</tbody>
</table>
| **Practical Duration**<br>(hh:mm)<br> 150:00 | **Practical Component:**<br>At the end of this module, participant will be able to<br>A. Define and demonstrate Proper Breathing Practice and some breathing exercises. <br>B. Tell and exhibit preparatory exercises which includes- Toe bending, Ankle bending, Ankle rotation, Knee bending, Knee rotation, Knee cap tightening, Half butterfly, Full butterfly, Waist rotation, Wrist rotation, Shoulder rotation, Neck bending, Neck rotation, Elbow stretching. <br>C. Define & demonstrate loosening practices such as- Joggings, Forward and backward bending, Side bending, Twisting, Sit up, Hip rotation, Naoka’ cha’lana’, Rope pulling, Alternate toe touching, Frog jumping etc. <br>D. Define & demonstrate Asana for Meditation which include- Padma’sana, Siddha’sana, Sukha’sana, Viira’sana. <br>E. Define & demonstrate Asanas in different postures: <br>Ananda Marga Asanas: <br>1.Bhastika’sana , 2.Bha’va’sana, 3. Bhujaunga’sana, 4. Cakra’sana, 5. Dhanura’sana/Naoka’sana, 6.Diirgha prana’m/ Ardhaturmka’sana | **Yoga Mats/**<br>Mysore Rugs/**<br>Towels/**<br>Durries. Yoga Blankets
7. Gomukha'sana, 8. Granthimukta'sana
9. Hala'sana/Parvata'sana, 10. Janushira'sana
14. Matsyendra'sana, 15. Mayura'sana
16. Padahasta'sana 17. Sahaj Utkata'sana
18. Sarva'unga'sana 19. Shalabha'sana
20. Shashaunga'sana 21. Shava'sana
22. Siddha'sana 23. Tejas'a'sana
24. Tula'danda'sana 25. Ustra'sana
26. Utkat paschimottana'sana
27. Yogamudra' 28. Matsu'sana 29. Viira'sana
30. Shiva'sana 31. Bajra'sana 32. Padma'sana
33. Baddha Padma'sana 34. Kukkuta'sana
35. Kurmaka'sana 36. Ardha Shiva'sana
37. Utkat Kurmaka'sana 38. Jatil Utkata'sana
39. Utkat Bajra'sana 40. Garura'sana
41. Dvisamakona'sana 42. Manduka'sana

Other Asanas:
1. Anjaney'a'sana, 2. Adhomukha'sana, 3. Ba'la'sana,
4. Par'svakona'sana, 5. Setu Bandha'sana, 6. Shishula'sana,
7. Surya Namaskar'r, 8. Trikona'sana, 9. Viparita karani, 10. Viirbhadra'sana-1,
11. Viirbhadra'sana-2, 12. Vrksa'sana

F. Describe & demonstrate various types of Pra'na'ya'ma techniques such as-

G. Bandha:
*Ja'landhar, *Bandhatraya

H. Mudra:

I. Other Yaogic Process
Basti mudra', Na'sa'pa'na, Mula'dha'ra shodhana, Dhaotii, Vya'paka sna'na, Shiitos'n'a sna'na, Sikta mardana, A'tapa sna'na, Basti kriya', Sun Bath, Hips Bath, Stream Bath, Mud Bath etc.
J. Yoga Massage

Essential technique of Yoga Massage.

K. Shava'sana

The art of relaxation.
Introductory Shava'sana experiences.

L. Perform Meditation.

At the end of this module, participant will be able to-

* Communicate and behave in a professional manner when dealing with clients.
* Identify how to manage clients expectations.
* Behave in a professional manner within the workplace.
* Use effective communication techniques when dealing with the clients.
* Adapt methods of communication to suit different situations and client needs.
* Use effective consultation techniques to identify treatment objectives.
* Provide clear recommendations to the client.

Maintain Client

* Plan and organize service feedback.
* Plan client scheduling and bookings and product stocks to meet the schedule.
* Maintain accurate records of clients, treatments and product stock levels.
* Accept feedback in a positive manner and develop on the short comings.

Unique Equipment Required:
Yoga Mats/Mysore Rugs/ Towels/Durries. Yoga Blankets, Stove/Gas Heater for boiling water. 5 litre kettle, Container (25ltrs-50 litters capacity). Yoga cushions (optional)