

Yoga from the Source

Kaivalyadhama - Yoga Instructor's Course Content

Module 1 - Patanjali Yoga Sutras - Dr. N. Ganesh Rao (8 hours)

Unit 1 (53 mins lecture by Dr. N. Ganesh Rao)

1. Introduction
2. Samkhya Philosophy

Unit 2 (124 mins lecture by Dr. N. Ganesh Rao)

1. Chapter 1 - Samadhi Pada
2. Samadhi Pada - Part 2
3. Samadhi Pada - Part 3
4. Concept of Mind
5. Concept of Om
6. Obstacles
7. Concepts of Manas Sthithi Nibandhini and Samapatti
8. Samapatti - Part 2

Unit 3 (154 mins lecture by Dr. N. Ganesh Rao)

1. Chapter 2 - Sadhana Pada - Kriya Yoga and Kleshas
2. Kleshas - Part 2
3. Therapeutic Aspects in Patanjali Yoga Sutras
4. Ashtangas
5. Effects of Perfect Performance of Yamas and Niyamas
6. Concept of Asanas

7. Concepts of Pranayama and Pratyahara

Unit 4 (50 mins lecture by Dr. N. Ganesh Rao)

1. Chapter 3 - Dharana, Dhyana, Samadhi
2. Chapter 3 - An Overview of Vibhuti Pada

Unit 5 (20 mins lecture by Dr. N. Ganesh Rao)

1. Chapter 4 - Kaivalya Pada - An Overview

Module 2 - Ashtanga Yoga of Swami Charandas - G S Sahay (10 hours)

Unit 1

Sec 1 (50 mins Lecture by G S Sahay)

1. Charandas
2. Samyama

Sec 2 (75 mins Lecture by G S Sahay)

3. Yama - Introduction
4. Yama - Types (Ahimsa, Satya, Asteya)
5. Yama - Types (Asteya contd, Bramhacharya, Kshama, Dhiraja)
6. Yama - Types (Daya, Aarjava, Mithara, Shaucha)

Unit 2

Sec 1 (55 mins Lecture by G S Sahay)

Intro, enumeration of 10 niyamas - Tapas, Santosh, Astikya, Daana Seva, Siddhanta, lajja, dridhamati, japa, homa

Sec 2 (53 mins Lecture by G S Sahay)

3. Asana 1 - Meaning and Definition

4.Asana 2 - Definitions contd.

5.Asana 3 - Effects, 4 Purposes

Unit 3

Sec 1 (27 mins Lecture by G S Sahay)

Asana 4 - Number of Asanas

Sec 2 (90 mins Lecture by G S Sahay)

Pranayama

1 - Evolution, Practices Pranayama

2 - Concept of Vayu Pranayama

3 - Concept of Chakras Pranayama

4 - Chakras contd,

Unit 4

Sec 1(58 mins Lecture by G S Sahay)

Pranayama 5 - Nadis in Hathayoga

Pranayama 6 - Nadis contd, time units of pranayama,

Pranayama 7 - how to do pranayama

Sec 2 (51 mins Lecture by G S Sahay)

Pranayama 8 - Kumbhak, Ujjayi

Pranayama 9 - Shitali, Shitkai, Bhastrica, Bhramhari, Murchha, Keval

Unit 5

Sec 1 (76 mins Lecture by G S Sahay)

Pratyahara / Dharana / Dhyana

Unit 6 (Recommended to be done in 2 day with discussion & quiz)

Sec 1 (69 mins Lecture by G S Sahay)

Samadhi

Shat Karma

Mudras and Bandhas

Enumeration of 8 accomplishments.

Module 3 - Structure and Function of Human Body -

Dr. Sharad Bhalekar

(13 hours)

Unit 1

Sec 1 (57 mins Lecture by Dr. Sharad Bhalekar)

Introduction to Anatomy and Physiology of Yoga Intro Contd.

Development of Breath through Yoga

Unit 2

Sec 1 (54 mins Lecture by Dr. Sharad Bhalekar)

Samadhi in View of Anatomy and Physiology of Yoga

Samadhi and Breath Function

Samadhi Advanced Stage

Basic Function in Advanced Stage

Unit 3

Sec 1 (43 mins Lecture by Dr. Sharad Bhalekar)

Pranayama - Concept & Effects

Scientific View

Effect of Pranayama on Body and Mind

Unit 4

Sec 1 (53 mins Lecture by Dr. Sharad Bhalekar)

Practice of Pranayama

Beginning Practice

Pranayama - Advancement

Unit 5

Sec 1

Ujjayi and Bhramhari

Bhastrica, Shitali, Sitkari, Meditation

Unit 6

Sec 1 (50 mins Lecture by Dr. Sharad Bhalekar)

Digestive System and Yoga
Anatomy and Physiology
Principles of Diet
Yoga - To improve digestion

Unit 7

Sec 1 (48 mins Lecture by Dr. Sharad Bhalekar)

Musculoskeletal System and Yoga
Function of Bones
Function of joints and muscles

Unit 8

Sec 1 (59 mins Lecture by Dr. Sharad Bhalekar) The Concept of Asana

The Concept/process
Effects, varieties
Precautions during asana practice

Unit 9

Sec 1 (44 mins Lecture by Dr. Sharad Bhalekar)

The Details of Asana

1, 2: Types and classification and analysis of asanas according to views, positions, movement of spine. Working of muscles.

Unit 10

Sec 1 (61 mins Lecture by Dr. Sharad Bhalekar)

The Concept of Kriya

Views - From Patanjali and Hatha Yoga, The Process/ Working Method

2, 3: Simple Cleansing processes - Jala Neti, Vamana Dhauti, Kapalbhati, agnisara (simple), Trataka

Unit 11

Sec 1 (50 mins Lecture by Dr. Sharad Bhalekar)

The Concept of Advanced Cleansing Processes

1, 2: Sutra Neti, Vastra Dhauti/Danda Dhauti, Nauli and Bash, Agnisar, Shankhaprakshalana

Unit 12

Sec 1 (50 mins Lecture by Dr. Sharad Bhalekar)

The Concept of Mudras

1, 2, 3: The 8 Aspects - Muscle

Abdomen

Spine

Nerves & Ganglion Kumbhaka Visualization Vibrations Postures

Unit 13

Sec 1 (58 mins Lecture by Dr. Sharad Bhalekar)

The Concept of Meditation

Dharana, Dhyana, Samadhi

Samyama, Peace

Breath and Body Awareness, Awareness and External Sound / Internal Sound !

Module 4 - Yoga and Mental Health - R S Bhogal (12 hours)

Unit 1

Sec 1 (44 mins Lecture by R S Bhogal)

1,2. Introduction to Yoga and Mental Health

Sec 2 (41 mins Lecture by R S Bhogal)

3, 4: Yoga according to Bhagvad Geeta and Govardhan Peeth

Unit 2

Sec 1 (40 mins Lecture by R S Bhogal)

Psychological Definitions of Yoga

Advantages/Limitation in Understanding Yoga through Psychology

Sec 2 (42 mins Lecture by R S Bhogal)

Similarities between Yoga and Psychology

Differences between Yoga and Psychology

Unit 3

Patanjali Yoga Sutra on Existential Disorders and Remedies -

Sec 1 (35 mins Lecture by R S Bhogal) Modern Medicine
Modern Medicine

Sec 2 (40 mins Lecture by R S Bhogal) Genesis of Existential Disorders
Yogic Remedies

Unit 4

Patanjali Yoga Sutra on Existential Disorders and Remedies

Sec 1 (78 mins Lecture by R S Bhogal)
Kriya Yoga and Existential Disorders
Omkar and Gayatri Mantra on Existential Disorders

Mind Controlling in Patanjali Yoga
Basis of Yogic Remedies

Sec 2 (43 mins Lecture by R S Bhogal)
Psychological and Yogic Models on Normality - Freudian Approach Erikson Model of
Normality

Unit 5

Sec 1 (44 mins Lecture by R S Bhogal) Maslow Model of Normality
Medical and Statistical Model of Normality Idealistic Model - Western and Yogic

Unit 6

The Concept of Adjustment

Sec 1 (90 mins Lecture by R S Bhogal) Introduction
Psychological Methods of Adjustment Yogic Metaphysics and Adjustment

3 Contd.

Sec 2 (33 mins Lecture by R S Bhogal)
New Topic - Synthesis between Yogic and Psychological Methods 5 Contd.

Unit 7

Sec 1 (53 mins Lecture by R S Bhogal)

Tackling Frustration - Psychological and Yogic Ways - Introduction Psychological Methods in Frustration

Yogic Methods of tackling Frustration

Unit 8

Sec 1 (46 mins Lecture by R S Bhogal)

Psychological and Yogic Ways of Conflict Resolution - The different types Yogic Methods of Conflict Resolution

Unit 9

Sec 1 (20 mins Lecture by R S Bhogal) Yoga Darshan and Conflict Resolution

Sec 2 (76 mins Lecture by R S Bhogal) New Topic - Prayer & its types Benefits of Prayer

Benefits contd.

Module 5 - Teaching Methodology - Lee Majewski (2 hours)

Unit 1

Sec 1 (59 mins Lecture by Lee Majewski)

Introduction

Process, Principles and styles of adult Unit 2 Contd.

Teaching Yogic Practices

4 Contd

Unit 2

Sec 1 (53 mins Lecture by Lee Majewski)

1, 2 Verbal and non-verbal communication 3. Teachers Code of Conduct

4. Lesson Plan