



KAIVALYADHAMA S.M.Y.M. SAMITI'S,

GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS

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ADVANCED COURSE IN YOGA

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SYLLABUS

PAPER I
APPLICATION OF YOGIC CONCEPTS FROM TRADITIONAL
YOGIC TEXTS
(Number of Lectures- 16)

This section aims at providing an in-depth understanding of application of Yogic concepts to human life on the basis of Traditional Texts.

UNIT	TOPICS	SUB-TOPICS	HRS
A (PATANJALA YOGA SUTRA)	Chitta	Yogic understanding of Chitta (Human psyche): Its structure and functions	8
	Abhyasa & Vairagya	Applied aspect of Abhyasa (practice) & Vairagya (detachment)	
	Chittaprasadana	Applied aspect of Chittaprasadana - Yogic ways to manage the mind, emotions and thought processes	
	Kriyayoga	Applied aspect of Kriyayoga - to refine the basic potential of human being	
	Kleshas, Antarayas, Vitarkas	Yogic understanding of Kleshas (afflictions), Antarayas (obstacles), Vitarkas (negative thoughts) and the ways to overcome	
	Ashtanga Yoga	Rationale and application of Ashtangayoga (eightfold path of Yoga)	
	Schools of Yoga	Importance of Hathayoga	
	Concept of Hatha in	Representative Texts of Hathayoga	

B (HATHA YOGA)	Yoga	Concept of Hathayoga and it applied value	8	
	Asana	Asana antiquity, definition		
		Classification of Asana		
	Cleansing Processes	Introduction of various cleansing processes		
		Shatkarma in Gheranda Samhita		
	Kumbhaka	Importance of Kumbhaka & Bandhas		
		Purpose of Kumbhaka & Bandhas		
	Mudra	Status of Mudra in Hathayoga		
		Definition, Purpose and Kinds of Mudra		
	Introduction of Yogic Anatomy	Chakra, Vayu and Nadi		
		Granthi, Tattva, Vital Points, Adharas etc.		
	Introduction of Dhyana	Introduction of Dhyana in Gheranda Samhita		
	TOTAL			16

PAPER II
PSYCHOLOGICAL BASES OF YOGA
(Number of Lectures- 06)

UNIT	TOPICS	SUB-TOPICS	HRS
I	Psychology of Yoga Darshana	Psychology of Samkhya	6
		Taittiriya Aranyaka	
	Normality in the Yogic context	Normality in the Yogic context	
		Yogic Normality	
	Existential disorders, Modern Disorders and P.Y.S. approach	Medical etiology	
		Genesis in Patanjala Yoga sutra	
	Adjustment & Yoga	Adjustment & Yoga	
	Personality Development	Psychological theories	
		Yogic approach	
	Attitude & Yoga	Psychology of Attitude	
Methods of Attitude changes			
Psychology of Prayer in the Yogic context	Psychology of Prayer		
	Types & benefits of Prayer		
TOTAL			6

PAPER III
STRUCTURE & FUNCTIONS OF HUMAN BODY & EFFECTS OF
YOGA PRACTICES ON IT
(Number of Lectures- 13)

UNIT	TOPICS	SUB-TOPICS	HRS
I	Modifications in functioning of nervous System through Yogic Practices	Concept of evolution of Brain	13
		Anatomy of Brain - 3 levels: Cortical, Limbic & Autonomous	
		Three levels of consciousness: Lower Brain, Cortical & Supra Cortical	
		Cortical & Limbic parameters of Brain development: Researches	
		Neuro-endocrine & autonomic balance: (Researches) - Concept of Reconditioning of Psycho-Physiological mechanism	
		Concept of cultivation of correct psychological attitude (as per Swami Kuvalayananda's reference)	
	Effect of Yoga on Neuro-gladular & Neuro-muscular mechanism	Functioning of sympathetic and parasympathetic nervous system	
		Anatomy of Medulla Oblongata, Pons, Cerebellum, Spinal Cord and associated ganglions	
		Anatomy & Physiology of Endocrine and Exocrine glands and their nervous control	
		Anatomy & Physiology of neuro-muscular junction	
		Temporary & sustained modifications in both mechanism through regular yogic practices - according to Researches	
		Anatomy of Digestive System	
		Process of digestion of Protein, Fat, Sugar	

	Effect of Yogic Practices on Digestion & Metabolism & concept of Diet	Indigestion & its acute and Chronic symptoms
		Concept of Metabolism, Anabolism, Catabolism
		Metabolic rate, Metabolic need - Conceptual understanding
		Influence of Metabolic rate, Metabolic need on each other
		Modification in Metabolic rate, Metabolic need through Yogic Practices (Temporary & long standing - according to researches)
		Concept & Principles of Diet: Yogic, Ayurvedic & Modern View - Comparative Study
II	Pranayama: Part - I	Relation in detail: Breath, Mind & Metabolism
	Pranayama: Part -II	Mechanism of breathing and factors influence the breathing
		Anatomical consideration of respiratory tract and associated musculo-skeletal structures
		Definition of Pranayama - Traditional and Scientific
		Psycho-Physiological effects of Pranayama: Temporarily & sustained on each System, Cell. (Researches)
		Neuro-physiological alterations through Pranayama
		Variety of breathing techniques and their therapeutic importance - 8 types of Pranayamas
	Hints (Considering Anatomy and Physiology) for proper practice of all techniques	
	Concept of advancement in Pranayama: extension, sustaining, rhythm, Bandha, Keval Kumbhaka	

	<p>Vital energy, its channelization through Pranayama, Spiritual concept of Pranayama, Spiritual aspect of Pranayama</p> <p>Scientific analysis of effect of Pranayama as per traditional references Hathayoga, Upanishada</p> <p>Pranayama & meditation</p>
Asana: Part - I	<p>Scientific basis of concept of Asana</p> <p>Definition of Asana - Scientifically & View of Hathayoga & Patanjali</p> <p>Asana and Physical exercise: Difference in detail</p> <p>Physiological effects of asanas on each Sytem, Organ, Cell</p> <p>Psychological effects of Asana</p> <p>Spiritual Views: About channelization of energy & Alertness</p> <p>Development stage in Asana: Effort and Effortlessness - Comparative study</p> <p>Concept of Yoga injury regarding the misuse of Asana</p>
Asana: Part - II	<p>Types of Asanas - Meditative, Relaxative, Cultural</p> <p>Practical hints about Asanas - To avoid injury and how to develop for the advancement</p> <p>Therapeutic application of Asana</p> <p>Researches about asana: In Kaivalyadhama and outside (Fundamental & Therapeutic)</p> <p>Asana and Their Scientific evaluations (Described in Hathapradipika & Gheranda Samihita)</p> <p>Asana for awareness</p>

III	Kriya(Cleansing Process)	Need of cleansing - according to various Conditions (Psycho-physiological) with traditional references
		View of Hathapradipika & Gheranda Samhita: Explanation within scientific parameters
		Neti, Dhauti, Basti, Kapalabhati, Nauli, Trataka: Mechanism, Importance & Limitation
		Agnisara, Varisara: Mechanism, Importance & Limitation
		Researches about Kriyas in Kaivalyadhama & outside
		Therapeutic application of various Kriyas
		Shatkarmas & Panchakarma (Comparative Study)
		Kriya Yoga: Patanjali's view, explanation within scientific parameters
	Yogic Practices according to different Age & Conditions	Yoga for School Children
		Yoga in teen age: Male / Female
		Yoga in pregnancy, Lactation
		Yoga in middle age
		Yoga in metabolic disorders: Obesity, Hypertension, Diabetes
		Yoga after menopause
Yoga in old age		
TOTAL		13

PAPER IV
TEACHING METHODOLOGY
(Number of Lectures- 10)

This section aims at providing lectures and hands-on training to gain new insights on what it means to be a yoga teacher and to enhance students' practical teaching abilities and skills.

UNIT	TOPICS	SUB-TOPICS	HRS
Teaching Methodology	Teaching Methodology	Adult learning theory	10
		How to create an effective Lesson Plan	
		Effective use of Teaching Aids	
	Communication Skills	Practical knowledge of effective verbal and non-verbal communication	
		Learn effects of subtle communication	
		Questioning and constructive feedback skills	
		Learn effective presentation techniques	
		Communication in cultural diversity	
	Yogic Ethics and Guidelines	Understanding the relationship between teacher and student	
		Applied teacher's code of conduct	
		Respecting cultural diversity	
	Yoga as Self Development Tool	Teacher's self-practice and its influence on ability to teach yoga	
		Evaluation of students using self-assessment tool and setting individual goals that lead them in development, based on their abilities and needs	
TOTAL			10

PRACTICAL

90 hours

- **Kriyas:**
 - Jalaneti
 - Rubber Neti
 - Vaman Dhauti
 - Kapalabhati
 - Trataka

- **Asanas:**
 - **Meditative Asanas:**
 - Padmasana
 - Siddhasana
 - Swastikasana
 - Samasana

 - **Relaxative Asanas:**
 - Shavasana
 - Makarasana

 - **Cultural Asanas:**
 - **Lying Supine Asanas:**
 - Halasana
 - Karnapidasana
 - Matsyasana
 - Chakrasana

 - **Lying Prone Asanas:**
 - Bhujangasana
 - Shalabasana
 - Dhanurasana

 - **Sitting Asanas:**
 - Vakrasana
 - Ardha Matsyendrasana
 - Paschimottasana
 - Ustrasana
 - Yoga Mudra

- **Standing Asanas:**
 - Side bending Chakrasana
 - Vriksasana
 - Utkatasana
 - Padastasana

- **Inverted Asanas:**
 - Vipritakarani
 - Sarvangasana
 - Shirsasana

- **Bandha and Mudras:**
 - Uddyana bandha
 - Jivabandha
 - Jalandhara bandha
 - Moolabandha
 - Simha Mudra
 - Brahma Mudra

- **Pranayama:**
 - Anuloma Viloma
 - Ujjayi
 - Sitali/Shitkari
 - Bhastrika
 - Bhramari

- **Mantras:**
 - Gayatri Mantra
 - Maha Mrutyunjaya Mantra
 - Omkar