



KAIVALYADHAMA®

Where Yoga tradition and Science meet

100
YEARS

Syllabus for 200 Hour Hybrid Yoga Therapy Course (HYTC)

Total duration for Pre-recorded lectures : 63 hours

	Updated version	Duration In Hours (approx.)
1.	Module A: Conceptual Basis of Yoga Faculty : Dr. Rao A1. Origin and semantic meanings of Yoga. A2. Definitions of Yoga from classical yogic texts. A3. Key concepts of Indian Philosophies. A4. Yogic models of human personality. A5. Dimensions of intelligence: IQ, EQ, and SQ.	6
2.	Module B: Foundations of Therapy Faculties : Dr. Rao & Dr. Santosh Pandey B1. Introduction to Therapy: Concepts and terms related to health. B2. Examples of Alternate and Complementary Therapies. B3. Therapeutic Applications of Pranayama. B4. First Aid: Basic principles and understanding. B5. Yoga Nidra: Concept, stages, and therapeutic relevance.	2

3.	Module C: Principles of Yoga Therapy Faculties - Dr. Rao, Dr. Santosh Pandey & Prof. Bodhe C1. Therapeutic Principles Derived from Saṅkhya Darśana & Patanjali's Sutras. C2. Therapeutic Principles of Yoga Vasiṣṭha and the Kaivalyadhama Tradition. C3. Mitahara (Yogic Diet): Therapeutic relevance in lifestyle management. C4. Four Dimensions of Yoga Therapy: • Prevention • Therapy • Healing • Transformation C5. Medico-Legal and Ethical Considerations in Yoga Therapy Practice.	4
4.	Module D: Applied Anatomy and Physiology in Yoga Therapy Faculties : Dr. Bhalekar & Dr. Santosh Pandey D1. Yogic Perspective in Therapy. D2. Structure, function, and disorders from a yoga therapy perspective D2.1 Digestive System. D2.2 Renal (Urinary) System. D2.3 Nervous System. D2.4 Circulatory System. D3 Physiology of Respiration and the Breathing Mechanism. D4 Concepts of <i>Praṇa</i>, <i>Naḍī</i>, <i>Cakra</i>, and <i>Kuṇḍalinī</i>. D5 <i>Praṇayama</i>: Physiological effects and therapeutic applications. D6 Mechanisms of <i>Asana</i> Practice and Their Therapeutic Applications. D7 Yoga Therapy in Metabolic Disorders. D8. Therapeutic Applications of Yoga in Women's Health.	23

5.	Module E: Mind, Mental Health, and Yogic Therapy Faculties - Dr. Bhogal & Dr. Praseeda Menon E1. Concept of Mind in Sankhya and Yoga Darshana E2. Afflictions and Limitations of the Mind: Dichotomous nature of the human mind E3. Defense Mechanisms and Yogic Techniques for positive effects. E4. Concept of Awareness in Yogic Psychology. E5. Basic Counselling in Yoga Therapy: Its essential do's and don'ts. E6. Mental Health and Disorders: • Definition, • Brief understanding of neurosis and psychosis • Stress: definition, causes and yogic approaches for prevention and management	12
6.	Module F: Yoga Therapy Essentials : From Assessment to Inner Integration Faculty : Ms. Renu Jain F1. Distinction between General Yoga and Yoga Therapy Practice. F2. Client Assessment and Therapeutic Planning in Yoga Therapy. F3. Designing and Structuring Yoga Therapy Sessions. F4. Implementation and Conduct of Yoga Therapy Sessions. F5. Yoga Therapy in Autoimmune Disorders: F5.1 Overview and Basic Understanding. F5.2 Yogic Perspective and Therapeutic Approach. F5.3 General Yoga Therapy Guidelines. F5.4 Case Flow and Clinical Application: A Real-World Example. F6. Living Yoga in Therapeutic Practice: Ethics, Therapist Self-Care, and Inner Integrity.	2
7.	Module G: Overview of Yoga Traditions Faculties - Prof. Bodhe & Yogacharya Smt. Sandhya Dixit	14

	G1. Major Traditions of Yoga: G1.1 <i>Aṣṭaṅga Yoga</i> (Classical Yoga of Patañjali). G1.2 <i>Karma Yoga, Bhakti Yoga, and Jñāna Yoga</i>. G2. Classical Texts of Yoga: G2.1 <i>Patañjali's Yoga Sūtras</i>: A overview. G2.2 <i>Saṅkhya Karika</i> of Īśvarakṛṣṇa. G2.3 <i>Haṭha Pradīpika</i> and <i>Gheraṇḍa Saṃhita</i>. G3. Traditional Practices of Yoga: G3.1 <i>Śuddhi Kriyas</i> (Purificatory practices). G3.2 <i>Yamas</i> and <i>Niyamas</i>. G3.3 <i>Asanas</i>. G3.4 <i>Prāṇayama</i>. G3.5 <i>Mudras</i> and <i>Bandhas</i>. G3.6 Mantra chanting (<i>Japa</i>). G3.7 Meditation (<i>Dhyana</i>). G3.8 Relaxation practices: <i>Śavasana, Yoga Nidra</i>.	
	Total Duration	63