



विज्ञ

VIJNA - LEVEL - II YOGA DEMONSTRATOR COURSE

SRI RAMAKRISHNA SEVA SAMITHI
BAPATLA - 522101
unworldliness.org | vajra.org.in

विज्ञ

Demonstrator Certificate Course



तस्मादसक्तः सततं कार्यं कर्म समाचर |
असक्तो ह्याचरन्कर्म परमाप्नोति पूरुषः || 3.19 ||

Therefore, without being attached to the fruits of activities, one should act as a matter of duty; for by working without attachment, one attains the Supreme.

ప్రతిఫలాపేక్ష లేకుండా ఎల్లప్పుడూ మన కర్తవ్యాన్ని నిర్వర్తిస్తూనే ఉండాలి. అలా చేసేవారు జీవితంలో అత్యున్నతమైన స్థాయిలకు చేరుకుంటారు.

**Sri Ramakrishna Seva Samithi,
Bapatla**

Preface

Sri Ramakrishna Seva Samithi, Bapatla is working towards the spread of the knowledge of Yogasanas.

Wellness of individuals and society are the key points for the regeneration of a nation. Contribution of yoga towards this goal has recognized by all the levels of society. At this juncture, two aspects of yogic practice are required, one is towards fitness of oneself and other is to train others. Yoga is an enormous science and we need to have in-depth knowledge and rigorous practice to master this art. Only those people who accomplished this, can become professionals and spread Yoga among the masses. The Samithi is working towards the goal of making these professionals.

Samithi is conducting certificate courses for Yogasana Demonstrators and Instructors. They are thoroughly trained to demonstrate Yogasanas. After the successful completion of their assignments and examination, they are offered with a certificate.

Yoga should be inculcated right from childhood, so that they can demonstrate yoga at different levels, can practice on their own in the right format and also spread the knowledge across the society. Sri Ramakrishna Seva Samithi, Bapatla, wishes to contribute through this to the wellbeing of the world. Our aspiration is to make yoga practice a daily habit in everybody's life and make yoga professionals of high order.

This is a Demonstrator certificate course and not an instructor certificate course.

Qualification: Abhijna Demonstrator Certification.

Criteria: One can do this course either offline or online. If a participant, while joining online, is not able to attend the class because of any internet connection problem, we don't consider that hour for attendance.

This course is for 100 hours. After successful completion of the 100 hours of training there will be a practical test, in which we observe the alignment and correctness of the posture. Participant has to hold each asana for a minute with ease. Participants can reappear for the test any number of times.

This course is intended to teach the practice of asanas for the purpose of demonstrating the postures perfectly. We conduct the course twice in a year: i.e on 1st of January and 1st of July.

Certificate will be offered only after clearing the practical test.

Grades(A+, A, B+, B) will be awarded depending on the performance.

Registrations: Registrations are open two weeks before the course. Kindly visit <https://unworldliness.org>

Video of these 35 asanas to be posted in our YouTube channel should be submitted before the exam.

To learn the asanas please visit our youtube channel: **Santhosh Polimera**

<https://www.youtube.com/playlist?list=PLYOvrXzXkeqZRSgt6FIOXkIHW223Rjy->

The demonstrator would not be eligible to teach yoga or its effects, contra-indications and its nuances. Inorder to get certified for the Instructor, we also offer Instructor courses.

Syllabus

Prānāyāma

1. Deep Breathing
2. Abdominal Breathing

Āsanas

1. Tiryak Tāḍāsana
2. Kati Chakrāsana
3. Mēru Pṛshthāsana
4. Tiryak Vṛkṣhāsana
5. Garudāsana
6. Śīthila Tāḍāsana
7. Supta Vajrāsana
8. Mandūkāsana
9. Ardha Padmāsana
10. Parvatāsana
11. Matsyāsana
12. Ākarṇa Dhanurāsana - I
13. Parivṛtta Parśva Upavista Koṇāsana
14. Ardha Baddha Padma Paśchimottānāsana
15. Purvottānāsana (Simplified Version)
16. Śīthila Daṇḍāsana
17. Uṣṭrāsana
18. Ardha Matsyēndrāsana - I
19. Ardha Nāvāsana
20. Mārjālāsana - I
21. Mārjālāsana - II
22. Mārjālāsana - III
23. Samatulāsana (Phalakāsana)
24. Sarala Bhujangāsana
25. Bhujangāsana - II
26. Makarāsana
27. Bālāsana
28. Sūchirandhrāsana
29. Eka Pāda Ānanda Madirāsana
30. Supta Padānguṣṭāsana - I
31. Ardha Śīrṣāsana
32. Sālamba Sarvāṅgāsana - II
33. Halāsana
34. Ardha Matsyāsana
35. Supta Udarākarṣaṇāsana - I

Evaluation will be based on the below points

Prānāyāma

1. Deep Breathing

Slow, steady and deep Inhalation, slow, steady, deep and complete Exhalation



2. Abdominal Breathing

While breathing in the abdomen should bulge out and while breathing out the abdomen should sink in. Only abdominal muscles should move and no other muscles should move.

Asanas

1. Tiryak Tādāsana - तिर्यक् ताडासन - Swaying Palm Tree Pose

- i) Feet one foot apart and parallel to each other.
- ii) Bend in the same lateral side without going forward and backward.



2. Kati Chakrāsana - कटि चक्रासन - Standing Spinal Twist Pose

- i) Feet one foot apart and parallel to each other.
- ii) Without bending back, twist from the lower back.
- iii) Feet should not be twisted.



3. Mēru Pṛshthāsana - मेरु पृष्ठासन - Spine and Back Pose or Waist Rotation Pose

- i) Legs should be conveniently apart and parallel to each other.
- ii) Body should be parallel to the ground.
- iii) Both the elbows should be in one single line, at shoulder level.



4. Tiryak Vr̥kshāsana - तिर्यक् वृक्षासन - Swaying Tree Pose

- i) Go into Vr̥kshāsana bend towards the folded leg.
- ii) While bending the body should not lean forward or backwards.



5. Garudāsana - गरुडासन - Eagle Pose

- i) Knee of the standing leg should be kept straight.
- ii) Foot of the other leg should get locked at the ankle.
- iii) Join the palms in front of the nose.
- iv) Whichever leg goes up, that side arm should go up.



6. Śithila Tādāsana - शिथिल ताडासन - Relaxed Palm Tree Pose

- i) Feet should be conveniently apart.
- ii) Hands hanging freely.
- iii) Body should be loose and relaxed.



7. Supta Vajrāsana - सुप्त वज्रासन - Reclined diamond Pose

- i) Either stretch the arms up or place the palms on the thighs.
- ii) Place the shoulder blades on the ground.
- iii) Knees should be together.



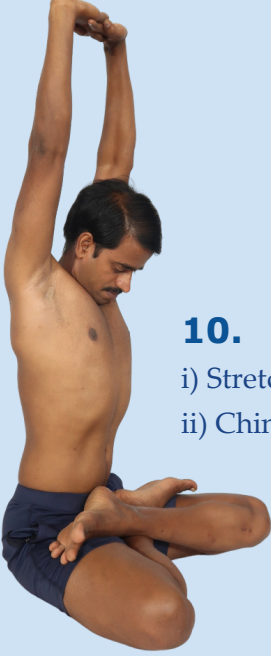
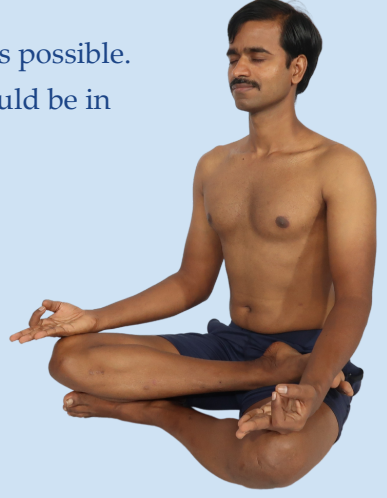
8. Mandūkāsana - मंडूकासन - Frog Pose

- i) Buttocks should be on the heels.
- ii) Knuckles should be touching each other.
- iii) Fists with thumbs inside, should be placed below the navel with fingers facing upwards.
- iv) Place the forehead on the ground.



9. Ardha Padmāsana - अर्ध पद्मासन - Half Lotus Pose

- i) Heel should be kept as close to the body as possible.
- ii) Spine erect and spine, neck and head should be in one single line.



10. Parvatāsana - पर्वतासन - Mountain Pose

- i) Stretch the arms up, palms facing upwards.
- ii) Chin bone should get locked in between the collarbones.

11. Matsyāsana - मत्स्यासन - Fish Pose

- i) Chest should be pushed as high as possible and the crown of the head should touch the ground.
- ii) Hold the big toes and place the elbows on the ground.



12. Ākarṇa Dhanurāsana - I - आकर्ण धनुरासन - I - The Shooting Bow Pose - I

- i) Head should be facing forward.
- ii) Big toe should be touching the ear.
- iii) Elbow should point upwards.
- iv) Spine should be kept as straight as possible.



13. Parivr̥tta Parśva Upaviṣṭa Koṇāsana

- परिवृत्त पार्श्व उपविष्ट कोणासन - Revolved seated Side Stretch Pose

- i) Back of the head should be placed on the leg.
- ii) Both the knees should be kept straight.
- iii) Elbow should be placed on the ground.



14. Ardha Baddha Padma Paśchimottānāsana

- अर्ध बद्ध पद्म पश्चिमोत्तानासन - **Half Bound Lotus Forward Bend Pose**

- i) Shoulders should be parallel to the ground.
- ii) Hold the big toe of the stretched leg and place the elbow on the ground.



15. Purvottānāsana(Simplified Version) - पूर्वोत्तानासन - Upward Plank or Reverse Plank Pose

- i) Feet one foot apart and parallel to each other.
- ii) Fingers of hand should face towards legs.
- iii) Body from knees to shoulders should be parallel to the ground.



16. Śithila Daṇḍāsana - शिथिल दंडासन - Relaxed Staff Pose

- i) Feet should be conveniently apart and falling sideways freely.
- ii) Hands placed at back with fingers pointing backwards.
- iii) Head hanging freely either sideways or backwards.



17. Uṣṭrāsana - उष्ट्रासन - Camel Pose

- i) Knees and feet can be kept one foot apart or together.
- ii) Thighs should be perpendicular and trunk parallel to the ground.
- iii) Palms should be placed on the respective soles.



18. Ardha Matsyēndrāsana - I

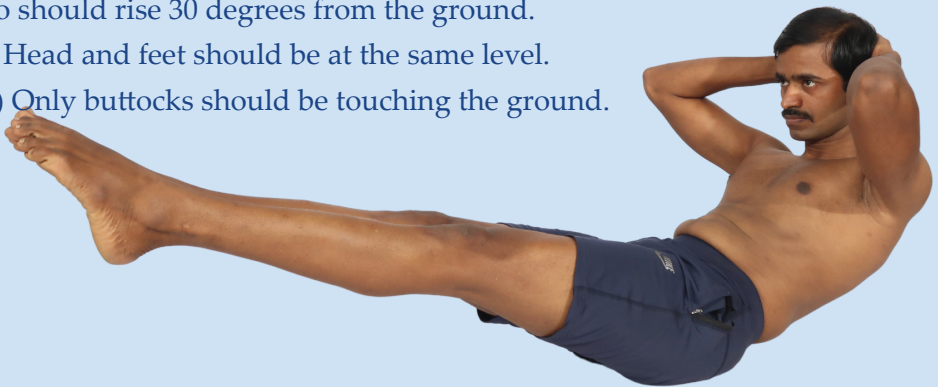
- अर्ध मत्स्येन्द्रासन - Half Lord of Fish Pose, Half Spinal Twist Pose

- i) Keep the right foot closure to the left buttock, right heel touching the left side of the hip.
- ii) Left foot should be kept by the side of the right knee.
- iii) Left shin should be perpendicular and the left knee should point upwards.
- iv) Right armpit should come close to the left knee.
- v) Trunk should be twisted from the lower back and both the shoulders should be in one single line.



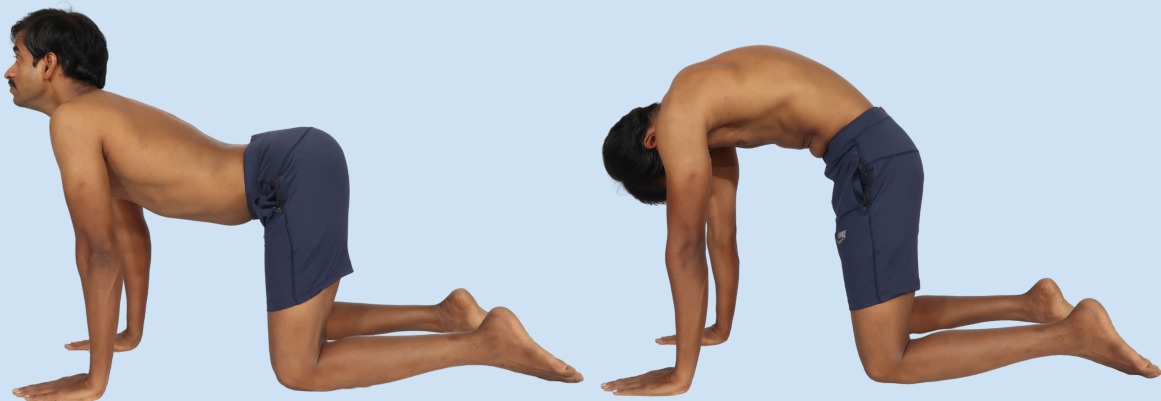
19. Ardha Nāvāsana - अर्ध नावासन - Half Boat Pose

- i) Trunk should rise by 30 degrees from the ground. In the same way, legs too should rise 30 degrees from the ground.
- ii) Head and feet should be at the same level.
- iii) Only buttocks should be touching the ground.



20. Mārjālāsana - I - मार्जालासन - I - Tiger Breathing - I

- i) Elbows should not be bent.
- ii) Hands, Knees and feet should be parallel to each other.



21. Mārjālāsana - II - मार्जालासन - II - Tiger Breathing - II

- i) Elbows should not be bent.
- ii) Foot should go closer to the head while inhaling.
- iii) Forehead should be placed on the knee while exhaling.



22. Mārjālāsana - III - मार्जालासन - III - Tiger Breathing - III

i) Stretched leg and arm should be straight and should be in one single line.

**23. Samatulāsana - सम तुलासन - Full Plank**

(or)

Phalakāsana (फलकासन)(Plank)

- i) The body should be in an inclined position.
- ii) Hips should not go down or move upwards.



24. Sarala Bhujangāsana - सरल भुजंगासन - Easy Cobra Pose

- i) Forearms should bear the weight of the body.



25. Bhujangāsana - II - भुजंगासन - II - Cobra Pose - II

- i) Heels should be touching each other.
- ii) Elbows should be straight.
- iii) Chest pushed out as much as possible.
- iv) Don't lift the shoulders.



26. Makarāsana - मकरासन -Crocodile Pose

- i) Feet should be together, heels touching each other.
- ii) Elbows should be as away as possible from the body.
- iii) Elbows should be close to each other.



27. Bālāsana - बालासन - Child Pose

- i) Head can be resting on the arm or on the ground.
- ii) Folded leg knee and elbow of folded arm should be kept close.



28. Sūchirandhrāsana - सूचिरंध्रासन - Thread and Needle Pose

- i) Foot should touch the Chest.



29. Eka Pāda Ānanda Madirāsana - एक पाद आनंद मदिरासन - Single Leg Happy Baby Pose)

- i) Big toe should touch the nose.
- ii) Other leg should be straight.



30. Supta Padānguṣṭāsana -I - सुप्त पाद अंगुष्ठासन - Reclined Hand to Toe Pose

- i) Both the knees should be straight.



31. **Ardha Śīrṣāsana - अर्ध शीर्शासन - Half Headstand Pose**

- i) Shoulders and hips should be in one single line without bending the spine.
- ii) Knees should be kept straight and heels should be placed on the ground as much as possible.



32. **Sālamba Sarvāṅgāsana-II**

- सालंब सर्वगासन - II

- **Shoulder stand with support - II**

- i) Arms to be kept parallel to each other or one can interlock the fingers and place them on the ground.
- ii) Body should be straight as much as possible.



33. Halāsana - हलासन - Plough Pose

- i) Arms to be kept parallel to each other or one can interlock the fingers and place them on the ground.
- ii) Chin should get locked between collar bones.
- iii) Knees should not bend.



34. Ardha Matsyāsana - अर्ध मत्स्यासन - Half Fish Pose

- i) Chest has to be pushed up as high as possible.
- ii) Crown of the head should be placed on the ground.
- iii) Feet should be touching each other.



35. **Supta Udarākarṣaṅāsana - I - सुप्त उदराकर्षणासन - I** **-Lumbar Twisting - I**

- i) Foot should come on top of the other foot.
- ii) Knee should come on top of the other knee.
- iii) Head should be twisted in the opposite direction of the legs.



Yoga Courses

Demonstrator Certificate courses

1. अभिज्ञ (60 Hours)
2. विज्ञ (100 Hours)
3. प्राज्ञ (200 Hours)
4. विनीत (300 Hours)
5. निष्णात (500 Hours)
6. योगधी (700 Hours)

Instructor Certificate Courses

1. अभिज्ञ (60 Hours Training + 60 Hours Teaching)
2. विज्ञ (100 Hours + 100 Hours Teaching)
3. प्राज्ञ (200 Hours + 200 Hours Teaching)
4. विनीत (300 Hours + 300 Hours Teaching)
5. निष्णात (500 Hours + 500 Hours Teaching)
6. योगधी (700 Hours + 700 Hours Teaching)
7. पारंग (1000 Hours + 1000 Hours Teaching)