



# निष्णात

## NISHNATHA YOGA DEMONSTRATOR COURSE

SRI RAMAKRISHNA SEVA SAMITHI  
BAPATLA - 522101  
[unworldliness.org](http://unworldliness.org) | [vajra.org.in](http://vajra.org.in)

**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 the nation. Contribution of yoga towards this goal has reached all the levels of society. At this juncture, two levels of yogic practice are required, one is towards the fitness of oneself and another is those who can train others. Yoga is an enormous science and practice that needs trained professionals to spread it. Sri Ramakrishna Seva Samithi, Bapatla is working towards the goal of making Yoga professionals.**

**Samithi has introduced certificate courses for Yogasana Demonstrators and Instructors. They are thoroughly trained, assigned to make daily demonstrations and after the successful completion of the assignments and examinations are offered with a certificate.**

**Yoga should be inculcated right from childhood, so that they can demonstrate yoga of 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:** Vineetha 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 500 hours. After successful completion of the 500 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/yoga-demonstrator-certificate-course/>

In this course we will be learning 8 step suryanamaskaras, Bandhas, Kriyas, Pranayama and 50 asanas in detail. We encourage all the students to be perfect with the entire syllabus.

Video of these Suryanamaskaras, Bandhas, Kriyas, Pranayama and Asanas to be posted in our YouTube channel should be submitted before the exam.

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

### Bandhas

1. Uddiyana Bandha
1. Jalandhara Bandha

### Kriyas

2. Jatru Trātaka
3. Jyothi Trātaka
4. Jala dauti
5. Laghu Sankha Prakshālana

### Pranayama

1. Bhastrika Pranayama
  2. Sitali Pranayama
  3. Sitkari Pranayama
  4. Sadanta Pranayama
  5. Nādānusandāna
- 8 step Sūryanamakara**  
**D.R.T**

### Asanas

1. Trivikramāsana
2. Naṭrajāsana - II
3. Ūrdhva Prasāritha Eka Pādottanāsana
4. Utkata Koṇāsna
5. Parivṛtta Utkata Koṇāsna
6. Vātāyānāsana
7. Tittibhāsana
8. Eka pādāngusthāsana
9. Gorakshasana
10. Paripoorna Ustrāsana(Kapotasana)
11. Eka Pāda Rājakapotāsana - I
12. Marīchyāsana -IV
13. Ardha Matsyēndrāsana - II
14. Mālāsana - I
15. Eka Pāda sirsāsana
16. Utthita Eka pāda sirsāsana
17. Skandāsana
18. Bhairavāsana
19. Eka Hasta Bhujāsana
20. Dwi Hasta Bhujāsana
21. Bhujapidāsana
22. Mayurāsana
23. Padma Mayurāsana
24. Kurmāsana
25. Yoganidrāsana
26. Hanumānāsana
27. SamaKoṇāsna
28. Vasiṣṭhāsana
29. Uttāna Prishthāsana
30. Eka Pāda Adho Mukha Śvānāsana
31. Pincha Mayurāsana
32. Padma Pincha Mayurāsana
33. Baddha Hasta Śīrṣāsana
34. Mukta Hasta Śīrṣāsana
35. Parsva Śīrṣāsana
36. Parivṛttaika pada Śīrṣāsana
37. Eka Pādā Śīrṣāsana
38. Pārśvaika Pādā Śīrṣāsana
39. Pārśva Urdhva Padmāsana in Śīrṣāsana
40. Pindāsana in Śīrṣāsana
41. Pārśva Urdhva Padmasana in Sarvāngāsana
42. Pindāsana in Sarvāngāsana
43. Eka Pādā Setu Bandha Sarvāngāsana
44. Pārśva Pindāsana in Sarvāngāsana
45. Uttāna Pādāsana
46. Eka Pāda Chakrāsana
47. Setubandha Chakrāsana
48. Eka Pāda Jatara Parivartanāsana
49. Supta Trivikramāsana
50. Supta Udarākarshanāsana - IV

## Bandhas

1. Uddiyana Bandha
2. Jalandhara Bandha

## Kriyas

1. Jatru Trātaka
2. Jyothi Trātaka
3. Jala douti
4. Laghu Sankha Prakshālana

## Prānāyāma

1. Bhastrika Prānāyāma
2. Sitali Prānāyāma
3. Sitkari Prānāyāma
4. Sadanta Prānāyāma
5. Nādānusandāna

## 8 step Sūryanamakara

D.R.T



## Asanas

1. Trivikramāsana - त्रिविक्रमासन - Pose of Trivikrama
2. Naṭrajāsana - II - नटराजासन - II - The Lord of the Dance Pose
3. Ūrdhva Prasāritha Eka Pādottanāsana - ऊर्ध्व प्रसारित एक पदोत्तानासन - Standing Split Pose
4. Utkata Koṇāsana - उत्कट कोणासन - Goddess Pose
5. Parivṛitta Utkata Koṇāsna - परिवृत्त उत्कट कोणासन - Revolved Goddess Pose
6. Vātāyānāsana - वातायनासन - Horse Pose
7. Tittibhāsana - टिट्टिभासन - Firefly Pose
8. Eka Pādāngusthāsana - एकपादांगुष्ठासन - Toe Stand
9. Gorakshāsana - गोरक्षासन - Cowherd Pose
10. Paripoorna Ustrāsana (Kapotasana) - परिपूर्ण उष्ट्रासन - Full Camel Pose
11. Eka Pāda Rājapotaśana - I - एकपाद राज कपोतासन - I - One Legged King of Pigeons Pose
12. Marīchyāsana -IV - मरीच्यासन - IV - Marichi's Pose - IV
13. Ardha Matsyēndrāsana - II - अर्ध मत्स्येन्द्रासन - II - Half Spinal Twist Pose - II
14. Mālāsana - I - मालासन - I - Garland Pose - I
15. Eka Pāda sirsāsana - एकपाद शीर्षासन - Foot Behind the Head Pose

16. Utthita Eka pāda sirsāsana - उत्तित एक पाद शीर्षासन - Lifted Foot Behind the Head Pose
17. Skandasana - स्कंदासन - War God Pose
18. Bhairavasana - भैरवासन - Bhairava's Pose
19. Eka Hasta Bhujāsana - एक हस्त भूजासन - Elephant's Trunk Pose
20. Dwi Hasta Bhujāsana - द्वि हस्त भूजासन - Two Hands and Arms Pose
21. Bhujapidāsana - भूजपिडासन - Shoulder Pressing Pose
22. Mayurāsana - मयूरासन - Peacock Pose
23. Padma Mayurāsana - पद्म मयूरासन - Lotus in Peacock Pose
24. Kurmāsana - कूर्मासन - Tortoise Pose
25. Yoganidrāsana - योगनिद्रासन - Yogic Sleep Pose
26. Hanumānāsana - हनुमानासन - Monkey Pose
27. Samakoṅāsana - समकोणासन - Straight Angle Pose
28. Vasiṣṭhāsana - वसिष्ठासन - Sage Vasistha's Pose
29. Uttāna Prishthāsana - उत्तान पृष्ठासन - Stretched Lizard Pose
30. Eka Pāda Adho Mukha Śvānāsana - एकपाद अधोमुख श्वानासन - Single Leg Downward Dog Position
31. Pincha Mayurāsana - पिंछ मयूरासन - Forearm Stand
32. Padma Pincha Mayurāsana - पद्म पिंछ मयूरासन - Lotus in Forearm Stand

33. Baddha Hasta Śīrṣāsana - बद्ध हस्त शीर्षासन - Bound Hands Headstand
34. Mukta Hasta Śīrṣāsana - मुक्त हस्त शीर्षासन - Hands Free Headstand
35. Parsva Śīrṣāsana - पार्श्व शीर्षासन - Side Headstand
36. Parivṛttaika Pada Śīrṣāsana - परिवृत्तैकपाद शीर्षासन - Revolved One leg Headstand
37. Eka Pādā Śīrṣāsana - एकपाद शीर्षासन - One Legged Headstand
38. Pārśvaika Pādā Śīrṣāsana - पार्श्वैकपाद शीर्षासन - Side One Legged Headstand
39. Pārśva Urdhva Padmā Śīrṣāsana - पार्श्व ऊर्ध्व पद्मशीर्षासन - Side Lotus in Headstand
40. Pindāsana in Śīrṣāsana - शीर्षासने पिंडासन - Embryo Pose in Headstand
41. Pārśva Urdhva Padma Sarvāṅgāsana - पार्श्व ऊर्ध्व पद्मसर्वगासन - Side Lotus in Shoulder Stand
42. Pindāsana in Sarvāṅgāsana - सर्वगासने पिंडासन - Embryo Pose in Shoulder Stand
43. Eka Pādā Setu Bandha Sarvāṅgāsana - एकपाद सेतु बंध सर्वगासन - One Legged Bridge on Shoulder Stand
44. Pārśva Pindāsana in Sarvāṅgāsana - सर्वगासने पार्श्व पिंडासन - Side Embryo Pose in Shoulder Stand
45. Uttāna Pādāsana - उत्तानपादसन - Raised Leg Pose
46. Eka Pāda Chakrāsana - एकपाद चक्रासन - One Legged Wheel Pose



47. Setubandha Chakrāsana - सेतु बंध चक्रासन - Bridge in Wheel Pose
48. Eka Pāda Jatara Parivartanāsana - एकपाद जठर परिवर्तनासन - One Legged Supine Spinal Twist
49. Supta Trivikramāsana - सुप्त त्रिविक्रमासन - Reclined Trivikrama's Pose
50. Supta Udarākarshanāsana - IV - सुप्त उदराकर्षणासन - IV - Lumbar stretch - IV

