



# प्राज्ञ

## PRAJNA

### YOGA DEMONSTRATOR COURSE

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

**The Samithi 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 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 some professionals.**

**Samithi is introducing 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 examination, are offered with a certificate.**

**There are universities offering academic yoga degrees of higher level and none for the beginners and middle level. 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:** Vijnana 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 200 hours. After successful completion of the 200 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/>

Video of these Suryanamaskaras, 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.

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38. Vipareeta Naukasana
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50. Supta Udarākarshanāsana - II

## **10 Step Suryanamaskaras**

Step 1: Hips should be pushed forward not backwards.

Step 2: Without bending the knees, hands should be placed by the sides of the feet.

Step 3: Back knee should be placed on the ground. Hips pushed forward and looking forward.

Step 4: Body should be in an inclined position. Hips should not go down or up.

Step 5: Only both feet, both palms, chest and chin should be placed on the ground. Stomach should not touch the ground.

Step 6: Only feet and hands should be touching the ground.

Step 7: Heels to be kept on the ground. Knees should not bend. Head towards knees and the ground.

Step 8: Back knee should be placed on the ground. Hips pushed forward and looking forward.

Step 9: Without bending the knees, hands should be placed by the sides of the feet.

Step 10: Hips should be pushed forward not backwards.

## Kriyas

1. **Kapālabhāthi**
  - i) Facial muscles should be relaxed.
  - ii) Only the stomach should be moving.
  - iii) Shoulders should be kept relaxing.
  
2. **Single nostril Kapālabhāthi**
  - i) Facial muscles should be relaxed.
  - ii) Only the stomach should be moving.
  - iii) Shoulders should be kept relaxing.

## Mudras

1. **Chin Mudra or Jnāna Mudra**
  - i) Tips of the thumb and index fingers should touch and other remaining fingers kept straight.
  - ii) Place the back of the wrists on the knees
  
2. **Chinmaya Mudra**
  - i) After adopting chin mudra, close the other three fingers.
  - ii) Place the back of the wrists on the knees
  
3. **Adi Mudra**
  - i) Fold the thumb and touch the lower end of the little finger with the tip of the thumb.
  - ii) Close the other four fingers to form a fist.
  - iii) Place the Upper side of the wrist and fingers on the knee
  
4. **Brahma Mudra**
  - i) Adopt Adi Mudra with both hands.
  - ii) Join the fists with knuckles touching each other.
  - iii) Place them on the stomach on either side of the navel, just below the navel.
  
5. **Shanmukhi Mudra**
  - i) Close the ears by folding the tragus in with the thumbs.
  - ii) Place the index fingers on the eye brows.
  - iii) Gently place the middle fingers on the closed eyelids without applying pressure on the eyes.
  - iv) Place the ring fingers at the end of the nostrils pressing them very gently inside.
  - v) Place the Little fingers on the upper lip.

## Pranayama

### 1. Ujjayi Pranayama

- i) Hissing sound should come from the throat but not the nose.

### 2. Vibhagiya Pranayama (Sectional Breathing)

**Abdominal Breathing:** Adopt Chin Mudra. While breathing in, the stomach comes out and while breathing out, the stomach goes in.

**Thoracic Breathing:** Adopt Chinmaya Mudra. While breathing in, the chest expands and while breathing out, the chest relaxes.

**Clavicular Breathing:** Adopt Adi Mudra. While breathing in, the shoulders go up slightly and move back and while breathing out, shoulders come down.

**Full Yogic Breathing:** Adopt Brahma Mudra. While breathing in, the stomach comes out, chest expands and shoulders go up and move back. While breathing out, shoulders come down, chest relaxes and stomach goes in.

### 3. Bhrāhmari

- i) Adopt Shanmukhi Mudra.
- ii) Fold the tongue up and touch the upper palette with the tip of the tongue.
- iii) The longer the chanting the better.

## Asanas

1. **Tiryak Kati Chakrāsana - तिर्यक् कटि चक्रासन - Swaying Waist Rotation pose**
  - i) Body from waist to hands should be in one single line and parallel to the ground.
  - ii) Feet should not get twisted.
  - iii) Knees should be held straight and tight.
2. **Utthita Trikoṇāsana - उत्थित त्रिकोणासन - Extended Triangle Pose**
  - i) Both feet should be twisted in the same direction, one 90° and the other slightly.
  - ii) Both the arms should be in one single line.
  - iii) Body should bend in the same lateral side without going forward or backward.
  - iv) Upper palm should be facing forward.
  - v) Head should be in line with the spine and should not hang down.
3. **Parivṛtta Trikoṇāsana - परिवृत्त त्रिकोणासन - Revolved Triangle Pose**
  - i) Both feet should be twisted in the same direction, one 90° and the other 60°.
  - ii) Both the arms should be in one single line.
  - iii) Upper palm should be facing the same direction as that of the body.
  - iv) Body should get the maximum twist.
4. **Utthita Pārsvakoṇāsana - उत्थित पार्श्वकोणासन - Extended Side Angle Pose**
  - i) Both feet should be twisted in the same direction, one 90° and the other slightly.
  - ii) Shin should be perpendicular and thigh parallel to the ground. Knee of the other leg should not be bent.
  - iii) Upper arm biceps should be touching the upper ear. And it's palm facing downwards.
5. **Parivṛtta Pārsvakoṇāsana - परिवृत्त पार्श्वकोणासन - Revolved Side Angle Pose**
  - i) Both feet should be twisted in the same direction, one 90° and the other 60°.
  - ii) Shin should be perpendicular and thigh parallel to the ground.
  - iii) Both the elbows should be in one single line.
  - iv) Trunk should be twisted completely.
6. **Vīrabadrāsana – I - वीरभद्रासन – I - Warrior Pose -I**
  - i) Both feet should be twisted in the same direction, one 90° and the other 60°.
  - ii) *Shin should be perpendicular and thigh parallel to the ground.*
  - iii) *Back heel should be on the ground and knee should be straight.*

iv) Trunk should rotate 90° degrees.

7. **Vīrabadrāsana – II - वीरभद्रासन – II - Warrior Pose - II**

- i) Both feet should be twisted in the same direction, one 90° and the other slightly.
- ii) Shin should be perpendicular and thigh parallel to the ground.
- iii) Trunk should not get twisted and both the pelvic bones should be in line with the front knee.
- iv) Arms should be in one line and parallel to the ground.

8. **Pādangustāsana - पादांगुष्ठासन - Holding the big toe pose**

- i) Hold the big toes with index and thumb fingers of the respective hands.
- ii) Knees should not bend.

9. **Ardha Baddha Padmottanāsana - अर्ध बद्ध पद्म उत्तानासन - Standing Half Bound Lotus Forward Bending Pose**

- i) Hold the big toe with index and thumb fingers of the folded leg.
- ii) Place the other hand on the ground by the side of the foot.
- iii) The other Knee should be kept straight.

10. **Utkatāsana – I - उत्कटासन – I - Chair Pose - I**

- i) Legs one foot apart and arms stretched out forward at the shoulder level.
- ii) Thighs should be parallel to the ground.
- iii) Push the trunk back as much as possible.

11. **Vīrāsana - वीरासन - Hero Pose**

- i) Feet should be close to the body.
- ii) Toes should be pointing backwards.
- iii) Knees should be together.

12. **Supta Vīrāsana - सुप्त वीरासन - Reclined Hero 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.
- iv) Feet closure to the body and toes pointing backwards.

13. **Paryankāsana - पर्यकासन - Couch Pose**

- i) Chest should be pushed up as high as possible.
- ii) Cross the arms and place the forearms on the ground.
- iii) Knees should be touching each other.

14. **Lolasāna - लोलासन - Pendant Pose**

- i) *Raise the body up as high as possible.*
- ii) *Feet should not touch the ground.*

15. **Simhāsana - I - सिंहासन - I - Lion Pose - I**

- i) Ankle should be kept on the other ankle.
- ii) Mouth should be opened fully and breath through the mouth.
- iii) Gaze at the centre of the eyebrows or at the tip of the nose.
- iv) Open all the fingers and press the knees.

16. **Siddhāsana - सिद्धासन - Accomplished pose**

- i) Feet should be in between thigh and calf muscles.
- ii) Back should be kept erect.

17. **Hindolāsna - हिंदोलासन - Cradle pose**

- i) Swing the leg completely in both the directions.

18. **Tolāsana - तोलासन - Balance Pose**

- i) Raise the body up to the level of elbows.

19. **Gupta Padmāsana - गुप्त पद्मासन - Secret Lotus Pose**

- i) Thighs and stomach should touch the ground completely.
- ii) Move the hands as high as possible.

20. **Simhāsana - II - सिंहासन - II- Lion Pose - II**

- i) Hips should be pushed down.
- ii) Mouth should be opened fully and breath through the mouth.
- iii) Gaze at the centre of the eyebrows or at the tip of the nose.
- iv) Chest should be pushed out.

21. **Baddha Padmāsana - बद्ध पद्मासन - Bound Lotus Pose**

- i) Knees should be placed on the ground.
- ii) Hold the toes firmly.
- iii) Spine should be kept erect.
- iv) Stretchy the throat completely.

22. **Ākarṇa Dhanurāsana – II - आकर्ण धनुरासन – II - The Shooting Bow Pose - II**

- i) Toe should be touching the ear and head should be kept straight.
- ii) Elbow should be pointing backwards and should be in line with the shoulder and foot.

23. **Parivr̥tta Parśva Upavista 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.
24. **Bhūnamunāsana - भूनमूनासन - Greeting the Earth Pose**  
i) Forehead should be placed on the ground in between the hands.  
ii) Hands should be as close to the leg as possible.  
iii) Do not let the hamstrings go up.
25. **Upavista Koṇāsana - उपविष्ट कोणासन - Seated Angle Pose**  
i) Stomach, Chest and chin should be placed on the ground.  
ii) Hold the toes and shoulders should be placed on the ground.  
iii) Toes should be pointing upwards.
26. **Bharadvājāsana - I - भरद्वाजासन – I - Bharadvaja’s Twist - I**  
i) Bottom heel should be touching the buttock and the upper heel should be pointing upwards.  
ii) Palm should be placed on the ground properly and elbow should be kept straight.
27. **Parivr̥tta Jānu Śīrṣāsana - परिवृत्त जानु शीर्षासन - Revolved Head to Knee Pose**  
i) Back of the head should be placed on the leg.  
ii) Elbow should be placed on the ground.
28. **Trianga Mukhaikapāda Paśchimottānāsana - त्र्यंग मुखैकपाद पश्चिमोत्तानासन - Three Parts Forward Bend Pose**  
i) Do not sit on the foot, toes should be pointing backwards.  
ii) Keep the trunk parallel to the ground and place the elbows on the ground.  
iii) Do not tilt the foot.
29. **Marīchyāsana –I - मरीच्यासन – I - Marichi’s Pose - I**  
i) Shin should be kept perpendicular to the ground.  
ii) Hold the wrists of one hand with the other.  
iii) Do not tilt the foot.
30. **Ubhaya Pādānguṣṭāsana - उभय पादांगुष्ठासन - Both Big Toe Pose**  
i) Balance only on the buttocks.  
ii) Keep the spine erect.

31. **Mērudandāsana - मेरुदंडासन - Spinal Column Pose**  
i) Balance only on the buttocks.  
ii) Keep the spine erect.  
iii) Stretch the legs as wide apart as possible.
32. **Parśva Nāvāsana - पार्श्व नावासन - Side Boat Pose**  
i) Balance the body only on one side of the buttock and no other body part should be touching the ground.  
ii) Keep the knees straight.
33. **Marjālasana - IV - मार्जालासन - IV - Tiger Breathing - IV**  
i) Do not bend the elbows.  
ii) Raise the leg as high as possible.
34. **Ardha Samatulāsana - अर्ध समतुलासन - Half Plank**  
i) Body should be in an inclined position and hips should not drop or go up.  
ii) Do not drop the shoulder blades, stretch them completely.  
iii) Look at the ground in between the hands.
35. **Bhujangāsana - III - भुजंगासन - III - Cobra Pose - III**  
i) Shoulders should be opened and the muscles between neck and shoulders should be straight.  
ii) Push the chest out.  
iii) Keep the feet together.
36. **Parsva Dhanurasana - पार्श्व धनुरासन - Side Bow Pose**  
i) Body should rest on one arm and one leg.  
ii) Throat should be stretched and legs pulled to the maximum.
37. **Eka Pada Vipareeta Naukasana - एकपाद विपरीत नौकासन - Single Leg Reverse Boat Pose**  
i) Head should be lifted up along with the arm.  
ii) Elbow and knee should be kept straight.
38. **Vipareeta Naukasana - विपरीत नौकासन - Reverse Boat Pose**  
i) Head should be in between the arms.  
ii) Elbows and knees should be kept straight.  
iii) Legs should be kept together.  
iv) Raise the legs and arms as high as possible.

39. **Ananda Madirāsana - आनंद मदिरासन - Happy Baby Pose**  
i) Toe should touch the nose.  
ii) Other knee should be kept straight.
40. **Jaṭharaparivartanāsana - जठर परिवर्तनासन - The Abdominal Twist**  
i) Knees should not be bent while moving the legs.  
ii) Both the shoulders should be on the ground.  
iii) Hips should be in line with the shoulders.
41. **Ūrdhva Prasārita Padāsana - ऊर्ध्व प्रसारित पादासन - Upward Leg movement Pose**  
i) Knees should be kept straight.
42. **Eka Pādā Sētubandhāsana - सेतुबंधासन - Single Leg Bridge Pose**  
i) Raised leg should be perpendicular to the ground.  
ii) Other leg's shin should be perpendicular and thigh parallel to the ground.  
iii) Shin should get locked in between the color bones.
43. **Anantāsana - अनंतासन - Side Reclining Leg Lift Pose**  
i) Whole body should be one single line.  
ii) Both the knees should be straight.
44. **Sālamba Śīrṣāsana - I - सालंब शीर्षासन - I - Headstand with Support - I**  
i) Crown of the head should be placed on the ground.  
ii) Whole body should be in one single line.
45. **Nirālamba Sarvāngāsana - I - निरालंब सर्वांगासन - I - Shoulder Stand without support - I**  
i) Body should be kept as straight as possible.  
ii) Arms should be kept on the ground parallel to each other and stretched completely.
46. **Karṇapīdāsana - कर्णपीडासन - Ear Pressure Pose**  
i) Knees should be kept in the ground and ears to be held with the sides of the knees.  
ii) Trunk should be perpendicular to the ground.
47. **Eka Pādā Sarvāngāsana - एक पाद सर्वांगासन - One Leg Shoulder Stand**  
i) Keep both the knees straight.  
ii) Upper leg should be in line with the hips and shoulders.

48. **Pārśvaika Pādā Sarvāngāsana - पार्श्वक पाद सर्वांगासन - Side Legged Shoulder Stand Pose**
- i) Keep both the knees straight.
  - ii) Upper leg should be in line with the hips and shoulders.
  - iii) One leg should be placed on the ground in line with the hip
49. **Chakrāsana - चक्रासन - Wheel Pose**
- i) Feet should be parallel to each other.
  - ii) Hands should be parallel to each other.
  - iii) Elbows should be straight and head should be in between the arms.
50. **Supta Udarākārshanāsana - II - सुप्त उदराकर्षणासन - II - Lumbar stretch - II**
- i) Both the knees should be kept on the ground.
  - ii) Both the elbows should be kept on the ground.