



# विज्ञ

VIJNA

YOGA DEMONSTRATOR COURSE

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

## **Vijna Demonstrator Certificate Course**

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.

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.

## Vijna Demonstrator Certificate Course

**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 of 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/yoga-demonstrator-certificate-course/>

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=PLYQvrxIzXkeqZRSgt6FIQXklHW223Rjy->

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

### Pranayama

1. Deep Breathing
2. Abdominal Breathing

### Asanas

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

**Evaluation will be based on the below points**

**Pranayama**

**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. Śīthila Tāḍāsana - शिथिल ताडासन - Relaxed Palm Tree Pose**

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

**2. Tiryak Tāḍāsana - 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.

**3. 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.

**4. Mēru Pṛshthāsana - मेरु पृष्ठसन - Swaying Waist Rotation Pose**

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

**5. Tiryak Vṛkṣhāsana - तिर्यक् वृक्षासन - Swaying Tree Pose**

- i) In Vṛkṣhāsana bend towards the folded leg.
- ii) While bending the body should not lean forward or backwards.

**6. 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.

**7. 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.

**8. 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.

**9. Mandūkāsana - मंडूकासन - Frog Pose**

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

**10. 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.

**11. Parvatāsana - पर्वतासन - Mountain Pose**

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

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### 12. 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.

### 13. 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.

### 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. Uṣṭrāsana - उष्ट्रासन - Camel Pose

- i) Knees and feet and 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.

**17. 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.

**18. Parighāsana - परिघासन - Beam Pose**

- i) Sole of the stretched leg should be placed on the ground.
- ii) Palms should join and should place the back of the wrist on the ankle of the stretched leg.
- iii) Body should not get twisted or bent forward or backward.

**19. Marjālasana - I - मार्जालासन - I - Tiger Breathing - I**

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

**20. Marjālasana - 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.

**21. Marjālasana - III - मार्जालासन - III - Tiger Breathing - III**

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

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### 22. **Ardha Nāvāsana - अर्ध नावासन - Half Boat Pose**

- i) Trunk and legs should be at a 30 degree angle.
- ii) Head and feet should be at the same level.
- iii) Only buttocks should be touching the ground.

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

### 26. **Makarāsana - मकरासन -Crocodile Pose**

- i) Feet should be together, heels touching each other.
- ii) Elbows should be farther from the body as possible.
- 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 - सूचिरधासन - Thread and Needle Pose**

- i) Foot should touch the Chest.

### 29. **Eka Pāda Ānanda Madirāsana - एक पाद आनंद मदरासन - 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. Supta Udarākārṣaṇāsana - I - सुप्त उदराकर्षणासन - I- Lumbar Twisting**

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.

**32. 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.

**33. Sālamba Sarvāngāsana-II - सालंब सर्वंगासन - 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.

**34. 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.

**35. 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.

## Vijna Demonstrator Certificate Course

### Our Courses

#### Demonstrator Certificate courses

1. अभि ज्ञ (60 Hours)
2. वि ज्ञ (100 Hours)
3. प्राज्ञ (200 Hours)
4. वि नीत (300 Hours)
5. नि ष्णात (500 Hours)
6. योगधी (700 Hours)
7. पारंग (1000 Hours)

#### Instructor Certificate Courses

1. अभि ज्ञ (60 Hours Training + 60 Hours Teaching)
2. वि ज्ञ (100 Hours + 100 Hours Teaching)
3. प्राज्ञ (200 Hours + 200 Hours Teaching)
4. वि नीत (300 Hours + 300 Hours Teaching)
5. नि ष्णात (500 Hours + 500 Hours Teaching)
6. योगधी (700 Hours + 700 Hours Teaching)
7. पारंग (1000 Hours + 1000 Hours Teaching)