



विनीत

VINITHA

YOGA DEMONSTRATOR COURSE

SRI RAMAKRISHNA SEVA SAMITHI
BAPATLA - 522101
unworldliness.org | 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: Prajna 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 300 hours. After successful completion of the 300 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 Chair suryanamaskaras, Kriyas, Pranayama, I.R.T, Q.R.T and 50 asanas in detail. We encourage all the students to be perfect with the entire syllabus.

Video of these Suryanamaskaras, Kriyas, Pranayama, IRT, QRT 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

Chair Suryanamaskaras

Kriyas

1. Jala Neti
2. Sutra Neti

Pranayama

1. Dog Breathing
2. Rabbit Breathing
3. Surya Bhedana Pranayama

4. Surya Anuloma Viloma Pranayama
5. Chandra Bhedana Pranayama
6. Chandra Anuloma Viloma Pranayama
7. Nadi Suddhi Pranayama

I.R.T

Q.R.T

Asanas

1. Vīrabadrāsana – III
2. Ardha Chandrāsana
3. Parivṛtta Ardha Chandrāsana
4. Utthita Hasta Pādānguṣṭhāsana - I
5. Parivṛtta Hasta Pādānguṣṭhāsana
6. Trivikramāsana - I
7. Naṭarajāsana - I
8. Pārsvottanāsana
9. Prasārita Padottanāsana – I
10. Prasārita Padottanāsana – II
11. Prasārita Padottanāsana – III
12. Prasārita Padottanāsana – IV
13. Pāda Hastāsana
14. Uttanasana
15. Utkatāsana – II
16. Ūrdhva Daṇḍāsana
17. Yoga Mudra
18. Kukkutāsana
19. Garbhapindāsana
20. Ūrdhva Kukkutāsana
21. Ākarṇa Dhanurāsana – III
22. Bharadvajāsana - II
23. Krounchāsana
24. Marīchyāsana –II
25. Marīchyāsana –III
26. Paśchimottānāsana
27. Purvottānāsana
28. Ūrdhva mukha
Paśchimottānāsana – I
29. Udarākarshanāsana
30. Bakāsana
31. Astavakrāsana
32. Parsva Samatulāsana
33. Parsva Ardha Samatulāsana
34. Sarpāsana
35. Tiryak Bhujangāsana
36. Bhekāsana
37. Chaturanga Dandāsana
38. Nakrāsana
39. Supta Padāngusthāsana
40. Ūrdhva mukha
Paśchimottānāsana – II
41. Sālamba Śīrṣāsana – II
42. Ūrdhva Padmasana in Śīrṣāsana
43. Sālamba Śīrṣāsana – III
44. Nirālamba Sarvāngāsana - II
45. Supta Konāsana
46. Pārsva Halāsana
47. Ūrdhva Padmāsana in
Sarvāngāsana
48. Pārśva Sarvāngāsana
49. Setu Bandha Sarvāngāsana
50. Supta Udarākarshanāsana - III

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Jala Neti
Sutra Neti

Pranayama

Dog Breathing
Rabbit Breathing
Surya Bhedana Pranayama
Surya Anuloma Viloma
Pranayama
Chandra Bhedana Pranayama
Chandra Anuloma Viloma Pranayama
Nadi Suddhi Pranayama

I.R.T

Q.R.T



Asanas

1. Vīrabadrāsana – III - वीरभद्रासन – III - Warrior Pose - II
2. Ardha Chandrāsana - अर्ध चंद्रासन - Crescent Moon Pose
3. Parivṛtta Ardha Chandrāsana - परिवृत्त अर्ध चंद्रासन - Revolved Crescent Moon Pose
4. Utthita Hasta Pādānguṣṭāsana - I - उत्थित हस्त पादांगुष्ठासन - I - Extended Hand to Toe Pose
5. Parivṛtta Hasta Pādānguṣṭāsana - परिवृत्त हस्त पादांगुष्ठासन - Revolved Hand to Toe Pose
6. Trivikramāsana - I - त्रिविक्रमासन - Trivikrama's Pose
7. Naṭarajāsana - I - नटराजासन - I - Lord of Dance Pose
8. Pārśvottanāsana - पार्श्वोत्तानासन - Intense Side Stretch Pose
9. Prasārita Padottanāsana – I - प्रसारित पादोत्तानासन – I - Wide Stance Forward Bend Pose - I
10. Prasārita Padottanāsana – II - प्रसारित पादोत्तानासन – II - Wide Stance Forward Bend Pose - II
11. Prasārita Padottanāsana – III - प्रसारित पादोत्तानासन – III - Wide Stance Forward Bend Pose - III
12. Prasārita Padottanāsana – IV - प्रसारित पादोत्तानासन – IV - Wide Stance Forward Bend Pose - IV
13. Pāda Hastāsana - पाद हस्तासन - Hand Under Foot Pose
14. Uttanasana - उत्तानासन - Intense Forward Bending Pose
15. Utkatāsana – II - उत्कटासन – II - Chair Pose

16. Utpluti Daṇḍāsana - उत्प्लुति दंडासन - Floating Staff Pose
17. Yoga Mudra - योगमुद्र - The Psychic Union Pose
18. Kukkuṭāsana - कक्कुटासन - Rooster Pose
19. Garbhapindāsana - गर्भपिंडासन - Embryo in the Womb Pose
20. Urdhva Kukkuṭāsana - ऊर्ध्व कक्कुटासन - Upward Rooster Pose
21. Ākarṇa Dhanurāsana – III - आकर्ण धनुरासन – III - The Shooting Bow Pose - III
22. Bharadvajāsana - II - भरद्वाजासन – II - Bharadvaja’s Twist - II
23. Krounchāsana - क्रौंचासन - Heron Pose
24. Marīchyāsana –II - मरीच्यासन – II - Marichi’s Pose - II
25. Marīchyāsana –III - मरीच्यासन – III - Marichi’s Pose - III
26. Paśchimottānāsana - पश्चिमोत्तानासन - Seated Forward Bend Pose
27. Purvottānāsana - पूर्वोत्तानासन - Upward Plank
28. Ūrdhva mukha Paśchimottānāsana – I - ऊर्ध्वमुख पश्चिमोत्तानासन – I - Upward Facing Forward Bend Pose
29. Udarākārshanāsana - उदराकर्षणासन - Abdominal Twist Pose
30. Bakāsana - बकासन - Crane Pose
31. Astavakrāsana - अष्टावक्रासन - Eight Angle Pose
32. Parsva Samatulāsana - पश्व समतुलासन - Side Plank

33. Parsva Ardha Samatulāsana - पश्वर्ध अर्ध समतुलासन - Side Half Plank
34. Sarpāsana - सर्पासन - Snake Pose
35. Tiryak Bhujangāsana - तिर्यक् भुजंगासन - Twisted Cobra Pose
36. Bhekāsana - भेकासन - Frog Pose
37. Chaturanga Dandāsana - चतुरंग दंडासन - Four Limbed Staff Pose
38. Nakrāsana - नक्रासन - Crocodile Jump
39. Supta Padāngusthāsana - सुप्त पाद अंगुष्ठासन - Reclined Hand to Big Toe Pose
40. Ūrdhva mukha Paśchimottānāsana – II - ऊर्ध्वमुख पश्चिमोत्तानासन – II - Upward Facing Intense Stretch Pose - II
41. Sālamba Śīrṣāsana – II - सालंब शीर्षासन – II - Headstand with support - II
42. Urdhva Padmasana in Śīrṣāsana - शीर्षासने ऊर्ध्व पद्मासन - Lotus Pose in Headstand
43. Sālamba Śīrṣāsana – III - सालंब शीर्षासन – III - Headstand with support - III
44. Nirālamba Sarvāngāsana - II - निरालंब सर्वांगासन - II - Shoulder Stand without support - II
45. Supta Konāsana - सुप्त कोणासन - Reclined Angle Pose
46. Pārsva Halāsana - पार्श्व हलासन - Side Plough Pose

47. Urdhva Padmāsana in Sarvāngāsana - सर्वांगासने ऊर्ध्व पद्मासन
- Lotus Pose in Shoulder Stand
48. Pārśva Sarvāngāsana - पार्श्व सर्वासन - Side Shoulder Stand
49. Setu Bandha Sarvāngāsana - सेतु बंध सर्वासन - Bridge in
Shoulder Stand
50. Supta Udarākarshanāsana - III - सुप्त उदराकर्षणासन - III -
Lumbar stretch – III

