

# Yoga Protocol Instructor

Preparation course

According to:

**Yoga Certification Board**  
Ministry of Ayush, Govt. of India

Syllabus & Passing Grades

**Online**



MINISTRY OF  
**AYUSH**



Quality Yoga

# Official Syllabus



This document presents the official content, as defined by the **Yoga Certification Board (YCB) of the Government of India**, for the theory and practical evaluations required to obtain the certificate, as well as the minimum passing marks needed.

The YCB's mission is to **protect and promote authentic yoga**, professionalize the practice, and certify individuals who demonstrate mastery of its theory, practical, and ethical components.

Our Online Preparation Course equips you with the necessary knowledge to achieve the required marks and obtain the certificate.

**The certificate awarded is digital** and can be verified online.



# During the online course

You have access to:

## 01

### For the theoretical exam

- **Guides covering everything you need to know** to pass the exam.
- Dozens of questions from previous assessments to practice applying your knowledge.

## 02

### For the practical exam

- **Videos** demonstrating the techniques you may be asked.
- **Live simulation** of the practical exam with an official examiner, giving you insight into what to expect and strategies to follow.

## 03

### For ensuring understanding

- **Live classes** to deepen understanding and answer questions about the subject and techniques.
- **Contact the team** and the teacher with any questions or concerns about the content or the course.

# Live Sessions

We have scheduled the **live sessions on Saturdays**, but if you can't attend...

## Don't worry!

The classes will be recorded, so you can watch them whenever it's convenient for you.

**Lessons will be guided by our teachers from India:**



**Pooja Venugopal**

### Health and Wellness Professional

Certified Yoga Instructor and Official Examiner by the Yoga Certification Board.



**Vikas Kumar**

### Health and Wellness Professional

Expert yogi with extensive experience in various styles of yoga, including Hatha and Ashtanga.



“ We are recognized as an **Ayush Center for Certification and Registration** and our theoretical and practical evaluation process is conducted entirely in English ”

# Theory program 1/3

## Unit 1

### Introduction to Yoga and Yogic Practices

1. Yoga: etymology, definitions, objectives, and misconceptions.
2. Yoga: its origin, history, and development.
3. Guiding principles to be followed by Yoga practitioners.
4. Introduction to the major schools of yoga (**Jnana, Bhakti, Karma, Raja, Hatha, Mantra**).
5. Introduction to yoga practices for health and well-being, and guiding principles that practitioners of yoga should follow.
6. Introduction to **Shatkarma**: meaning, purpose, and their significance in Yoga Sadhana.
7. Introduction to **Yogic Sukshma Vyayama, Sthula Vyayama, and Surya Namaskara**.
8. Introduction to **Yogasana**: meaning, principles, and health benefits.
9. Introduction to **Pranayama and Dhyana** and their health benefits.

# Theory program 2/3

## Unit 2

### Introduction to Yogic Texts

1. Introduction and study of **Patanjali Yoga Sutra**, including memorization of a selection of Sutras.
2. Introduction and study of the **Bhagavad Gita**, including memorization of selected Shlokas.
3. Introduction and study of the **Hathapradipika**.
4. General introduction to the **Prasthanatrayi**.
5. Concepts and principles of **Aahara** (diet) in the Hathapradipika and Bhagavad Gita (**Mitahara and Yuktahara**).
6. Significance of **Hatha Yoga** practices in health and well-being.
7. Concept of mental well-being according to Patanjali Yoga.
8. Yogic practices of Patanjali Yoga: **Bahiranga and Antaranga yoga**.
9. Concepts of healthy living in the Bhagavad Gita.
10. Importance of subjective experience in daily yoga practice.



# Theory program 3/3

## Unit 3

### Yoga for Health Promotion

1. Brief introduction to the human body.
2. Means and methods of health promotion and the role of yoga.
3. Yogic positive attitudes (**Maîtri, Karuna, Mudita, Upeksha**).
4. Concept of the Bhavas (**Dharma, Jnana, Vairagya, Aishvarya**) and their relevance in well-being.
5. **Dincharya and Ritucharya** with respect to Yogic lifestyle.
6. Holistic approach of yoga towards health and diseases.
7. Introduction to first aid and Cardio Pulmonary Resuscitation (CPR).
8. Yogic management of stress and its consequences.
9. Yoga in prevention of metabolic and respiratory disorders.
10. Yoga for personality development.

# Practical program 1/5

## Demonstration Skills

### 01

#### Prayer

- Concept and recitation of Pranava and other hymns.

### 02

#### Yoga Cleansing techniques

- Knowledge of Dhauti, Neti, and Kapalabhati practice.

### 03

#### Yogic Sukshma Vyayama and Sthula Vyayama

- Yogic Sukshma Vyayama (microcirculation practices).
- Yogic Sthula Vyayama (macrocirculation practices).

### 04

#### Yogic Surya Namaskara

# Practical program 2/5

## Demonstration Skills

### 05

#### Yogasana

- Tadasana, Vrikshasana, Ardha Chakrasana, Padahastasana, Kati Chakrasana, Trikonasana.
- Dandasana, Sukhasana, Padmasana, Vajrasana.
- Bhadrasana, Mandukasana, Ushtrasana, Shashankasana, Uttana Mandukasana.
- Paschimottanasana, Purvottanasana.
- Vakrasana, Gomukhasana.
- Bhujangasana, Shalabhasana, Makarasana.
- Pavanamuktasana, Uttanapadasana, Ardha Halasana, Setubandhasan.
- Viparitarani, Saral Matsyasana, Shavasana.

### 06

#### Preparatory Breathing Practices

- Sectional breathing (abdominal, thoracic and clavicular).
- Yogic deep breathing.

# Practical program 3/5

## Demonstration Skills

### 07

#### Pranayama

- Concept of Puraka, Rechaka, and Kumbhaka.
- Anuloma Viloma/Nadi Shodhana.
- Shitali (without Kumbhaka).
- Bhramari (without Kumbhaka).

### 08

#### Understanding of Bandha

- Jalandhara Bandha.
- Uddiyana Bandha.
- Mula Bandha.

### 09

#### Understanding of Mudra

- Hasta Mudras (Chin, Chinmaya, Brahma, Adi, Jnana, Dhyana y Nasika).

# Practical program 4/5

## Demonstration Skills

### 10

#### Practices leading to Meditation and Dhyana Sadhana

- Recitation of Pranava and Soham.
- Recitation of selected hymns, invocations, and prayers from Vedas & Upanishadas.
- Body and breath awareness.
- Yoga Nidra.



# Practical program 5/5

## Teaching Skills

### 01

#### Methods of Teaching Yoga

- Essentials of good lesson plan.
- Principles of teaching Yoga protocol to different groups.
- Class management in Yoga.
- Factors influencing yoga teachers.
- Management of yoga classes.
- Conducting yoga practical lessons: precautions and contraindications of practices.
- Salient features of Ideal Yoga Instructor.
- Models of ideal Yoga lesson plans.



# Grades

Total score: **200 points**

## THEORY: 60 POINTS

Unit No.	Title	Grade
1	Introduction to Yoga and Yogic Practices	20
2	Introduction to Yogic Texts	20
3	Yoga for Health Promotion	20

**Total 60**

**Passing Grade: 70 %**

**42/60**

## PRACTICAL: 140 POINTS

Unit No.	Title	Grade
1	Demonstration Skills	80
2	Teaching Skills	40
3	Application of Knowledge	10
4	Practical Experience	10

**Total 140**

**Passing Grade: 70 %**

**98/140**

**Both exams are conducted online**

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# Planning & Schedules

## 01

### Preparation Course



#### Theory

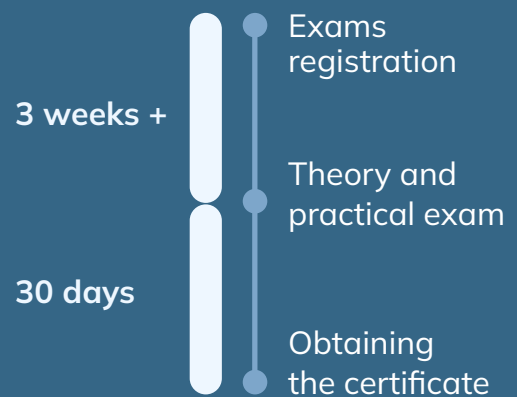
When you register you have access to the texts with the theory and typical questions from previous exams.

#### Practical

It consists of live classes with precise instructions on how to prepare for the evaluation, and recorded classes with yoga techniques.

## 02

### Exams & Certificate



You can register for the exams before or after completing the Preparation Course.

Exams are held regularly, usually on weekends and at different times to accommodate everyone.

**All live\* sessions are scheduled for Saturdays**

\*They are recorded and then uploaded to the course platform.

# Certificates

## 01

### Preparation Course

At the end of the Preparation Course, you will receive the Quality Yoga certificate confirming your yoga training.



## 02

### Exams

After passing the Yoga Certification Board exams, you will be awarded the official Yoga Protocol Instructor certificate from the Government of India.



Click [here](#) to enroll in the

# “Yoga Protocol Instructor Preparation Course”

[I want to register](#)

**Yoga Certification Board**  
Ministry of Ayush, Govt. of India



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# “Get global recognition”

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Quality Yoga