

Yoga Instructor Training Course (Y.I.T.C.)

Total Duration: 150 Hours. Number of Students: 16 per batch

Part 1: Training --- 80 Hrs

This part will be conducted by local staff during the suitable period of time.

Practical training 48 Hrs

This training includes 3 courses (Yoga Sanjeevan: 10 Hrs, Yoga Sopan: 5 Hrs and Yoga Pravesh 33Hrs)

Micro Lesson: 16 Hrs

Full Lesson: 16 Hrs

Part 2: Karma Yoga and Project --- 20 Hrs

Karma Yoga: 5 Hrs

Project: 15 Hrs

Part 3: Training --- 28 Hrs

This part will be conducted by staff from Yoga Vidya Gurukul, Nashik, India.

Trail Lesson: 16 Hrs

Theory Lessons: 12 Hrs

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| 1. Yoga - The Science | 7. Yoga Nidra |
| 2. Yama & Niyama | 8. Omkar Sadhana |
| 3. Asana - Yogic Concept 1 | 9. Yoga for Obesity |
| 4. Asana - Yogic Concept 2 | 10. Lesson Planning |
| 5. Pranayama | 11. Lesson Examination - 1 |
| 6. Antarang Yoga | 12. Lesson Examination - 2 |

Part 4: Examination --- 22 Hrs

This part will be conducted by staff from Yoga Vidya Gurukul, Nashik, India.

Exam Lesson: 16 Hrs

Written Assignments: 2 x 2 = 4 Hrs

Practical Examination for Yoga Pravesh course: 2 Hrs

Examinations

Practical Examination 100 Marks

Written Assignment 2 x 50 = 100 Marks

Lesson Examination 200 Marks

Karma Yoga – 50 Marks

Project – 50 Marks

Total Marks 500 (Passing Marks 250)

Text Books

1. Yoga Sopan
2. Yoga Pravesh
3. Ashtanga Yoga
4. Y.I.T.C. Handbook

These Text Books are to be followed strictly.

Attendance

Each student must attend all periods i.e. 150 Hrs altogether.

80 Hrs of Practical training

5 Hrs of Karma Yoga

15 Hrs of Project Works

10 day Special Training (50 Hrs)