

Approved by
Govt. of West Bengal
An Initiative of Department of
Youth Services, Govt. of West Bengal



YOGA THERAPY ASSISTANT

Run by :



I·R·H·C
INSTITUTE OF
RURAL HEALTH CARE

YOGA THERAPY ASSISTANT

Course Name : Yoga Therapy Assistant
Course Duration : 12 months

Introduction

Yoga Therapy Assistant

Yoga has been practiced for thousands of years and has gained popularity worldwide due to its numerous health benefits. As a yoga assistant, you will play a vital role in helping students to learn and practice yoga safely and effectively.

This course is designed to provide you with a comprehensive understanding of yoga philosophy, anatomy, alignment, sequencing, and teaching methodology. You will learn various yoga asanas (postures) and how to modify them for different levels and abilities. You will also learn about pranayama (breathing techniques), meditation, and how to create a safe and supportive environment for your students.

Whether you are looking to deepen your own practice or start a career as a yoga instructor, this course will provide you with the knowledge and skills necessary to become a confident and competent yoga assistant. So, get ready to explore the wonderful world of yoga and take the first step towards a healthier, happier, and more mindful life!

Desirable and Benefits of Radiography Diagnostic

Yoga assistant courses are becoming increasingly popular as more people are recognizing the benefits of yoga for overall health and well-being. A yoga assistant is trained to provide support and guidance to yoga practitioners, helping them to improve their practice and achieve their goals.

The role of a yoga assistant is multifaceted and involves a deep understanding of yoga philosophy, anatomy, and alignment principles. A good yoga assistant should also be adept at communication and interpersonal skills, as they will be working closely with students of varying abilities and backgrounds.

Desirable traits of a successful yoga assistant include patience, empathy, and a passion for helping others. They should have a strong personal practice and a deep understanding of yoga as a holistic system for health and wellness.

The demand for qualified yoga assistants is on the rise, and completing a yoga assistant course can be a great way to develop the necessary skills and knowledge to excel in this rewarding field. By becoming a yoga assistant, you can make a meaningful difference in the lives of others while also deepening your own practice and understanding of yoga.

Syllabus:

Total Course Duration: 360-hour

Module 1: Introduction to Yoga (30 hours)

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| i. | Definition and history of yoga | 6hrs |
| ii. | Branches of yoga | 6hrs |
| iii. | Principles of yoga | 6hrs |
| iv. | Benefits of yoga | 6hrs |
| v. | Introduction to Asanas (postures) and Pranayama (breathing techniques) | 6hrs |

Module 2: Anatomy and Physiology (30 hours)

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| i. | Overview of human anatomy and physiology | 6hrs |
| ii. | Anatomy of breathing | 6hrs |
| iii. | The muscular and skeletal systems | 6hrs |
| iv. | The nervous system and how it relates to yoga | 6hrs |
| v. | The endocrine system and how it relates to yoga | 6hrs |

Module 3: Asana Techniques and Practice (100 hours)

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| i. | Standing poses | 12hrs |
| ii. | Forward bends | 12hrs |
| iii. | Backbends | 12hrs |
| iv. | Twists | 12hrs |
| v. | Inversions | 12hrs |
| vi. | Arm balances | 12hrs |
| vii. | Restorative poses | 13hrs |
| viii. | Sequencing of asanas | 14hrs |

Module 4: Pranayama and Meditation Techniques (50 hours)

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| i. | Introduction to Pranayama | 10hrs |
| ii. | Different techniques of Pranayama | 10hrs |
| iii. | Introduction to meditation | 10hrs |
| iv. | Techniques of meditation | 10hrs |
| v. | Incorporating meditation into yoga practice | 10hrs |

Module 5: Teaching Methodology (50 hours)

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| i. | Principles of teaching yoga | 10hrs |
| ii. | Ethics and boundaries for yoga teachers | 10hrs |
| iii. | Different styles of yoga | 10hrs |
| iv. | Teaching techniques for different levels of students | 10hrs |
| v. | Observing and giving feedback | 10hrs |

Module 6: Yoga Philosophy and Lifestyle (50 hours)

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| i. | The eight limbs of yoga | 10hrs |
| ii. | The Bhagavad Gita and its relevance to yoga practice | 10hrs |
| iii. | Ethics and morals in yoga practice | 10hrs |
| iv. | Yoga and healthy lifestyle choices | 10hrs |
| v. | Business of yoga | 10hrs |

Module 7: Practicum (50 hours)

i.	Observing and assisting in yoga classes	17hrs
ii.	Practicing teaching under supervision	17hrs
iii.	Providing feedback to other trainees	16hrs

Module 8: Electives (50 hours)

i.	Ayurveda and yoga	10hrs
ii.	Anatomy of common injuries and conditions	10hrs
iii.	Special needs and populations	10hrs
iv.	Chakras and energy work	10hrs
v.	Yoga for stress management	10hrs

Job Opportunity

After completing one's education, a student of yoga sciences can look for jobs in the following areas:

- Research Officer- Yoga and Naturopathy
- Yoga Aerobics Instructor
- Assistant Ayurvedic Doctor
- Clinical Psychologist
- Yoga Therapist
- Yoga Instructor
- Yoga Teacher
- Therapists and Naturopaths
- Trainer/ Instructor Health Club

Minimum Eligibility

The minimum qualification for admission is class 10th Passed from any recognized board in India.