



KAIVALYADHAMA S.M.Y.M. SAMITI'S,

GORDHANDAS SEKSARIA COLLEGE OF YOGA & CULTURAL SYNTHESIS

(Recognized by the Ministry of Education, Government of India as an All India Institute of
Higher Education (Since 1962)
Grant in Aid by Ministry of HRD, Government of India and Department of Higher & Technical
Education Govt. of Maharashtra)

SYLLABUS FOR YOGA COURSES 2016-17

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FOUNDATION COURSE
IN
YOGA & TRADITIONAL TEXTS
(F. C. Y. T. T.)

UNIT I
(Number of Lectures - 15)

UNIT	TOPICS	SUB-TOPICS	HRS
Patanjala Yoga Sutra	Darshanik aspect of yoga through PYS	Introduction to <i>Samkhya</i> : Evolution & Satkaryavada	2
		Introduction to Patanjala Yoga Sutra: Contribution of Patanjali	1
		Concept of Yoga: Meaning & Definitions	1
		Basic Concept: Chitta, Chittabhumi, Vrittis	1
		Basic Concept: Vikshepa/Antaraya	1
		Basic Concept: Klesha & Vitarka	1
		Nirodhopaya: What & Why (Abhyasa & Vairagya)	1
		Kriya yoga: What & Why	1
		Ishvarapranidhana: What & Why	1
		Chittaprasadana: Methods of Chittaprasadana	1
		Chaturvyaha: Heya, Heyahetu, Hana, Hanopaya	1
		Bahiranga Yoga: Concept & practice of Yama & Niyama	1
		Bahiranga Yoga: Asana, Pranayama, Pratyahara	1
		Antaranga Yoga: Concept & practice of Dharana, Dhyana & Samadhi	1
TOTAL			15

UNIT II
(Number of Lectures - 15)

UNIT	TOPICS	SUB-TOPICS	HRS		
Hathayogic Texts	Introduction and Pre- requisites	Definitions	1		
		Schools of Yoga <ul style="list-style-type: none"> • Bhavana Yoga <ul style="list-style-type: none"> - Jnana - Karma - Bhakti • Prana Samyama Yoga <ul style="list-style-type: none"> - Mantra - Hatha - Laya - Rajayoga 	4		
		Hatha Yoga <ul style="list-style-type: none"> • Tradition • Brief Introduction • Eminent Hathayogis of Nath Cult 	3		
		Concept of Asana: Classification & Importance	1		
		Concept of Pranayama: Classification & Importance	1		
		Kumbhakas in Gheranda Samhita and Hathapradipika	1		
		Application of Bandhas in Kumbhaka	1		
		Shodhana Kriya specially from Gheranda Samhita	1		
		Concept of Mudra	1		
		Concept of Nadanusandhana	1		
		TOTAL			15

UNIT III
(Number of Lectures - 15)

UNIT	TOPICS	SUB-TOPICS	HRS
Yogic Anatomy and Physiology	Yogic Anatomy and Physiology	Concept of Sharir / Deha (Sthula-Sukhsma Sharir)	3
		Concept of Kosha	2
		Concept of Chakra-Nadi-Prana-Adhar-Grathi	3
		Concept of Prakruti and Vikruti (Antaraya)	2
		Therapeutic view in traditional text	1
		Kriya Yoga - Psychophysiological aspect	2
		Scientific survey about yogic practices	2
TOTAL			15

UNIT IV (YOGA PRACTICAL)

MEDITATIVE ASANA

Ardha Padmasana (Virasana HP)
Vajrasana (GS)
Svastikasana (GS) (HP)
Gorakshasana (GS)
Padmasana (GS) (HP)
Guptasana (GS)
Bhadrasana (GS) (HP)
Siddhasana (HP)

RELAXATIVE ASANA

Shavasana/ Mrtasana (HP) (GS)
Makarasana (GS)

CULTURAL ASANA

SUPINE

Simplified Matsyasana (GS)

PRONE

Bhujangasana (GS)
Shalabhasana (GS)
Dhanurasana (HP)

SITTING

Simhasana (GS)(HP)
Gomukhasana (GS)(HP)
Mandukasana (GS)
Uttana Mandukasana (GS)
Paschimottanaasana (HP)

STANDING

Utkatasana (GS)
Vrikshasana (GS)

OTHER ASANA

Uttanapadasana
Pavanamuktasana
Parvatasana
Brahma Mudra
Janushirasana
Vakrasana
Yoga Mudra
Tadasana
Chakrasana (Lateral Bending)

MUDRA

Viparitamukha (GS)(HP)

BANDHA

Uddiyana (GS)(HP)
Jalandhara (GS)(HP)

SHUDDHI KRIYA

Kapalabhati (GS)
Jala Neti
Sutra Neti (GS)
Vaman Dhauti (GS)
Danda Dhauti (Theory) (GS)
Vastra Dhauti (Theory) (GS)
Vahnisara (GS)
Trataka (GS) (HP)

PRANAYAMA

Nadishodhan (HP)(GS)
Ujjayi (GS)(HP)
Sitkari

(HP: Hathapradipika, GS: Gheranda Samhita)

Participants may be provided a practical demonstration on Panchakarma also.