YOGA FOR LIFE
Course Modules

- **Yoga Pravesh (Beginners)**

Foundational Yoga Course – Yoga Vidya Gurukul

01.Introduction – Yoga Vidya Gurukul
02.The Science of Yoga
03.Preparation for Yoga
04.Preparatory Movements & Suryanamaskara
05.Yoga Asana – The Theory
06.Yoga Asanas – The Preparations
07.Yoga Asanas – In Prone Position
08.Yoga Asanas – In Supine Position
09.Yoga Asanas – In Sitting Position
10.Yoga Asanas – In Standing Position
11.Preparation for Pranayama
12.Prayer and Meditation
13.Diet Control – Yogic Perspective

- **Yog Parichay (Advanced Course)**

Yoga Vidya Gurukul – Course Syllabus
(Yog Parichay is designed to deepen students' understanding of yogic practices, philosophy, human anatomy, Ayurveda, and a balanced yogic lifestyle.)

01.Musing
02.Asanas within the Pose of Suryanamaskar
03.Asanas in Prone Position
04.Asanas in Supine Position
05.Asanas in Sitting Position
06.Asanas in Standing Position
07.Bandh
08.Pranayama
09.Dharana
10.Concept of Ashtang Yoga
11.Yama – Niyama
12.Human Anatomy & Physiology
13.Human Body – From the Viewpoint of Ayurveda
14.Diet
15.Ideal Daily Routine

YOGA INSTRUCTOR
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