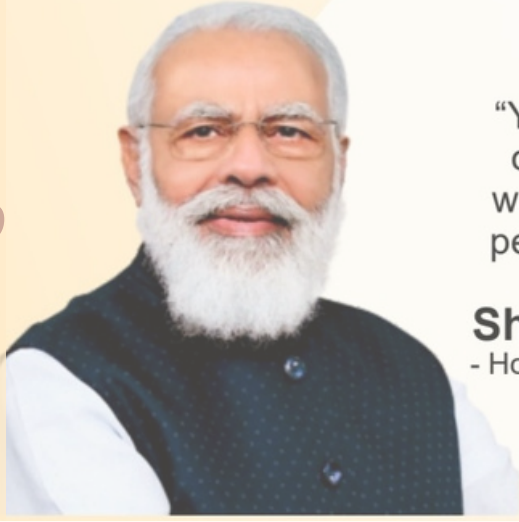


Empower your Career



YOG SHASHWATAM
योगचित्त वृत्ती निरोधा

विवरण-पुस्तिका



“Yoga brings peace to our society, nations, world and Yoga brings peace to our universe”

Shri Narendra Modi
- Honourable Prime Minister



A range of high potential online courses to grow your career nationally & internationally

With option of Dual Certification

[Click here : www.yogshashwatam.org](http://www.yogshashwatam.org)

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Curriculum Aligned with Job Market Trends

Yog Shashwatam's yoga courses are meticulously designed, taking into consideration the evolving job market trends. The curriculum goes beyond traditional yogic teachings to incorporate elements that resonate with the demands of the modern workforce. Students undergo comprehensive training in various yoga styles, anatomy, and therapeutic applications, ensuring they are well-versed in the diverse aspects of yoga.

To cater to a diverse range of interests within the wellness industry, Yog Shashwatam offers specialized tracks within its courses. These tracks include Yoga for Stress Management, Yoga for Athletes, and Therapeutic Yoga. Each track not only enhances the students' expertise but also opens doors to specific entrepreneurial opportunities, such as corporate wellness programs, sports coaching, and yoga therapy clinics.

Yog Shashwatam's approach to yoga education represents a paradigm shift, where ancient wisdom meets the contemporary demands of the job market. By integrating entrepreneurial skills into its curriculum, Yog Shashwatam empowers students not only to lead fulfilling lives but also to build lucrative careers in the burgeoning wellness industry. This innovative approach positions Yog Shashwatam as a pioneer in shaping the future of yoga education.



Empower your Career

What sets Yog Shashwatam apart is its emphasis on imparting entrepreneurial skills alongside traditional yoga teachings. Recognizing the growing interest in holistic health & wellness, the range includes courses on yoga & health centre management, marketing strategies, and the development of a personal brand. Students are encouraged to explore entrepreneurial avenues within the wellness industry, creating a foundation for financial success

Yog Shashwatam offers option to transform any course into dual certification course

Yog Shashwatam's Practical Teacher Training

Course Code : YSPTT

Eligibility: Open to all - 1 Months

AdModule 1: Foundation of Yoga

1.1 Introduction to Yoga

- Different styles of yoga
- Yoga Asanas
- Practice sessions

Module 2: Pranayama & Breathing Exercises

2.1 About Pranayama

- Different types of Pranayama
- Various Breathing Exercises
- Techniques to Improve Breath Control
- Meditation
- Practice sessions

Module 3: Yoga Anatomy & Physiology

3.1 Understanding the human body

- Anatomy related to Yoga Practice
- Muscular & Skeletal System
- Joints
- Revision & Practice sessions

Module 4: Training Essentials

4.1 Flexibility & Techniques

- Yoga for flexibility & Strength
- Injury prevention & management
- Teaching methodology
- Practice
- Evaluation
- Exams, practical teaching assessments, and viva
- Written test
- Attendance and participation in all modules are mandatory
- Successful completion results in one month's Yoga Practical Teacher Certification



Yog Shashwatam's Basic Teacher Training

Course Code : YSBTT

Eligibility: Open to all

Course Duration : 3 Months

Yoga Philosophy:

- Basics of yoga philosophy and history
- The eight limbs of yoga (Patanjali's Yoga Sutras)
- Principles of Ayurveda and its relevance to yoga

Anatomy and Physiology:

- Basic understanding of human anatomy relevant to yoga practice
- Respiratory system and its role in pranayama (breath control)
- Skeletal and muscular systems, especially in relation to asana (postures)



Asana (Yoga Poses):

- Proper alignment and adjustments for foundational yoga poses
- Sun Salutations (Surya Namaskar) and their variations
- Modifications for different levels and body types

Pranayama (Breath Control):

- Various pranayama techniques and their benefits
- Breath awareness and control during asana practice

Meditation and Mindfulness:

- Introduction to meditation techniques
- Mindfulness and its application in yoga and daily life

Ethics and Professionalism:

- The role of a yoga teacher in fostering a positive and supportive community
- Professional conduct and ethical considerations

Practical Teaching Experience:

- Practice in teaching under supervision
- Receiving and giving constructive feedback

Teaching Methodology:

- Effective communication and cueing skills
- Sequencing of yoga classes
- Creating a safe and inclusive yoga environment

Business of Yoga:

- Basics of running a yoga business or teaching classes
- Marketing and promotion of yoga classes

Self-Practice:

- The importance of a personal yoga practice for a teacher
- Developing a regular self-practice routine

Second certificate from YCB Ministry of Ayush optional*

Yog Shashwatam's Advance Teacher Training

Course Code : YSATT

Eligibility: Open to all - 6 Months
After Basic Teacher Training -3 Months

Advanced Asana and Sequencing:

- In-depth exploration of advanced yoga poses
- Advanced variations and modifications
- Intelligent sequencing for more complex classes

Anatomy and Physiology (Advanced):

- Deeper understanding of anatomy and biomechanics in advanced poses
- Injury prevention and modification strategies
- The physiological effects of advanced practices

Philosophy and Spirituality:

- Advanced study of yogic philosophy and scriptures
- Exploration of different philosophical schools
- The integration of spirituality into the practice and teaching

Advanced Pranayama and Meditation Techniques:

- Advanced breath control techniques
- Meditation practices beyond basic mindfulness
- The connection between pranayama and meditation

Yogic Anatomy (Subtle Body):

- Study of the subtle energy systems (chakras, nadis)
- Exploration of the koshas (sheaths) and their significance
- Understanding the energetic aspects of asana and pranayama

Teaching Mastery:

- Advanced teaching methodologies
- Refining communication skills and cueing
- Addressing individual student needs in a group setting

Ayurveda and Yoga Therapy:

- Integration of Ayurvedic principles into yoga practice
- Basics of yoga therapy for common conditions
- Designing practices for individual needs

Ethics and Professional Development:

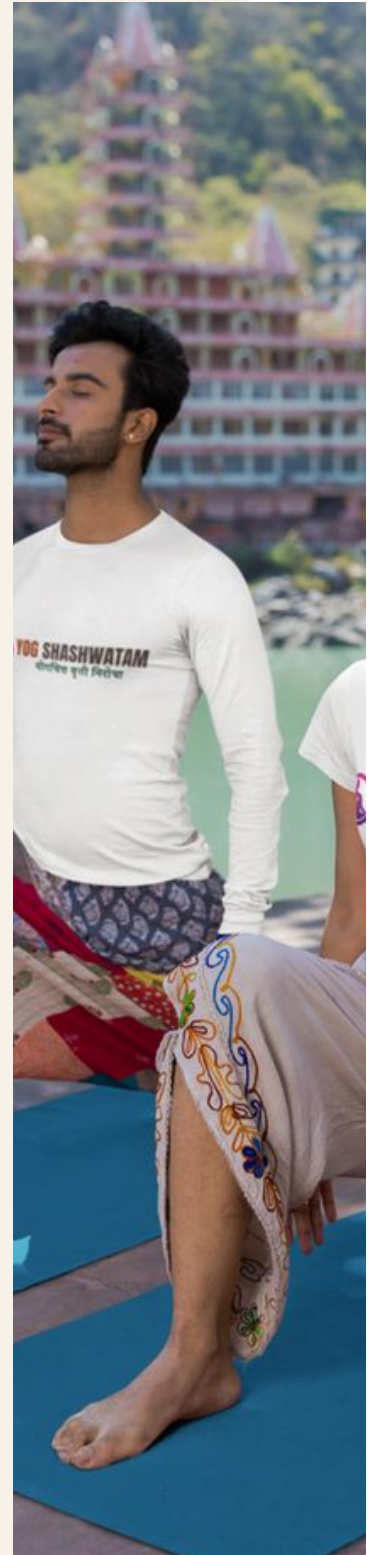
- Advanced ethical considerations in teaching
- Continued professional development for yoga teachers
- Building and maintaining a thriving yoga community

Assessment and Feedback:

- Techniques for assessing students' progress
- Providing constructive feedback
- Adjusting teaching methods based on assessment

Advanced Business Skills:

- Marketing and branding for advanced yoga classes
- Expanding services, workshops, and retreats
- Business ethics in the yoga industry



Second certificate from YCB Ministry of Ayush optional*

Certificate in Yoga Therapy



Course Code : YSCYT

Eligibility: Open to all

Course Duration : 6 Months

Yoga Therapy Foundations:

- Definition and principles of yoga therapy
- Historical and philosophical aspects of yoga therapy
- Differentiating yoga teaching from yoga therapy

Anatomy and Physiology in Yoga Therapy:

- In-depth understanding of the human body systems
- Application of anatomy to therapeutic interventions
- Addressing specific health conditions through targeted practices

Pathophysiology and Common Health Conditions:

- Study of common physical and mental health conditions
- How yoga can complement traditional healthcare approaches
- Strategies for adapting yoga practices for specific conditions

Assessment and Case Management:

- Methods for assessing individuals' physical and mental health
- Developing and implementing personalized yoga therapy plans
- Case studies and practical applications

Yoga Practices for Therapeutic Purposes:

- Tailoring asanas, pranayama, and meditation for specific health conditions
- Use of props and modifications for different abilities and limitations
- Sequencing therapeutic practices for holistic well-being

Holistic Lifestyle and Ayurveda:

- Integrating Ayurvedic principles into yoga therapy
- Lifestyle recommendations for overall well-being
- Dietary considerations for specific health conditions

Psychology and Mental Health:

- Understanding the mind-body connection
- Yoga therapy for stress, anxiety, depression, and trauma
- Mindfulness and other therapeutic techniques

Research and Evidence-Based Practice:

- Critical evaluation of research in yoga therapy
- Incorporating evidence-based practices into therapeutic interventions
- Conducting and interpreting research related to yoga therapy

Ethics and Professionalism in Yoga Therapy:

- Ethical considerations in working with clients
- Maintaining professional boundaries
- Collaboration with healthcare professionals

Practicum and Supervised Clinical Experience:

- Hands-on experience in applying yoga therapy principles
- Supervised sessions with individuals or groups
- Receiving feedback on therapeutic interventions

Certificate in Advance Yoga Therapy

Eligibility: Open to all - 1 Year
After Certificate in Yoga Therapy - 6 Months

Course Code : YSAYT



Advanced Anatomy and Physiology:

- In-depth exploration of the physiological systems of the body
- Advanced understanding of the musculoskeletal, nervous, and endocrine systems
- Application of advanced anatomy to specific therapeutic interventions

Advanced Pathophysiology:

- In-depth study of complex health conditions and diseases
- Advanced understanding of the pathology of various medical conditions
- Integrating yoga therapy into the treatment of challenging health issues

Advanced Assessment Techniques:

- Refinement of assessment skills for a wide range of health conditions
- Integrating various assessment tools and methodologies
- Case studies and practical applications of advanced assessment techniques

Specialized Therapeutic Modalities:

- Advanced therapeutic applications of asanas, pranayama, and meditation
- Incorporation of advanced therapeutic tools and techniques
- Addressing specific conditions such as chronic pain, autoimmune disorders, etc.

Advanced Yoga Philosophy and Psychology:

- Deepening knowledge of yogic philosophy and its therapeutic applications
- Advanced psychological principles in yoga therapy
- Integration of spirituality into therapeutic interventions

Cultural Competency and Diversity in Yoga Therapy:

- Understanding cultural factors in health and healing
- Adapting yoga therapy for diverse populations
- Culturally sensitive communication and teaching approaches

Mental Health and Trauma-Informed Yoga Therapy:

- Advanced understanding of mental health disorders
- Trauma-informed yoga therapy approaches
- Advanced practices for mental and emotional well-being

Advanced Research and Evidence-Based Practice:

- Conducting and interpreting advanced research in yoga therapy
- Advanced critical analysis of current research literature
- Implementing evidence-based practices in complex cases

Supervised Advanced Clinical Experience:

- Advanced practicum with individuals or groups with complex conditions
- Supervised sessions addressing diverse health issues
- Receiving feedback on advanced therapeutic interventions

Professional Development and Leadership:

- Advanced business skills for yoga therapists
- Leadership in the field of yoga therapy
- Continued professional development and mentorship

Second certificate from YCB Ministry of Ayush optional*

Ascending Wave of Job Prospects in the Global Yoga and Wellness Industry

In recent years, the global demand for yoga and wellness services has witnessed an unprecedented surge, creating a promising landscape for individuals seeking opportunities in this flourishing industry. The multifaceted benefits of yoga, including physical fitness, mental well-being, and stress reduction, have propelled its popularity, consequently expanding the job prospects for yoga professionals worldwide.

Global Job Trends in Yoga and Wellness

The job market for yoga professionals is experiencing remarkable growth globally. Countries such as the United States, Canada, Australia, the United Kingdom, and various European nations are witnessing an increasing demand for certified yoga instructors and wellness experts. The trend is particularly pronounced in urban areas, where a heightened awareness of health and well-being has fueled the popularity of yoga studios, wellness centers, and corporate wellness programs.

Future Growth of the Yoga and Wellness Industry

Experts predict sustained growth in the yoga and wellness industry in the coming years. As individuals become more conscious of the importance of holistic well-being, the demand for yoga instructors, mindfulness coaches, and wellness consultants is expected to rise. This growth is not limited to traditional yoga studios; it extends to diverse sectors, including healthcare, education, hospitality, and corporate environments.

Prospects for Yoga Certified Professionals

The rising global awareness of the benefits of yoga and wellness is transforming the industry into a robust and diverse field. Whether in established markets like the U.S. and Europe or in the culturally rich landscape of India, certified yoga professionals can expect a wide array of opportunities as the industry continues to flourish. Ever growing sector of Yoga Studios & retreats, educational institutions offering Yoga Courses, Corporate Wellness & Healthcare will have no dearth of attractive opportunities for well trained Yoga professionals.



LIMITED SEATS BOOK TODAY

Yog Shashwatam, an online platform dedicated to yoga education, offers students a unique and enriching experience that goes beyond traditional forms of learning. For those who choose not to study online yoga with Yog Shashwatam, they may be missing out on several key benefits and features that set this platform apart:

Expert Guidance: Yog Shashwatam provides access to experienced and knowledgeable yoga instructors. These experts can offer personalized guidance, ensuring that students receive proper instructions and corrections in their practice. Without such guidance, students might miss out on refining their techniques and understanding the nuances of each yoga pose.

Flexibility and Convenience: Online learning with Yog Shashwatam allows students to practice yoga at their own pace and convenience. Traditional classes have fixed schedules that don't suit everyone, and missing a class can mean missing out on valuable content. With Yog Shashwatam, students can access classes at any time, ensuring that their practice can seamlessly integrate into their daily lives.



students not studying online yoga with Yog Shashwatam may miss out on a comprehensive and personalized yoga education experience. The platform's unique features, expert guidance, and supportive community can contribute significantly to a more fulfilling and effective yoga practice.

www.yogshashwatam.com

Thank you!



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Yog Shashwatam's online yoga courses stand unrivaled, epitomizing excellence in holistic well-being and personalized instruction



Visit : www.yogshashwatam.org

Course curriculum outline is provided, details can be sought post admission
*Second Certificate is issued by YCB Ministry Of Ayush after their exam upon meeting their criterion