

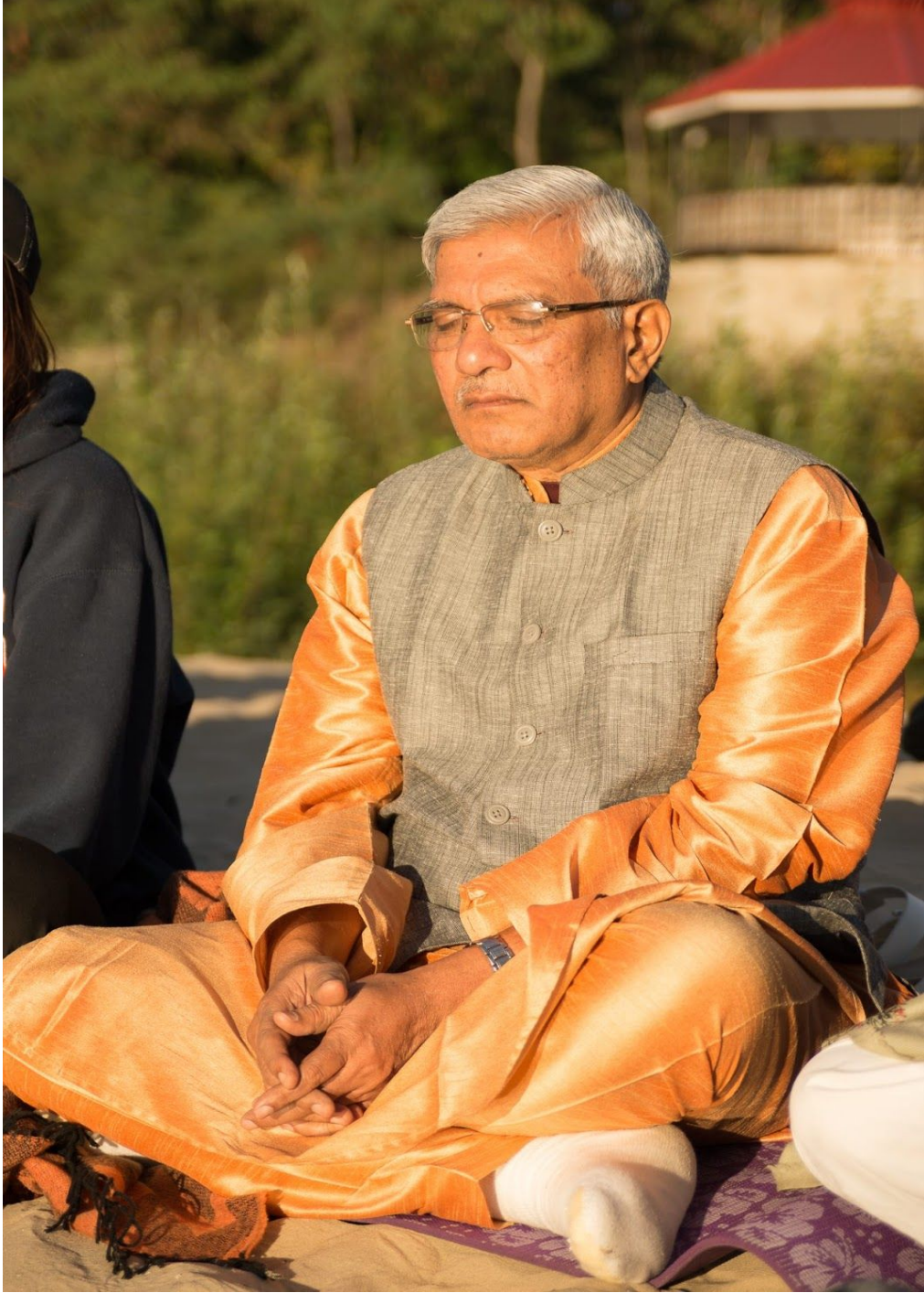


# YOGABHARATI

# YOGA SCHOOL

**Holistic Yoga for Healthy, Harmonious Society**

*Affiliated to VYASA and a Registered Yoga School(RYS)  
with Yoga Alliance*



***YOGASHREE N.V. RAGHURAM***

***FOUNDER***

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# ***PROSPECTUS***

## ***INTRODUCTION***

**Yoga Bharati** is a non-profit, voluntary organization with a vision of enhancing Health (physical), Happiness (mental), Knowledge (intellectual) & Peace (Spiritual) in life through a holistic approach to yoga. Yogabharati has its global presence with prominent activities in various location in US, and started in India, Bangalore in the year 2013.

**Vision: To nourish all with health and happiness through holistic Yoga.**

**Mission: To serve the community by: 1) offering affordable classes and workshops to support a healthy lifestyle; 2) Offering training courses backed by evidence based yoga techniques to enable transformation of the self and the society ; 3) Promoting yoga and its benefits through community engagement. 4) by providing value based education/talks/sessions for the underprivileged and special needs kids 5) offering talks in several colleges and schools to inspire the youth and the teachers**

### **Affiliation for Yogabharati Yoga school**

- Yoga Bharati is affiliated with **VYASA** in offering its yoga teachers training and other yoga courses. We however maintain our own identity and autonomy through out our partnership.

#### **ABOUT VYASA:**

*VYASA conducts short term and long term courses on yoga and its allied subjects and have affiliations with other Indian universities and is recognized as the deemed university by United Grants Commission (UGC) India.*

*S-VYASA, the acronym of Swami Vivekananda Yoga Anusandhana Samsthana is a unique Yoga University translating the vision and teachings of Swami Vivekananda to action through academic higher education programs. It is also the First ISO 2001:2008 Certified Yoga University. For details visit: [svyasa.edu.in](http://svyasa.edu.in)*

- Yogabharati is also a registered RYS school with **Yoga alliance** where we provide teachers training courses in accordance with the modules set by Yoga alliance.

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YB-SEVA-Yogabharati in social services

- Yogabharati is also associated with four NGO 's in Bangalore: Disha, Youth for Seva, Kaushalya Vikas Kendra, SOS Children's village, Friends of camp hill (mentally challenged adults)
- We are associated with Kidwai cancer care where our teachers take classes for eminent oncologists and staff members
- We offer free talks/awareness/Yoga sessions/special meditation sessions at Govt. Schools, communities, schools, colleges in a monthly basis.

***CENTERS***

- ***Educational Center: #33, Phase 1, "Gayatri", Classic Orchards layout,***  
***Behind Meenakshi temple, OFF Banerghatta road,***  
***Bangalore- 76***
- ***Center 2: #47/B, "Isha vasyam", 4th Main road,***  
***3 rd cross, Royal Shelters layout, Bangalore-76***
- ***Registered Office Center 3: #191, "Yoga Vasishtha", 4th Main road,***  
***Nobel residency colony,***  
***Chikkakammanahalli road,***  
***SOS post, Bangalore-76***

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## ***Yoga Education Course Details***

Following are the three training courses one can sign up in Yogabharati:

- 1. YBYIC 200- Yoga Instructor Course uniquely designed by Yogabharati(YB)**
- 2. YTT-200 - Yoga Teacher Training compliant with Yoga Alliance RYT-200 curriculum**
- 3. YFC - Yoga Foundation course**

***A Registered Yoga Teacher (RYT) is a distinction given to yoga teachers whose training and teaching experience meet Yoga Alliance Requirements. A RYT must complete training with a Registered Yoga School (RYS) and then be registered with Yoga Alliance . This RYT is internationally recognised and once you register to Yoga alliance with your RYT certificates, you get better visibility by being added in the most comprehensive directory of yoga teachers around the world . [https://www.yogaalliance.org/About\\_Yoga\\_Alliance](https://www.yogaalliance.org/About_Yoga_Alliance) for more details.***

***Yogabharati is a Registered Yoga School.***

### ***1.YB YIC200***

***Our unique YBYIC200 is a combination of the following:***

- Part of the curriculum is designed by Vivekananda Yoga Research Foundation VYASA , which is a premier Yoga University in Bengaluru, India led by Dr.Nagaratna and DR.Nagendra. Based on 25 years of in-depth study in the field of yoga and spirituality VYASA has published many research papers on yoga and its therapeutic applications.
- Part of the curriculum is uniquely planned in accordance to the modules set by YOGA ALLIANCE. This includes in-depth knowledge of Yoga Anatomy, teaching methodologies, practicum, shadowing with senior teachers, Ayurveda ,teachers training program, introduction to several styles of yoga ,etc that prepares the student to get a wholesome understanding of all the concepts and be well trained to be a Yoga instructor in any part of the world.

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- This course integrates the various aspects of yoga such as asanas, pranayama, kriyas, meditation techniques and the very essence of yogic literature along with philosophy into a holistic composite ; thus enabling the student to understand and impart the knowledge of yoga in its entirety.
  - Participants will receive certificates from VYASA and Yogabharati for completing the course

## **2. YTT200**

A curriculum in accordance to the module set by Yoga alliance. This matches the YBYIC200 curriculum but the additional factor is there is a separate registration fee to receive the RYT200 certificate . The student on completion would receive a certificate of YTT200 from Yogabharati with Yoga Alliance RYS200 logo. This certificate would be used for further registration to Yoga alliance to be an internationally certified instructor.

## **3. YFC**

This course is meant for people who are looking for in-depth knowledge of yoga and its philosophy for their personal interests and not to be a Yoga instructor. This course enables them to practice yoga with deeper awareness, hence enhancing the benefits of yoga. Yoga Foundation Course (YFC) provides in-depth yoga knowledge and foundation of yoga philosophy to be able to take the practice to the deeper levels at body, mind, and spiritual levels . The curriculum would include Module 1 , Module 2, Module 4 and Module 5 as mentioned in the details below. *Since the students enrolling for this course are looking for deeper understanding, they would not be required to do internship.*

On the completion of YFC, participants would be awarded certificate By Yogabharati .

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# ***COURSE CURRICULUM***

***Course modules are as follows***

## **Module 1**

- Introduction to Yoga, Origin, concepts and definitions
- Yogic philosophy in detail, Streams of Yoga
- Life Sketch and messages of the great masters like Swami Vivekananda, and Sri Ramakrishna Paramahansa
- Unity in Diversity, Mind culture
- Yoga asanas, Mudras, Bandhas, Kriyas - Practical and theory aspects
- Pranayama , Meditation and relaxation techniques
- Sanskrit prayers, Bhagavad gita Slokas and their meanings
- Teachings from Bhagavad Gita and its significance and relation to Yoga
- Yoga and health. Integrated approach to Yoga therapy
- Bhajans, Namavalis, Dhuns

## **Module 2:**

- Introduction to Anatomy, Physiology of the major systems of the body
- Basic concepts of Ayurveda and its approach in holistic healing
- Anatomy of asanas and alignment
- Introduction to breath and Yogic concept
- Teaching ideas for Kids yoga session, Corporate Yoga, and thematic Yoga sessions
- Sanskrit- Basics
- Teaching methodology and fundamentals- emphasis on learning the instructions as well as scheduling the classes ,etc.
- Yogic diet and nutrition
- Ethics and Way of Conduct
- First Aid and CPR - Basics

## **Module 3:**

- 1. Shadowing /Group Observation-**The student is required to assist the primary teacher in the class, and with class logistics in order to get a complete understanding of yoga . Yoga session shadowing includes observing the class, the students and their practices, , learning the classroom dynamics, and discussing the session dynamics for 15-20 mins with the senior teacher after the class. The student should maintain a



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journal/Class log and a report on the work done during shadowing in a prescribed format. The students should submit the journal to the faculty with the mentor's signature.

2. **Internship**-entering the teaching field to teach a particular number of students to get hands on experience

#### **Module 4- OFF SITE LEARNING**

**A educational and transformational weekend Retreat** would be arranged nearby, where the students would have lectures, social service activities, bhajans, Krida yoga ,etc to cover all the aspects of Yoga: Raja Yoga, Bhakti Yoga, Jnana Yoga and Karma Yoga. **This retreat is compulsory to all the students.**

**This off site learning would be held in a tranquil place near Bangalore. It would be arranged in a weekend( two days stay)and would be informed to the students with prior notice period. Transport, accomodation would be arranged by Yogabharati and the fee for this course is inclusive of the above.**

#### **Module 5**

A detailed report on a yoga subject is required to be submitted based on the template that we provide to the student. Example: Yoga for Sports, Yoga for Children, Patanjali Yoga Sutras and ethics in Yoga Teaching,etc. Your own research on the topic, the field experience, testimonials, Your Journey of Yoga through this field practice; should be journaled in this Report.

#### **Module Requirement for courses**

YBYIC200- Module 1 to 5

YTT200- Module 1 to 5

YFC- All Modules except Module 3



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## ***Overview of the whole Syllabus***

### ***Theory***

- Concepts of YOGA meaning, origin
- Why Yoga?, Application of yoga at different levels
- Basis of yoga , Happiness analysis
- Paths of Yoga - Raja Yoga, Karma Yoga, Jnana Yoga, Bhakti Yoga
- Unity in diversity , Indian culture, Mind culture
- Kriyas, Mudras, Bandhas
- Introduction to basic Anatomy and Physiology of some major systems in body
- Anatomical aspects of Asanas, Yoga Alignment
- Introduction to Yogic breath and its concepts
- Teachings of Ramakrishna, Vivekananda and Applications of Yoga
- Teaching from Bhagavad Gita and significance to YOGA
- Yoga and health
- Integrated approach to Yoga therapy
- Yogic Diet and nutrition
- Introduction to Ayurveda in relation to Yoga
- Sanskrit- Basics
- Teaching methodology
- Ethics and way of conduct of a Yoga teacher
- A basic understanding on First aid and CPR

### ***Practicals***

- Sukshma vyayama
- Breathing Exercises
- Yogasanas
- Pranayama
- Kriyas
- Relaxation and Meditation techniques
- Devotional sessions, slokas
- Yogic Games

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## ***Schedule of classes***

***Weekday batch Timings-10.30 AM TO 1 PM***

*Days- Monday to Friday*

*Two sessions would be covered on each day- Theory and practicals*

*10.30 am to 11.40 am - Theory/Practicals*

*Break*

*11.50 to 1 pm-Theory/Practicals*

***Practical and theory classes would be for Four months in the educational center.***

**Students need to wear comfortable clothes to do Yogabhyaas**

## ***Examinations and Evaluations***

**Monthly/Formative Assessment:** The students will be continuously assessed during the training period. The evaluation/formative assessment will include both written and oral examinations. Internal Assessments include Evaluation of assignments/worksheets, performance of the kriyas, Mentor Evaluation, and Faculty assessment of students during classroom hours and off classroom hours.

**These dates will be announced during the course and usually happens in the first Saturday of the month. In the four months course, two formative assessments would be taken.** These assessments would also help the students to be prepared for the final assessment and to give them a thorough understanding of the topics.

Group Observation, Supervised teaching sessions are also evaluated.

The student has to undergo all these evaluations successfully as a part of the course fulfillment. The decision of the evaluation committee is final in this regard.

**Final Assessment:** On the completion of the modules 1,2 and 4 , a final assessment would be taken for all students. It would include a written and practical examination.

**Module 5 -Project report submission** also need to be done at this time and a Viva would be conducted to assess the knowledge gained by the students in writing the project topic.

## ***Certification***

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Upon completion of all the Modules, satisfactory performance of all evaluations including final assessment, the graduating students will be issued a Yoga Teacher Certification/Yoga foundation Certification

In cases where the evaluation panel feels that the student needs further study in selected areas or if the student does not clear any of the tests, he/ she will complete the suggested areas of work with guidance from the assigned teacher. Although this certification does not carry a term of validity we strongly recommend continuing education at Yogabharati or with teachers trained by us, so that the student continues to learn and grow to become a better teacher.

### ***Attendance***

Students are expected to attend all classes on all working days. **Attendance of 80% is mandatory for each module and is a prerequisite for Certification.** Absence due to illness will be considered within the mandatory overall attendance of 80%. It is the responsibility of the student to catch up on missed classes by working with the other students .

Students should arrive on time for each class. They must attend all the Modules of the Training program at YB, without fail. This is one of the basic requirements for course fulfillment. If a student misses any Module, he/ she will have to forfeit the fees paid. However if the student has a genuine reason for missing any module and produces the necessary documentation for the same, the YB management may, upon permission from the Board of Studies, permit them to continue their study with the next batch, starting with the Module that he/she has missed.

A duly filled leave letter with reasons need to be submitted to the Coordinator.

### ***Holidays***

Government proposed public holidays and Major festivals would be a holiday for Yogabharati. Students would be informed . Unexpected breaks such as Curfew, bandh would be a holiday for Yogabharati and the compensation classes would be held in the weekend.

### ***TEACHING FACULTY:***

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*Learned Guru: Yogashree N.V. Raghuram*

*Faculty members: Prabha Krishna, Vijaya Hariharan , Dr.Shubha Chetan,  
, Vindhya Gooty*

*Sanskrit teacher: Vishwajith Krishnamurthy*

*Medical doctor: Dr.Savita Balaji Raghavan*

*Academic Head for all academic communication: Vijaya Hariharan*

*Email: [vijaya@yogabharati.net](mailto:vijaya@yogabharati.net)*

*Hotline :08033512344*



