

# **VINIYOGA THERAPIST TRAINING PROGRAMME**

## **Introduction:**

This Program aims at providing both theoretical and practical knowledge and experience in the therapeutic application of yoga to practicing yoga teachers.

This program consists of six modules. Each module is of 10 days duration.

Each day consists of two hours of practice and 6 hours of classroom sessions.

## **CURRICULUM:**

### **FIRST MODULE – VINIYOGA – Principles and practice**

#### **Forenoon theory sessions**

1. Yoga and Viniyoga
2. Types of Viniyoga
3. Methodology in Sristi krama
4. Methodology in Siksana krama
5. Methodology in Raksana krama
6. Methodology in Adhyatmika krama
7. Fundamental principles of yoga therapy
  - It is not a medical system
  - It is a complementary system
  - Its exact role in health management
  - The focus of Cikitsa
  - Relationship between the therapist and student
8. Basic concepts of yoga therapy
  - Guiding principle in yoga therapy: Ahimsa
  - Achieving Union: Yoga
  - Using mind as the tool
  - Role of breath in healing
  - Body - the powerful tool
  - Understanding how to apply these concepts in the context of therapy with suitable practical illustrations/examples

#### **Afternoon workshop sessions**

##### **Principles and practice of adhyaya – observation of the individual**

Observation of the:

- Spine
- Neck
- Low back
- Hip
- Knee
- Shoulder
- Elbow
- Wrist joints
- Ankle
- Foot

In the afternoon, the first and third hour will be on studying the methodology of observation in a workshop manner. The second and the fourth hour will be discussions based on observation done in the previous hour.

Each day, observation of one important joint will be taken up for observation and discussion.

## **SECOND MODULE - Yogic anatomy, physiology and psychology**

### **Forenoon theory sessions**

1. The holistic approach – Panca Maya model as detailed in Taittiriya Upanisad
2. Panca Prana, Nadis, Cakra model.
3. Yogic psychology – different parts of mind, different states of mind, and different activities of mind.
4. Manas, Buddhi, Ahamkara and Cittam
5. Vrtti, Smrti, Samskara, Svabhava, Vasana.
6. Klesa, Sad-urmi-s.
7. Duhkham, causes for duhkham, manifestations
8. Goal in Yoga from the healing perspective
9. Yogic way of assessment of imbalance at anatomical, physiological and psychological level with practical study.
10. Yogic practice and techniques to balance them with practical study.

### **Afternoon workshop sessions**

#### **Yogic vyuham of therapy**

Vyuham in Yoga therapy as given by Patanjali: In depth study with reference to yoga cikitsa with suitable examples:

- Heyam
- Hetu
- Hanam
- Upayam

In depth study of the diagnostic methods:

- Darsanam
- Sparsanam
- Prasnam
- Nadi-pariksa.

Extensive theoretical and practical learning about these diagnostic tools, especially with respect to:

- The pre-requisites for using these tools.
- The exact technique of using these tools.
- The limitations of these tools.
- The principles involved in inferring information by using these tools.
- Application of these tools during therapeutic intervention.

Practical study of Nadi pariksa.

Examination of muscle groups

Examination of abdomen and abdominal organs

In the afternoon, the first and third hour will be on studying the methodology of examination in a workshop manner. The second and the fourth hour will be discussions based on examination done in the previous hour.

**MODULE 3, 4, 5 & 6 will cover pathology and therapeutic yoga approach to various conditions and ailments affecting different systems.**

- **MODULE 3: Conditions relating to Skeleto-muscular system and digestive systems.**
- **MODULE 4: Conditions relating to respiratory system & Cardio-vascular system, Urinary system and Lymphatic system**
- **MODULE 5: Conditions relating to Nervous system, Endocrine system, Reproductive system (including pregnancy - pre & post natal care)**
- **MODULE 6: Mental, emotional conditions, cancer, auto-immune conditions, eating disorders, addictions, geriatric care.**

### **Forenoon theory sessions**

Some of the important ailments or diseases as perceived by the allopathic system will be extensively discussed with respect to:

- Pathology as pertaining to the yoga therapist
- How it affects the individual
- How to assess the effect of the ailment on the individual
- What not to do as a yoga therapist
- What should be done as a yoga therapist
- Diet and life style modification as suited to each condition

### **Afternoon workshop sessions**

In the afternoon, the first and third hour will be on case study in a workshop manner. The second and the fourth hour will be discussions based on the case study done in the previous hour.

Each day, two live case studies will be presented. The therapist trainer will do the consultation in the classroom in the presence of all students and design a specific course for the participant. This consultation is not a private session. It is also for the purpose for learning for all the students. During these sessions, the students can observe, actively participate and interact with the therapist trainer and the case study participant. The therapist trainer will explain the consultation process, principles of course design and the teaching methodology.

### **INTERNSHIP in India (two weeks)**

- Learning through observation and interaction.
- Observation of therapy classes conducted by senior therapists
- Observation of consultation sessions conducted by senior therapists
- Therapy classes conducted by the student under supervision of senior therapist
- Consultation sessions conducted by the student under supervision of senior therapist.

### **Recommended further studies**

Yoga Rahasya of Nathamuni  
Basic principles of Ayurveda

#### **Working schedule:**

##### **Forenoon**

7 am to 8 am – Asana practice

8 am to 9 am – Breakfast

9 am to 10 am - Theory 1

10 am – 10:30 am – Break

10.30 am to 11:30 am – Theory 2

11:30 am to 12:00 noon - Pranayama practice

12 noon to 2:30 pm – Lunch break

##### **Afternoon**

2:30pm to 3:30pm – Workshop 1

3:30pm to 4:30pm – Discussion 1

4:30pm to 5pm – Break

5pm to 6pm – Workshop 2

6pm to 7pm – Discussion 2

7pm to 7:30pm – Meditative practice