



Mahayogi Gorakhnath Maharishi Patanjali Yoga Sansthan

Agaganj - Tikri - Ayodhya (U.P) - 224195



300 Hours Yoga Teacher Training



/ MGMPYSB

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About Organization

1.1 Introduction to Organization

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan is established under S.R. Act 1861 with Registration No.- 4308/2018-2019 of Government of Uttar Pradesh (workspace- All India) and C.R. Act, 1957 of Government of India with Diary No.- 14401/2018. Headquarter of the Organization is at Agaganj - Tikri- Ayodhya (U.P)-224195. The importance of Yoga and Naturopathy has been valued throughout our history and, as you will have seen; its popularity has grown immensely in the past few decades.

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan Ayodhya provides Yoga Centers in various colleges, professional institutes and corporate sectors. It has a huge network to provide yoga education and their advertisement all over the world and also provide yoga teachers and instructors across the globe.

Organization engaged in propagating the academic, therapeutic and research application of Yoga through IAOY. So far, the organization has set up branches in several states of India, number of regional yoga organizations and groups which have enrolled numerous members or regions are involved in yoga cultural research, yoga teaching and training and yoga industry development etc.

1.2 Mission & Vision

Mahayogi Gorakhnath Maharishi Patanjali Yoga Sansthan an institution that has emerged as a medicine for humanity in the present times, has come before all of us. To improve the civilization of human life, Mahayogi

Gorakhnath Yoga Institute has been started by India in the field of Yoga. In view of the need of the present times under this campaign, we have given a new life to Yoga and Naturopathy in the heritage of our Indian culture. . But yoga is also being expanded in rural areas. The objective of our institute is to remove the expenses of the common people at the present time, and to provide longevity by providing good health to the general public at a low cost through Yoga therapy, for which they also need to depend on others. He himself can learn this alternative medicine and adopt it regularly in his life. Realizing the importance of mental health along with physical health, the biggest reason for the deterioration of mental health at the present time, which is achieved due to lack of employment, is to overcome it by providing employment.

We provide only Diploma in yoga (full 12 months course), and Diploma in Naturopathy and Yogic Science (DNYS) three year course to the youth by getting only the cooperation amount for very little expenditure by our institute and by providing yoga education to the people living in rural areas, the education of yoga should reach home Provide employment as a yoga instructor for.

We also launch a program completely based on School students from class 1 to 12 in 200+ CBSE school named Mahayogi School Yoga Program (MSYP). The course is divided into 3 categories based on the ages of students viz. Prathama Yogakalp, Dwitiya Yogakalp and Tritiya Yogakalp.

We welcome all of you as members of our family in this institution that all of you should also be a part of this mission and extend your cooperation with all of us by extending our support in this new revolution of yoga.



Message from Founder

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan Ayodhya is focusing on various courses for promotion. Yoga cannot be overlooked as the best important means of achieving multidimensional goals like education and health. I am fully competent in the field of new options. This is a holy campaign.

In view of the importance of Yoga and Naturopathy in the present situation of global India, it is a matter of pride that we have been continuously marching in this field. Apart from the Director, Administrator and other staff of this Organisation, there are rich social, religious and educational institutions. I am grateful to the Administrators and Sectors of Indian government who have come together to convert this great campaign into a great movement. According to the Ministry of Health and Family Welfare Government of India Naturopathy Practitioner can use the title of 'Doctor' as a suffix before their name in terms of letter dated 25-11-2003.

In our organization a specified course named DNYS which is 3 years diploma has been introduced in the stream of 'Alternative Medicine'. This course is for those students who have interested in Yoga and Naturopathy and make their future bright.

Government constituted a 'Standing Committee of expert' under the Chairmanship of Director General, Indian Council of Medical Research and members were drawn from various fields of medicine to consider and give its recommendations to the government on the efficacy/merits of various streams of alternative medicine and also examine feasibility of making legislation as suggested by the Hon'ble Court. The Yoga and Naturopathy was one of them.

Best wishes for new success !



Mr. Rananjay Pratap Goswami
(President awardee)

Founder

Mahayogi Gorakhnath Maharishi Patanjali Yoga Sansthan
Ayodhya- U.P



Message from Director

This life is like a changing season. Sometimes stormy cold winds, sometimes scorching hot summer, sometimes gloomy autumn, sometimes green spring and sometimes rain showers. But true humility is the one who lives according to the changing social and ecological conditions of life. There is no worry on the path, it keeps on increasing with enthusiasm in a contemplative state.

Worry from today to contemplation, from negativity to positivity, from unhealthy mind to healthy mind, if anyone can save from today's fateful situation, then it is the method of Yoga and Naturopathy cherished by ancient sages.

Through Yoga and Naturopathy, not only can we keep the enthusiasm of life intact, we can also make the future children bright, energetic, cultured and healthy.

I am grateful to the founders and other staffs of various social and religious institutions, colleges, schools, who are joining us in joining our organization in the aim of keeping the dignity yoga Guru in India intact. The DNYS course is the best option for the interested students who willing to make their future bright and they are welcomed in the field of Alternative medicine science.

All the best !

Dr. Vinay Choudhary

Director

Alternative Medicine Center- Rishikesh

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan

Ayodhya - U.P



300 Hours Yoga Teacher Training

About Course

Course Duration : 300 hours

Type : Certification

Yoga philosophy is the foundation of our yoga practice and is the key to earn yogic strength. Through the path of Vedanta philosophy, you will establish a solid, well rounded yoga practice.

Content in yoga philosophy –

- Introduction and definition to yoga and it's philosophy
- Introduction to yoga sutra
- Panchkosh
- Triguna
- Tree Dosha
- Introduction to chakras and their functions
- Lives of yogis and their diet and nutrition

Yoga Anatomy

The practice of yoga is both spiritual and physical, understanding the anatomy of yoga teaches yogis about physical alignment and which muscles are engaged in each asana.

Content in yoga anatomy –



- Definition of anatomy
- Introduction to human body – Cell, tissues, musculo - skeletal system, digestive system, excretory system.
- Effect of yogic practice on human body

Pranayama

Pranayama is a Sanskrit word alternatively translated as “extension of prana (breath or life force)” or “breath control”. The word is composed from two Sanskrit words: prana meaning life force and either ayama (to restrain or control the prana).

Contents in pranayama –

- Breathing Techniques
- Yogi Breathing Techniques
- Nadishodhan
- Sitali
- Bastrika
- Bhramari
- Kapal Bhati
- Anulom-Vilom
- Singhgarjanasan (Lion pose)

Yoga Practices (Hatha & Ashtanga)

Sanskrit word ***Hatha*** means “force” and thus alludes to a system of physical techniques.

Content in hatha yoga (for beginners also)



- Surya namaskar
- Pragyā yoga
- Padmasana
- Gomukhasana
- Matsyendraasana
- Pakchimotanasna
- Vrikshasana
- Shalabhasana
- Bhujangasana
- Chakrasana
- Dhanurasana
- Naukasana
- Shalabasana
- Sarvangasna
- Ustrasana
- Halasana
- Sarvangasana
- Parshvakonasana
- Shirshasana
- Veerbhadrāsana 1
- Veerbhadrāsana 2
- Parivrttaparshvakonasana
- Rajkapotasana



Ashtanga & Vinyasana refers to as ashtanga vinyasa yoga, is a style of yoga which means “eight limbed yoga” is a system outlined in the yoga sutras attributed to the ancient sage Patanjali.

Content of Ashtanga Yoga –

- Primary
- Secondary
- Tertiary (Advance)
-

Shathkarm

Shatkarma also known as Shatkriya refers to yogic practices involving purification of the body.

Content included in shatkarma-

- Neti – Rubber, Jal
- Dhauti - Vaman
- Nauli
- Kapalbhati
- Tratak

Meditation

Meditation is a practice where an individual uses a techniques – such as mindfulness, or focusing their mind on a particular object, thought or activity- to train attention and awareness and achieve a mentally clear and emotionally calm.



Meditation with the help of –

- Music – Om dhvani (om sound)
- Relaxation
- Instructions – Paying attention to the breath
- Yoga nidra
- Mantra - Jap

Alignment of Asanas

Alignment is how we make a position of our bodies to achieve the full benefit of a yoga pose without having any discomfort or risk injuring ourselves. Even through alignment plays an important role in a healthy yoga session, alignment lets you move all your body parts in tandem with each other.

Bandh and their Techniques

Bandha means to lock, close off, to stop. In a practice of bandha , the energy flow to a particular area of the body is blocked.

Content in Bandha –

- Jalandhar bandha
- Urdhva bandha
- Mula bandha
- Maha bandha



Mudras and their Techniques

Mudra is a symbolic, ritualistic gesture used in yoga. The word Sanskrit meaning “gesture”, “mark” or “seal”. Mudras are also known as hand positions in yoga and meditation, which are believed to affect the flow of energy in the body and unblocked chakras.

Content in mudra –

- Khechri mudra
- Tadagi mudra
- Shambhavi mudra
- Kaki mudra
- Hanumukhi mudra

Content in hand mudras –

- Prana mudra
- Gyan mudra
- Linga mudra
- Chinmaya mudra
- Agni mudra
- Dhyan mudra
- Shankh mudra
- Kamjayi mudra
- Akash mudra
- Prathvi mudra



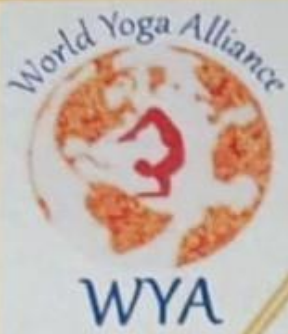
Yoga Therapy

Yoga therapy is a type of therapy that uses yoga postures, breathing exercises, meditation and guided imagery to improve mental and physical health.

Yoga Therapies for –

- Asthama
- Acidity
- Backpain
- Cervical spondylosis
- Diabetes
- Headache
- Thyroid
- Sciatica





School ID - WS148

World Yoga Alliance

Unity in Diversity
15th February 2019

CERTIFICATE OF REGISTRATION REGISTERED YOGA SCHOOL

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan Bharatvarsh

*Having excelled in the international education standards of
WYA Yoga community for Six Months Yoga Diploma Course
and One Year Yoga P.G Diploma Courses Provider*



Anand Singh

Mr. Choudhry Anand Singh
Co-founder of WYA
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