

MAHAYOGI GORAKHNATH

MAHARISHI PATANJALI YOG SANSTHAN BHARATVARSH

S.R ACT, 1860 U.P. GOVERNMENT (REG. NO. 04308/2018-2019) C.R.ACT, 1957 GOVT. OF INDIA (REG. NO. 14401/2018)
 || CERTIFIED BY UNIVERSAL YOGA ALLIANCE, ID- UYA0064 || LIFE TIME MEMBER OF WORLD YOGA ALLIANCE, ID- 148 ||

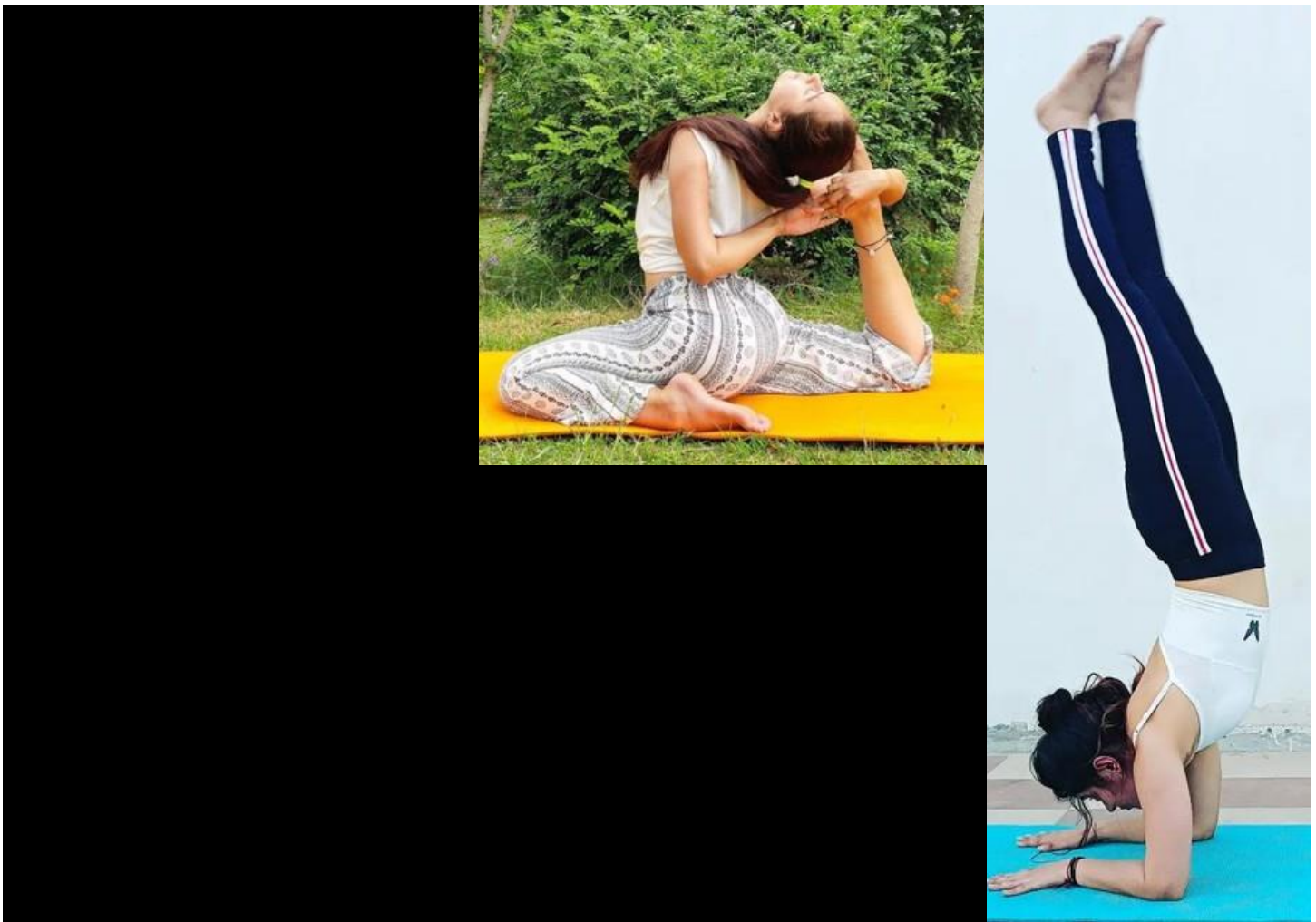
This organization is certified under sections 12A and 80G

Head Office- Agaganj, Tikri, Ayodhya, Uttar Pradesh-224195

Email: mgmpysb@gmail.com Website: www.mgmpysb.org



500 Hours Yoga Teacher Training



mgmpysb@gmail.com

www.mgmpysb.org

About Organization

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**. Also, the organization has been registered under **sections 12A and 80G**. The organization is a lifetime member of the World Yoga Alliance, **School Id- 148**, and a registered Yoga school from Universal Yoga Alliance, **School Id UYA0064**.

The organization is working pan India with its 20,000+ Yoga Teachers, Yoga Therapist, Dieticians, Nutritionists, and Doctors, also are expanding overseas. The headquarters of the **Organization is at Agaganj - Tikari-Ayodhya (U.P)-224195, India**.

The organization is providing diploma and certification courses and services in form of workshops, seminars, and webinars to corporates, societies, educational organizations, and individuals with 100% quality assurance. So far, the **organization has branches in every state and city of India, in the form of Virtual and Physical Centres**. The centers are certified and registered on our portal so anyone can search and get benefited through them.

Mission & Vision

Mahayogi Gorakhnath Maharishi Patanjali Yoga Sansthan an institution that has emerged as 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. Are not. 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 welcome all of you as members of our family in this the 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.

All donation is exempted from Income Tax under section 80 - G



About Course

- **Course Duration:** 500 hours
- **Type:** Certification

- **Syllabus-**

1. Yoga Philosophy

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

2.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

3.Pranayama

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



4. Yoga Practices

- ♦ Surya namaskar
- ♦ Pragya yoga
- ♦ **Asana practices**- Padmasana, Gomukhasana, Matsyendraasana, Paschimotanasna, Vrikshasana, Shalabhasana, Bhujangasana, Chakrasana, Dhanurasana, Naukasana, Shalabhasana, Sarvangasana, Ustrasana, Halasana, Sarvangasana, Parshvakonasana, Shirshasana, Veerbhadrāsana -1, Veerbhadrāsana-2, Parivrttaparshvakonasana, Rajkapotasana
- ♦ **Shatkarma practices** - Neti – Rubber & Jal, Dhauti - Vaman, Nauli, Kapalbhāti, Tratak
- ♦ **Meditation practices**- Music – Om dhvani (om sound), Relaxation, Breath Awareness, Yoga nidra , Mantra - Jap
- ♦ **Bandha practices**- Jalandhar bandha, Uddiyan bandha, Moola bandha, Mahabandha

5. Mudra Techniques

- ♦ Khechri mudra, Tadagi mudra, Shambhavi mudra, Kaki mudra, Hanumukhi mudra
- ♦ Hand Mudra - Prana mudra, Gyan mudra, Linga mudra, Chinmaya mudra, Agni mudra, Dhyan mudra, Shankh mudra, Kamjayi mudra, Akash mudra, Prathvi mudra

6. Yoga Therapy

- ♦ Therapies for- Asthma, Acidity, Backpain, Cervical spondylosis, Diabetes, Headache, Thyroid, Sciatica

7. Ayurveda

- ♦ Panchkarma
- ♦ Abhyangam
- ♦ Shirodhara





CERTIFICATE

-- OF REGISTRATION --

School ID UYA0064

This certificate is awarded to

*Mahayogi Gorakhnath
Maharishi Patanjali
Yoga Sansthan Bharatvarsh*



www.mgmpysb.org

has been evaluated and certified as per Certified Yoga School
Criteria Level 300+500 Hour Yoga School
Program Meets the International Educational Standards of
UYA at the 200+500 Hour Level.

Jyoti Pal



JYOTI PAL

Director of Education & Outreach



WYA Lifetime Membership



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
www.wyayoga.org
INDIA



Cancellation & Refund Policy

Thank you for buying our courses. We want to make sure that our users have a rewarding experience while they are discovering information, assessing, and purchasing our training courses, whether it may be online courses.

With any online purchase experience, below are the terms and conditions that govern the Refund Policy. When you buy a training course on the website you agree to our Cancellation & Refunds policy

Cancellation & Refunds Policy:

- The refund request will not be accepted if you have attended the online training for more than 1 day or if you have access to course material from the learning portal.
- All refunds will be processed within 30 working days of receipt of the refund request.
- No refund will be provided on discounted courses.
- If the delegate doesn't turn up on the given schedule then no refund will be provided.
- Raise refund request within 4 days of commencement of the first session. Any refund request beyond 4 days of purchasing the course will not be accepted and no refund will be provided.

Note :- The course fees can be adjusted based on the candidate's requirements and certification type.



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