

Participant Handbook

Sector
Beauty & Wellness

Sub-Sector
Yoga

Occupation
Yoga Services

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Yoga Trainer (B&W)

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Shri Narendra Modi
Prime Minister of India

“ Skilling is building a better India.
If we have to move India towards
development then Skill Development
should be our mission. ”



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About this book

Welcome to the “Yoga Trainer (B&W)” training programme. This PHB intends to facilitate the participants with detailed knowledge about the concept of Wellness industry, Yoga Trainer (B&W) profession and their functioning.

This Participant Handbook is designed based on the Qualification Pack (QP) under the National Skill Qualification framework (NSQF) and it comprises of the following National Occupational Standards (NOS)/ topics and additional topics.

1. BWS/N9001 Prepare and maintain work area
2. BWS/N2204 Conduct the advanced yoga sessions for 360-degree wellness
3. BWS/N2202 Conduct Hatha Yoga Sessions
4. BWS/N9002 Maintain health and safety at the workplace
5. BWS/N9003 Create a positive impression at the work place
6. BWS/N2208 Conduct the Bal Yoga sessions
7. BWS/N2209 Conduct the Mahila Yoga sessions
8. BWS/N2210 Conduct the Vridha Yoga sessions
9. Employability Skills

Symbols Used



Key Learning
Outcomes



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Tips



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1. Introduction

Unit 1.1 - The Concept of Yoga

Unit 1.2 - Definition of Yoga

Unit 1.3 - Four Streams of Yoga

Unit 1.4 - Yoga Terminology and their Meaning

Unit 1.5 - Job Role and Responsibilities of a Yoga Trainer

Unit 1.6 - Career Opportunities of a Yoga Trainer



Key Learning Outcomes



At the end of this module, participant will be able to:

1. Restate the concept of Yoga
2. Restate the definition of Yoga
3. Identify the different streams of Yoga
4. Recognise the different terminologies used in Yoga
5. Identify the job responsibilities of a Yoga trainer
6. Recognise the career opportunities of a Yoga trainer

UNIT 1.1: The Concept of Yoga

Unit Objectives



At the end of this unit, you will be able to:

1. Restate the concept of Yoga
2. Identify different types of Yoga Sadhana

Yoga provides one of the best methods for self-discovery. It helps an individual to reach their full potential through the gradual improvement of self. The advanced stages of Yoga help an individual attain a state of superconscious, which results in a feeling of deep peace and bliss. Yoga was developed and perfected over centuries by different sage, philosophers and Yoga gurus. The practice of yoga regularly can improve blood circulation.

Yoga is gaining importance as an alternative therapy alongside traditional medicine. Many physicians recommend the practice of Yoga as an alternative therapy. There are many clinical studies that show the effectiveness of Yoga. The best part about yoga is that it can be practised within the comfort of your homes. Some of the yogic breathing exercises reduce stress and improve the health of an individual. The Practise of yoga leads to the union of individual consciousness with superior consciousness. An Individual who has experienced this oneness of existence is said to be “in Yoga” and is termed a Yogi. At this stage, an individual attains a state of freedom known as **Nirvana, Mukti, Kaivalya** or **Moksha**.

“Yoga” refers to the science of achieving union between body and mind to attain Self-realisation. The aim of Yoga practice (sādhana) is to overcome all kinds of sufferings and lead to a sense of freedom and fulfilment. According to yogic lore, Lord Shiva is seen as the first yogi or ādiyogi and the first guru or ādiguru. The knowledge regarding the science of yoga was propagated to different parts of the world including Asia, the Middle East, Northern America and South America. The Yogic system found its fullest expression in India. The Yoga culture was further propagated across the Indian sub-continent by Sage and Muni rishis such as Agastya and Saptarshi. Yoga is considered to be an immortal cultural outcome of the Indus Saraswati Valley Civilisation. It dates back to 2700 BC and caters to both material and spiritual upliftment. The fossilised remains and seals of Indus Saraswati Valley Civilisation with Yogic motifs and figures performing Yoga sādhana suggests the presence of Yoga in ancient India. The seals and idols of mother Goddess are suggestive of Tantra Yoga. The presence of Yoga has been mentioned in the folklore, Vedas and Upanishads, Buddhist and Jain traditions, Darshanas, epics such as Mahabharata, Bhagavad Gita and Ramayana, etc. Though yoga had been practised since pre-Vedic times, it was codified into Yogic texts by Sage Patanjali. It is presented in the form of Patanjali Yoga Sutra.

Many sages have contributed to the development and preservation of the field through well-documented practices and literature. The practice of yoga is growing and blossoming with every passing day. A lot of people believe in the power of yoga as a cure for many health issues and problems. The widely practised Yoga Sadhanas are Yama, Niyama, Āsana, Prānāyāma, Pratyāhara, Dhāraṇa, Dhyāna, Samādhi, Mudras, Samadhi, Shatkarmas, Yuktāhāra, Mantra-japa, Yukta-karma, etc. **Yamas** are restraints and **Niyamas** are observances. The Yama, Niyama are considered to be pre-requisites for further Yoga practices.



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Fig. 1.1.1: Yoga is gaining importance as an alternative therapy

1.1.1 Types of Yoga Sadhaana

The **Āsanās** are capable of bringing about the stability of mind and body. kuryat-tadasanam- sthairyam involve adopting various psycho-physical body patterns and giving an individual the ability to maintain a body position for a considerable length of time.

Pranayama practices emphasise on developing an awareness of one's own breathing pattern which followed by voluntary regulation of respiration. It helps in developing mindfulness within an individual. In the initial stages, the mindfulness is practised by developing an awareness of the "flow of in-breath and out-breath" (Svasa-prasava) through nostrils, mouth and other body openings. The practices of mindfulness are further modified through regulated, controlled and monitored inhalation (Svasa) , which leads to the awareness of body space getting filled (puraka), the spaces(S) remaining in a filled state (kumbhaka) and getting emptied (rechaka) during controlled exhalation (Pravasa).

Pratyahara indicates dissociation of one's consciousness (withdrawal) from the sense organs which connect with the external objects. **Dharana** indicates the broad-based field of attention, which is usually understood as concentration.

Dhyana (meditation) is a state of contemplation or focussed attention. **Samadhi** refers to the last stage of the eightfold path of yoga. It is the state of enlightenment where individual awareness dissolves in the great whole.

Mudras and Bandhas are practices associated with Pranayama. The adaptation of the physical gestures of Bandhas and Mudras helps an individual develop greater control over respiration. The practice of dhyana moves an individual towards self-realisation and leads to transcendence. The **Dhyana** is considered the essence of **Yoga Sadhana**. The **Satkarmas** are detoxification practices, which help in removing the toxins accumulated in the body. Yoga is gaining in importance all around the world. It provides solace to the restless mind. Additionally, it has also been picked up by modern man, as a way of maintaining health and fitness. Yoga has become a compulsory part of modern day education. Specialists use yoga to unfold the deeper layers of consciousness. Yoga has found profound benefits in curing some of the most contagious and infectious diseases.

UNIT 1.2: Definition of Yoga

Unit Objectives



At the end of this unit, you will be able to:

1. Restate the definition of Yoga
2. Compare the different philosophical definition of Yoga

‘Yoga’ is a Sanskrit word defining any form of connection. Yoga consists of a diverse range of techniques and exercises that allow us to connect to the inner self. Yoga is an ancient art based on harmonising the body, mind and spirit. The continued practice of yoga leads to a sense of peace and well-being. In recent time, more and more westerners are resorting to the practice of yoga to find a cure for chronic health problems. Though, most people are aware of the health benefits of yoga not everyone knows regarding the origin and exact definition of yoga. It is believed that Yoga merely includes stretching and warm-up exercises. Yoga involves the practice of physical postures and poses, which is referred to as ‘asana’ in Sanskrit. Yoga helps to create a balance between mind and body. Yoga makes use of different movements, relaxation technique, breathing exercises and meditation. Yoga is the oldest physical discipline in existence known to mankind.

The practice of Yoga increases the lubrication of joints, ligaments and tendons of the body. Yoga is a form of physical activity which involves the complete exercise of the body. The practice of Yoga on a daily basis creates a positive, permanent difference to the lifestyle of an individual. The practice of meditation and several breathing exercises on a regular basis helps eliminate stress and help an individual lead a healthy life. People suffering from backaches and arthritis are suggested to perform asana on a regular basis, which messages the internal organs and muscles at strategic locations. Pranayama is the best exercises, which helps increase the capacity of the lungs. The positive effects of yoga over health and mind are visible over time. They depend upon the stamina and overall health an individual can choose from mild pranayama or asana to highly intense asana.

The practice of Yoga asana is not associated with any side effect, which makes it one of the best healthy alternatives or options. One should know the right way of performing an asana, as any wrong attempt can cause sprain or injuries. The experience of connection to something is a state of yoga. In order to experience truth through yoga, one must study its classical definitions and reflect on their own understanding of the topic. Yoga can help us connect to the intuitive, creative part of us and realise eternal self at our core.

Many paths to Yoga: There are many traditional yogic paths that help awaken our inner consciousness. Some of the yogic paths include Tantra, Mantra, laya , Kundalini, Bhakti, Jnana, Karma Yoga and so on. Each of the paths consists of methods and techniques, which generate greater awareness and establishes the connection of self to life.

Yoga practices include Control of subtle forces (mudra and bandha), posture(asana), breathing (pranayama), cleansing the body and mind (Shatkarma), Visualisations ,chanting of mantras, and many forms of meditation.

Day-to-day meaning of Yoga: Yoga is a branch of science consisting of a range of techniques, which help an individual connect with their own self. Yoga emphasises upon performing the exercises in a strategic manner and feel the effect produced within their own body system by performing the exercises. For instance, if an individual breathes in a relaxed manner, it will slow their heart rate. Similarly, if we focus our mind, we will develop deep insight and mental peace.

Awakening of self is yoga: Yoga is any method which allows us to awaken our inner self. The practice of yoga on a regular basis helps us connect with our inner selves and other forces of life. Everything we do can become yoga if we do it with awareness. Awareness is the key to discovering the mysteries related to our self-identity. Yoga reveals the luminous intelligence and the beauty inside us.



Fig. 1.2.1: Human Body Parts that are positively affected by yoga

1.2.1 The Philosophical Definition of Yoga

‘Yoga’ is a Sanskrit word which signifies any form of connection. Yoga means the conscious connection of the egoic self with the unlimited, eternal, higher self.

Patanjali’s definition of yoga: The best definition of yoga was given by great Sage Patanjali in the system of Raja Yoga, where it has been stated that –“Yoga is the blocking (nirodha) of mental modifications (Chitta vritti) so that the seer (drasha) re-identifies with the higher self.

Hatha Yoga definition: Hatha Yoga includes postures (asana), purification techniques (shatkarma), breathing techniques (Pranayama) and energy regulation techniques (mudra and bandha). The definition of Yoga as per the Hatha Yoga text is the union of the upward force (prana) and downward force (apana) at the navel centre (manipura chakra). Hatha yoga teaches us to master the loyalty of our life force, which is also called Prana. An individual can access the source of their being by learning how to feel and manipulate the life force.

Kundalini yoga definition: Kundalini yoga is the science of releasing the dormant potential energy located at the base of the spine. Yoga has been defined in the Kundalini text as the “union of the mental current (ida) and the pranic current (Pingala) in the third eye (ajna chakra) or at the base chakra (Muladhara chakra). Yoga practice unifies duality in us by connecting body and mind and leads to the awakening of spiritual consciousness.

UNIT 1.3: Four Streams of Yoga

Unit Objectives

At the end of this unit, you will be able to:

1. Identify the different streams of Yoga

Yoga has been further concentrated into four streams based upon individual requirements. The four streams have been discussed in details as below:

1. **Jnana Yoga:** Jnana Yoga helps an individual develop a logical mind with intuitive knowledge and immense awareness. The ultimate goal of the Jnana Yoga is to understand the reality of the soul (Atma) and differentiate it from the body. It enhances the inner contentment or satisfaction in an individual and relieves them of worldly desires. It aims to remove the barriers between an individual and their universe.

There are three phases in jnana yoga, which have been described below as:

- **Śravaṇa** wherein the disciple listens attentively (hearing) to their Guru. The disciple listens to the ideas of the Guru and discusses his/her questions with the guru to seek answers.
- **Manana** refers to thinking deeply over the ideas suggested by the Guru.
- **Nididhyāsana** refers to the realisation of the truth and transforming the thoughts into action.

2. **Bhakti Yoga:** The Bhakti Yoga aims towards the emotional maturity of an individual. Thus, performing the Bhakti Yoga enables one to attain calmness of mind. It focuses on establishing a relationship between the soul and the supreme soul (GOD). It emphasises upon controlling the emotion of the mind and being one with the supreme soul. It is less strenuous than any other form of Yoga and is practised through meditation. Kama (desire), combined with tyaga (sacrifice) forms **prema** (love). Prema along with saranagati (surrender) results in **bhakti**. The Bhagavad Purana provides us with nine forms of Bhakti:

- a. Śravan (listening)
- b. Kīrtana (praising)
- c. Smarana (remembering)
- d. Pada- sevasna (rendering service)
- e. Archana (worshipping)
- f. Vandana (paying homage)
- g. Dasya (servitude)
- h. Sakhya (friendship)
- i. Atma-nivedana (complete surrender of the self)



Fig. 1.3.1: Bhakti Yoga

3. **Karma Yoga:** The Bhagavad Gita remains the main source for the conceptual basis of Karma Yoga. It was later elaborated by Swami Vivekananda. Karma yoga is attached to selfless service without anticipating much about the outcome. However, a Karma Yogi should not be confused with a modern-day workaholic. Karma yoga categorises actions as:

Tamasik– Actions which are binding, deteriorating, violent and is a result of a state of confusion and delusion.

Rajasik– Rajasik actions are performed out of burning desire and are backed by egoism.

Sattvik– Here the actions performed are free from any kind of attachment.

The essence of Karma yoga is to convert **Kamyā Karma** (action backed by desires) into **yogic karma** by practising detachment and committing oneself to lifelong work (karma).

4. **Raja Yoga:** Raja Yoga helps in gaining control over the mind through will power. It aims at reaching the highest state of peace or tranquillity through meditation. There are two types of practices under Raja Yoga as:

Bahiranga Yoga– It consists of rules and regulations at the behavioural level (Yama and niyama) as well as physical practices to gain better control over mind and body (asanas and pranayama).

Antaranaga Yoga– comprises of the following as defined by Sage Patanjali in his book. These have been further listed below as:

- a. **Yama** (the five abstentions)
- b. **Niyama** (the five observances)
- c. **Asana** (seated position used for meditation)
- d. **Pranayama** (control of the life force)
- e. **Pratyahara** (detachment)
- f. **Dharana** (concentration)
- g. **Dhyana** (meditative absorption)
- h. **Samadhi** (liberation)

UNIT 1.4: Yoga Terminology and their Meaning

Unit Objectives

At the end of this unit, you will be able to:

1. Recognise the different terminologies used in Yoga

1.4.1 Common Terminology Used in Yoga

Some of the common terminologies as used in Yoga are as follows:

Asana: Body Posture in Yoga

Ashtanga Yoga: It represents the eight limbs of yoga

Ayurveda: Ancient Indian Science of medicines

Bandha: Internal Lock which is used during yoga

Chakra: Seven energy centres of Body

Dosh: Body types as per Ayurveda, Pita (Fire), Vata (Air) and Kapha (Earth)

Hatha Yoga: A type of Yoga Path

Mudra: Hand Gesture during Yoga Practice

Mantra: Groups of words, chanted for creating a positive environment

Meditation or Dhyana: Practice of controlling and focusing the mind and process of self-awakening

Nadi: This is an Energy channel as per Vedic Believes, in which 'Prana' flows

Ojus: The subtle energy created in the body by the discipline of chastity

Om or AUM: The original universal syllable as per Vedic believes

Patanjali: Indian Sage who compiled all Yoga Sutras, which was earlier scattered in different forms

Pranayama: Types of breathing exercises in Yoga Practices

Props: Tools which are used for assisting yogis in doing yoga practice - for ex. Mat, Straps, etc.

Power Yoga: It is a type of Ashtanga Yoga which has more focus on Fitness

Sacrum: A triangular shaped Bone situated at the base of Spine

Samadhi: A state of meditation

Sadhana: Spiritual discipline for getting Sidhhi

Shanti: it means Peace and very frequently chanted during Yoga Practice

Shodhna: A purification process in Hatha Yoga

Sutras: Classical text for Yoga created by Yogis

Sushma Nadi: The Central Prana Current

Svadyaya: Self Study

Ujjayi: Sound of breath, taken from a slightly constricted throat

Upanishad: Ancient Vedic Text written by Indian Sages

Vinyasa: A body movement linked with breath

Yogi or Yogini: Disciple of Yoga

UNIT 1.5: Job Role and Responsibilities of a Yoga Trainer

Unit Objectives

At the end of this unit, you will be able to:

1. Restate the job responsibilities of a Yoga Trainer
2. Recognise the expectations of a Yoga trainer

1.5.1 Job Responsibilities of a Yoga Trainer

Following are the Job roles of a Yoga Instructor –

1. Enrolling new participants
2. Explaining the rules and regulations of performing yoga poses
3. Explaining Yoga and its importance for the physical and spiritual health of a person.
4. Teaching the various steps of yoga to participants
5. Narrating History of Yoga to create interest in participants
6. Monitor the participants while they perform asana
7. Assess the participant's health/age and create Yogasan plan for them
8. Ensure the safety plans are met while the participants perform Yogasana
9. Take appropriate actions as per organisational policy during times of emergency
10. Taking care of all organisational documentation like - taking regular attendance of participants
11. Creating Incident Reports
12. Assessing the learning outcome of participants on a regular basis
13. Recording and collection of the medical history of participants
14. Motivating and encouraging the participants in order to push them to achieve a higher level
15. Counselling participants for their diet plan and lifestyle improvement
16. Developing a professional relationship with participants

1.5.2 Expectations from a Yoga Trainer

Following are the Job roles of a Yoga Instructor –

1. The following are the expectations of a Yoga Trainer-
2. Greet all participants with a smile.
3. He/She should possess an energetic and positive attitude.
4. He/She should possess good speaking and listening skills.
5. He/She should be passionate about fitness.
6. He/She himself/herself should possess a fit and flexible body.
7. He/She should maintain discipline in the class.
8. He/She could create a yogasan plan as per individual need and fitness level.
9. He/She should wear an appropriate uniform during yoga class.