

HARSIDDHI YOGA ASHRAM

DIPLOMA IN YOGIC SCIENCES

A residential one-year ashram program



A ASIAN
I INTERNATIONAL
U UNIVERSITY

ESTABLISHED UNDER SECTION 2(F) OF UGC ACT, 1956.



Overview

- Introduction to Yogic Sciences
- Course Structure Overview
- Key Areas of Study
- Key areas of practical
- Theoretical Knowledge
- Teaching Skills
- Therapeutical Skills
- Why to Choose Our Institute
- Ashram routine
- Fee structure





DIPLOMA IN YOGIC SCIENCES

INTRODUCTION

Diploma in Yoga is a specialized program designed to provide comprehensive knowledge and practical experience in the

- Principles, Techniques, and Practices of yoga, yogic diet and Vedic farming.
- Including Asanas, Pranayama, Meditation, Shatkarma and Philosophy.

It equips individuals with the skills and knowledge needed to deepen their personal yoga practice, or potentially pursue a career in teaching or promoting yoga.

Harsiddhi Yoga Ashram is an offspring of Brahmavarchas International Yoga Academy .





KEY AREAS OF STUDY



Theoretical Knowledge

- Branches Of Yoga
- History of Yoga
- Scientific and Therapeutical Understanding of Yoga
- Effects on Body and Mind

Practical Application Through

- Asanas
- Pranayamas
- Shatkarmas
- Bandhas
- Mudras
- Tratakas
- Meditation

Learn Teaching Skills

- Hands on Teaching Experience
- Class Handling Lessons
- Learn different modes of conducting classes (online/offline)



PRACTICAL TRAINING MODULES



ORGANIC FARMING

- ✓ Organic vegetables
- ✓ Organic fruits
- ✓ Organic spices
- ✓ Organic grains



VEDIC COOKING

- ✓ Method of Vedic cooking
- ✓ Yogic diet
- ✓ Combination of foods
- ✓ Kitchen hygiene and maintenance



LEARN THROUGH

- ✓ Conferences
- ✓ Seminars
- ✓ Workshops
- ✓ Exhibition
- ✓ Camps



THEORETICAL KNOWLEDGE

The program covers the history, philosophy, and different branches of yoga, as well as the scientific & therapeutical basis of its effects on the body and mind.



Branches of Yoga - Hathayog Pradipika, Gherand Samhita, Patanjali Yog Sutras



Anatomy and Physiology (basics)



Philosophy and History Of Yoga and its origin



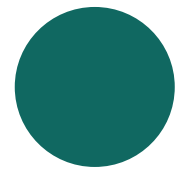
Yogic Diet and its Importance





THEORY (ASTANGA YOG)

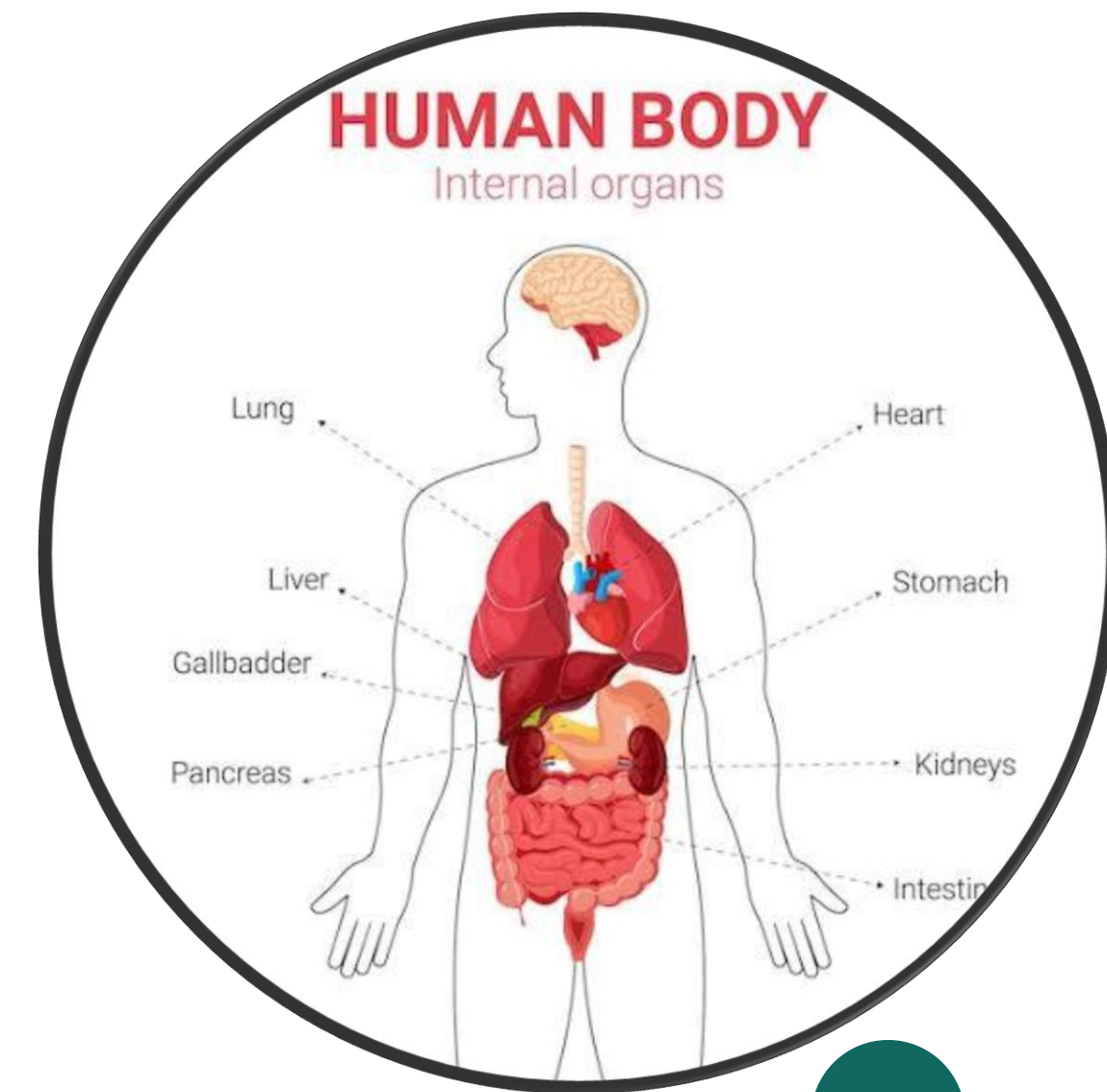
- **History & development of Yoga**
- **Development of Hat Yoga**
- **Concept of Yoga in Bhagavat Gita**
- **Principle of yoga as per Patanjali Yoga Sutra**
- **Principles of yoga as per Hat yoga Pradipika**
- **Principles of yoga as per Gheranda Samhita**
- **Principles of yoga as per Shiva Samhita**
- **Sankhya Darshan and Maharishi Kapil**
- **Veda, Puranas and Upanishads and its holistic approach.**
- **Autobiographies of yogis**
- **Theory of Yam, Niyam, Asanas, Pranayama, Pratyahara, Dhyana, Dharna And Samadhi**
- **Difference between yoga asan and other exercises**

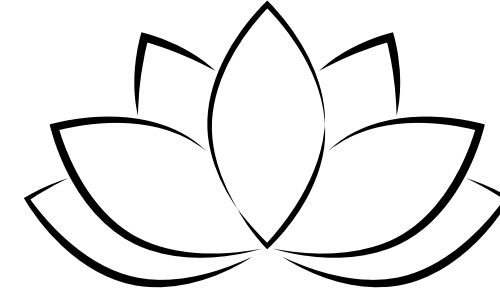




THEORY (ANATOMY AND PHYSIOLOGY)

1. Digestive System
2. Muscular System
3. Skeletal System
4. Nervous System
5. Cardiovascular System
6. Respiratory System
7. Endocrine System
8. Excretory System
9. Reproductive System
10. Integumentary System





PRACTICAL KNOWLEDGE

Learn Asanas, Pranayamas, Shatkarmas, Bandhas, Mudras., Tratakas, Meditation.



Asana Practice (Postures)



Pranayam (Breathing Techniques)



Shatkarma (Internal Cleansing Practices)



Bandha (Energy Locks) and Mudras (Hand Gestures)



Tratak (Techniques for Concentration)



Meditation And Mindfulness Techniques





PRACTICAL (ASANAS)

- 1. Practical (Warm-up)**
- 2. Practical (Relaxation Asanas)**
- 3. Meditation Asanas**
- 4. Asanas for Digestive system**
- 5. Asanas for Muscular and Skeletal System**
- 6. Asanas for Cardiovascular system**
- 7. Asanas for Respiratory System**
- 8. Asanas for Nervous system**
- 9. Asanas for Endocrine System**
- 11. Asanas for Excretory System**
- 12. Asanas for Reproductive System**
- 13. Asana For Integumentary System**





PRACTICAL SHATKARMA

(Hatha Yoga kriyas for Purification)

1. Neti
2. Dhauti
3. Nauli
4. Basti
5. Kapalbhati
6. Trataka





PRACTICAL (PRANAYAMA)

- Anulom Vilom (6 types)
- Surya Bhedi
- Chandra Bhedi
- Ujjai
- Seetkari
- Seethali
- Bhramari
- Murcha
- Palavani

PRACTICAL (BANDH)

- Mula bandh
- Uddiyana bandh
- Jalandhara bandh
- Maha bandh





PRACTICAL (MUDRAS)

- **Panchprana Mudras**
- **Five elements**
- **Other Mudras like chin, Gyan, Vishnu etc**

MEDITATION

- **Yog Nidra Meditation**
- **Mantra Meditation**
- **Murti Meditation**
- **Kundalini Meditation**
- **Chakras Meditation**





LEARN TEACHING SKILLS



Hands on Teaching Experience at one of our Branches.



Teaching methods & tools.



How to adapt classes for different levels and needs.



How to create a safe and effective yoga environment.



How to improve productivity.



How to improve focus.





THERAPEUTICAL SKILLS

-  **Client Case History And Assessment.**
-  **Client Assessment & Diagnostic Skills.**
-  **Learn to create Personalized Yoga Prescriptions For Patients.**
-  **Learn Effective Stress Management Techniques.**
-  **Pain Management Through Yoga Therapy.**
-  **Patient Interaction And Management.**
-  **Real-World Project Management Experience.**



Why Enroll At Harsiddhi Yoga Ashram for Diploma In Yoga

- **Skill Oriented Curriculum:** Focused on Real World Application, Ensuring you are Job Ready From day One.
- **Expert Faculty :** Learn From Highly Qualified, Experienced Yoga Professionals and Therapists.
- **Top Career Opportunities :** Direct Access To Full-time and Part Time Roles Across Medical, Corporate, and Wellness Sectors.
- **Smart Classroom Environment :** Tech-Enabled Learning With a blend of Theory, Demonstrations, and Interactive Sessions.



WHY HARSIDDHI YOGA ASHRAM

- **Soft Skill Development:** Personality Grooming, Communication and Teaching Skills To Thrive as a Professional.
- **Learn And Earn :** Opportunity To Teach Clients at the Centre During Your Course And Gain Real-Time Experience
- **Dual Role Readiness :** Get Trained to Work Both As a Yoga Instructor and a Yoga Therapist, Expanding Your Career Options.

Join Harsiddhi yoga Ashram to Transform Your Passion into a Profession. With Expert Training, Real-Time Teaching Experience, and Holistic Development, You will be Fully Equipped to Build a Successful And Meaningful Career in Yoga.



ASHRAM ROUTINE

Time	Activity
4.00 am	Wake up
4.00 am - 5.00 am	Personal Hygiene Routine (freshening up)
5.00 am - 8.00 am	Yoga practical class
8.30 am - 9.00 am	Sattvic breakfast
9.00 am - 11.30 am	Vedic cooking and farming class
11.30 am - 12.30pm	Sattvic lunch
12.30 pm - 02.30pm	Housekeeping and self work
02.30 pm - 04.00 pm	Theory class
04.00 pm - 06.00 pm	Yoga practical class
06.00 pm – 07.00 pm	Sattvic dinner
07.00 pm - 08.00 pm	Satsang
Sharp 08.00 pm	Go to bed



DESCRIPTION OF YOGA THEORY CLASSES

(2.30pm – 4.00 pm)

Days	Activity
Monday	Theory of yoga practical and teaching principles .
Tuesday	Vedic diet
Wednesday	Theory of yoga
Thursday	Theory of yoga
Friday	Human anatomy and physiology
Saturday	Theory of kitchen gardening .
Sunday	Holiday Note – There will be self practice and vedic cooking as per daily routine.



DESCRIPTION OF YOGA PRACTICAL CLASSES

Days	Activity
Monday	Warm up
Tuesday	Asanas
Wednesday	Pranayama
Thursday	Mudras
Friday	Shatkarma
Saturday	Meditation
Sunday	Holiday (Self practice)



PROGRAM FEES

Activity	Amount
Admission fees	1000/-
University fees	27000/-
Annual fees(Seminars , conferences , exhibition)	5000/-
Faculty fees	40000/-
Lodging and fooding	66000/-
Examination fees	5000/-
TOTAL	144000/-

Note – 1.Yoga props , uniforms will be charged separately.
2. Fruits and dry fruits will be charged separately (if required)



ONE YEAR IN AN
ASHRAM'S LIGHT
LEARNING YOGA , PEACE
AND LIFE.
A JOURNEY OF
CALM,STRENGTH AND
GRACE
FINDING THE SOUL'S
TRUE RESTING PLACE

HARSIDDHI YOGA ASHRAM



Thank you

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