

## **Live Yoga Appreciation programme**

**Ministry of Ayush and Morarji Desai National Institute of Yoga have initiated the CYP – Yoga Volunteer Training (YVT) Course at national and international level. The YVT course aims to disseminate the knowledge of Yoga among the general public, for improvement of their health and well-being.**

### **Course Outline**

<b>Unit Name</b>	<b>Description</b>	<b>Content Details</b>
LIVE YOGA APPRECIATION PROGRAMME DAY 1	Introduction to Yoga	<ol style="list-style-type: none"><li>1. Introduction to Yoga</li><li>2. Prayer, Yogic sukshma Vyayama (neck movements, shoulder movements, trunk twisting and knee movement), Tadasana and relaxation.</li></ol>
LIVE YOGA APPRECIATION PROGRAMME DAY 2	Yoga practices for Health and Wellness	<ol style="list-style-type: none"><li>1. Revision of previous practices</li><li>2. Ardha cakrasana, ardha-ustarasana, Shashakasana, Bhujangasana and relaxation</li><li>3. Yoga practices for Health and Wellness</li></ol>

LIVE YOGA APPRECIATION PROGRAMME DAY 3	General guidelines for yoga practitioner (Do's and Don'ts)	<ol style="list-style-type: none"> <li>1. Revision of previous practices</li> <li>2. Pawanmuktasana, shavasana, yogic deep breathing, anulom-vilom pranayaam</li> <li>3. General guidelines for yoga practitioner (Do's and Don'ts)</li> </ol>
LIVE YOGA APPRECIATION PROGRAMME DAY 4	Introduction to Common Yoga Protocal (CYP)	<ol style="list-style-type: none"> <li>1. Revision of previous practices and dhayana</li> <li>2. Introduction to Common Yoga Protocal (CYP)</li> </ol>