

YOGA VOLUNTEER COURSE FOR VLES

- 1. Name of the Certification:** ANAND SINGH (CSC VLE)
Yoga Volunteer (YV)
- 2. Requirement/ Eligibility:** Open for all. there is no eligibility criteria
- 3. Brief Role Description:** For promotion of well being of oneself and society at large; assist in conducting group classes for Yoga Volunteer, Yoga classes in the park, Yoga related IDY programs. Can be part of Fit India Movement. Can conduct Yoga Break protocol in work places.
- 4. Age:** No age limit
- 5. Duration of course:** 15 DAYS
- 6. Certification of Yoga Volunteer:** The candidate who has 80% attendance in the class shall be eligible for certification. Certificate to the candidate shall be issued after getting the report from the institution about the attendance of the candidate and the program conducted.

Lying down on back yoga poses

1. Naukasana or Boat Pose



This yoga pose is useful for people with a hernia. Know the steps of doing Naukasana, all its benefits, and contraindications [here](#).

2. Setu Bandhasana or Bridge Pose



This yoga pose calms the brain, reducing anxiety, and reduces thyroid problems. Know the steps of doing Setu Bandhasana, all its benefits, and contraindications [here](#).

3. Matsyasana or Fish Pose



This yoga pose provides relief from respiratory disorders. Know the steps of doing Matsyasana, all its benefits, and contraindications [here](#).

4. Pavanamuktasana or Wind-Relieving Pose



This yoga pose helps in digestion and release of gas. Know the steps of doing Pavanamuktasana, all its benefits, and contraindications [here](#).

5. Sarvangasana or Shoulder Stand



This yoga pose brings relief from constipation, indigestion, and varicose veins. Know the steps of doing Sarvangasana, all its benefits, and contraindications [here](#).

6. Halasana or Plow Pose



This yoga pose calms the nervous system and reduces stress. Know the steps of doing Halasana, all its benefits and contraindications [here](#).

7. Natrajasana or Lying-Down Body Twist



This yoga pose brings deep relaxation to body and mind. Know the steps of doing Natrajasana, all its benefits and contraindications [here](#).

8. Vishnuasana or Lying-Down on Sides

This yoga pose stretches the pelvic joints. Know the steps of doing Vishnuasana, all its benefits and contraindications [here](#).

9. Shavasana or Corpse Pose

This yoga pose brings a deep meditative state of rest and helps reduce blood pressure, anxiety and insomnia. Know the steps of doing Shavasana, all its benefits and contraindications [here](#).

10. Sirsasana or Headstand Pose



This yoga pose helps in treating vertigo, fights stress, and induces relaxation. Know the steps of doing Sirsasana, all its benefits and contraindications

Lying down on stomach yoga poses

1. Vasisthasana or Side Plank pose



This yoga pose strengthens the abdomen and improves balance. Know the steps of doing Vasisthasana, all its benefits, and contraindications [here](#).

2. Adho Mukha Svanasana or Downward Facing Dog Pose



This yoga pose lengthens the spine, calms the mind, and helps relieve headache, insomnia, and fatigue. Know the steps of doing Adho Mukha Svanasana, all its benefits and contraindications [here](#).

3. Makara Adho Mukha Svanasana or Dolphin Plank Pose



This yoga pose improves digestion and relieves menstrual discomfort. Know the steps of doing Makara Adho Mukha Svanasana, all its benefits and contraindications [here](#).

4. Dhanurasana or Bow Pose



This yoga pose relieves menstrual discomfort, constipation, and helps people with renal disorders. Know the steps of doing Dhanurasana, all its benefits, and contraindications [here](#).

5. Bhujangasana or Cobra Pose



This yoga pose reduces fatigue and stress and is useful for people with respiratory disorders. Know the steps of doing Bhujangasana, all its benefits, and contraindications [here](#).

6. Salamba Bhujangasana or Sphinx Pose



This yoga pose helps in improving blood circulation. Know the steps of doing Salamba Bhujangasana, all its benefits, and contraindications [here](#).

7. Viparita Shalabhasana or Superman Pose



This yoga pose helps in improving blood circulation and works at the mind level.

Know the steps of doing Viparita Shalabhasana, all its benefits, and contraindications [here](#).

8. Shalabhasana or Locust Pose



This yoga pose increases the flexibility of the entire back and improves digestion.

Know the steps of doing Shalabhasana, all its benefits, and contraindications [here](#).

9. Urdhva Mukha Svanasana or Upward Facing Dog Pose



This yoga pose strengthens the back and improves body posture. Know the steps of doing Urdhva Mukha Svanasana, all its benefits, and contraindications [here](#).