

# yoga appreciation course for citizens

## 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 Unit Name Description Content Details

### LIVE YOGA APPRECIATION PROGRAMME DAY

#### *1. Introduction to Yoga*

2. Prayer, Yogic sukshma Vyayama (neck movements, shoulder movements, trunk twisting and knee movement), Tadasana and relaxation.

### LIVE YOGA APPRECIATION PROGRAMME DAY 2 Yoga practices for Health and Wellness

1. Revision of previous practices

2. Ardha-chakrasana, ardha-usturasana, Shashakasana, Bhujangasana and relaxation

#### *3. Yoga practices for Health and Wellness*

## INTERNATIONAL DAY OF YOGA **JUNE 21**

Yoga is a trend that has been flourishing from the years; rather this has become a trendsetter in maintaining both physical and mental well-being. Each Yogic activity is a key to improving flexibility, strength, balance and attaining harmony. Yoga Portal is a platform to help people embrace, practice and enjoy yoga every day. It is a perfect gateway to search for the best yoga resources, common yoga protocol training videos and the latest yoga events to take part in.