

BECOME YOGA EXPERT

“7 Modules To Become An Internationally Certified & Highly Paid Successful Yoga Teacher / Yoga Expert / Yogipreneur / Gurukulpreneur”

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THE YOGA UNIVERSITY
INTERNATIONAL
Forthcoming



Welcome

FUTURE YOGA EXPERT

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**YOUR YOGA JOURNEY TOWARD
GOOD HEALTH, WEALTH, LOVE, HAPPINESS & FREEDOM
STARTS FROM HERE..**



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YOU MUST BECOME YOGA EXPERT TO EXPERIENCE :

- 🔥 HEALTHY LIFESTYLE.
- 🔥 FLEXIBLE WORKING HOURS WITH NO RETIREMENT AGE.
- 🔥 UNIQUE LOVING COMMUNITY.
- 🔥 YOURSELF AS A ROLE MODEL OF A HEALTHY & HAPPY LIFESTYLE.
- 🔥 BECOME FINANCIALLY INDEPENDENT.

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-  One of the only places in the world that brings together a team of Swamis, Doctors and successful professional yoga experts.
-  International yoga certification with practical tools to actively balance your life & the lives of others.
-  How to build a profitable & successful yoga career from scratch, where you can earn over 1 lakh a month.

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7 Yoga Modules
AVAILABLE FOR EVERYONE

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It's Time To Stop Settling.
It's Time To Stop Feeling Stuck.
It's Time To Decide - Commit - Act - Right Now.

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MODULE - 1

BECOME YOGA ASANAS EXPERT



 Hatha Yoga

 Kids Yoga

 Aerial Yoga

 Ashtanga Yoga

 Vinyasa Yoga

 Iyengar Yoga

 HIIT Yoga

 Core Yoga

 Sculpt Yoga

And Many More...

 Yin Yoga

 Power Yoga

 Face Yoga

 Gurukul Yoga

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MODULE - 2

BECOME HUMAN BODY, THERAPY EXPERT



-  Musculoskeletal System
-  Digestive System
-  Respiratory System
-  Excretory System

-  Circulatory System
-  Endocrine System
-  Reproductive System
-  Nervous System

And Many More...



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MODULE - 3

BECOME PRANAYAMA EXPERT



🔥 Anuloma Viloma
🔥 Ujjayi
🔥 Moorcha
🔥 Kapalbhati

🔥 Shitali
🔥 Kevali
🔥 Plavini
🔥 Soorya Bhedana

🔥 Bhastrika
🔥 Nadi Shodhana
🔥 Sitkari
🔥 Bharmari

And Many More...

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MODULE - 4

BECOME SPIRITUAL YOGA EXPERT



Raja Yoga



Bhakti Yoga



Jnana Yoga



Karma Yoga

And Many More...



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MODULE - 5

BECOME YOGA PHILOSOPHY EXPERT



- 🔥 200+ Sutras
- 🔥 Yoga Philosophy
- 🔥 Mantra Chanting
- 🔥 Yogic Science

And Many More...



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MODULE - 6

BECOME MEDITATION EXPERT



- 🔥 Mindfulness Meditation
- 🔥 Yoga Nidra Meditation
- 🔥 Spiritual Meditation
- 🔥 Tratak Meditation
- 🔥 Moon Meditation
- 🔥 Cyclic Meditation
- 🔥 Sound Meditation
- 🔥 Gratitude Meditation

And Many More...

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MODULE - 7

BECOME YOGIPRENEUR EXPERT



- 🔥 Yoga Studio Business Model
- 🔥 3C Rule For More Students
- 🔥 Share Your Message
- 🔥 Social Media Promotion

- 🔥 Online Presence
- 🔥 Yoga Expert Identity
- 🔥 Orientation & Presentation
- 🔥 50k+ Earning Framework

And Many More...

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MODULE 1: **BECOME YOGA ASANAS EXPERT**

Today, yoga asana is used in several ways including healing chronic diseases, promoting fitness, and reducing stress. All of these are beneficial uses of yoga asana. As you develop and refine your understanding of yoga asana, you'll be able to deliver your students more specific benefits, each according to their needs. In this training, you will be studying all 200+Asanas.By learning it you can design classes for yourself and your students that both honour the wishes of your students, and honour the integrities of the ancient traditions of yoga. We encourage you to explore all styles of yoga and deeply understand what effect each practice leaves on your body. In your studies, you will learn about alignments, sequencing, adjusting, proper breathing, and the benefits of each posture.



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List Of Multi-Style Asanas You Will Learn & Teach

Samasthiti - Trikonasana - Utkatasana - Parivritta Trikonasana - ParivrittaParshva Konasana - Virbhadrasana Prathma - Vataynasana - Virbhadrasana dvitiya - ParivrittaJanusirasana - Virbhadrasana Purna - Purvottanasana - Prasarita Hastapadasana A - Marichyasana A - Prasarita Hastapadasana B - Marichyasana B - Prasarita Hastapadasana C - Marichyasana C - Prasarita Hastapadasana D - Marichyasana D - UttitaParshva Konasana - Ardha Matsyendrasana - Ardha Baddha Padmottanasana - Matsyendrasana - Garudasana - Pasasan - Vrikshasana - Baddha Padmasana - Tadasana - Gorakshasana - Dandasana - Parvatasana - Baddha Konasana - Bhramachariyasana - Virasana - Tolasana - Supta Virasana - Garbha Pindasana- Paryankasana - Kukkutasana- Ardha Badha Padma Pachimottanasana - Akarna Dhanurasana - TiriangmukhaikapadaPaschimottanasana -Eka pada Sirasana - Janu Sirasana - Sarvangasana -Janu Sirasana A - Eka pada sarvangasana - Vakrasana - Parshvaika pada sarvangasana - Bhardvajasna -Parsva Sarvangasana -Bhardvajasana A - Set bandha Sarvangasna -Yoga Mudrasana -urdhvapadmasarvangasana - Gomukhasana -parsvaurdhva padmasana in Sarvangasana - Marjarasana - uttanapadma Mayurasana - Mrjarasana B -Pindasana -Tripad Marjarasana - Parsva pindasanasarvangasna- Navasana - Niralamba sarvangasana B- Ardha Navasana -Halasana -Ushtrasana - Karnapidasana -Uttana Padasana - Supta Konasana - Setu Bandhasana B - Parsva Halasana - Matsyasana -Yoganidrasana- Viparita karni Mudra - Uttana Prasarita Padasana - Uttita Vakrasana - Crossed leg Dhanurasna - Vishishta Vakrasana - Chaturanga Dandasana - Jathara Parivartanasana - Nakrasana - Dronasana -Bhekasana -Pavanmuktasana -Sirsasana - Ardha Pavanmuktasana - Tripod Sirsasana A - Makarasana - Tripod Sirsasana B - Shalbhasana - Tripod Sirsasana C- Shalbhasana B - Baddha hasta Sirsasana - Adho mukha Vakrasana - Mukta Hasta Sirsasana - Bakasana -Parsva Sirsasana -Parivrittikapada Sirsasana - Eka pada Sirsasana - Parsvaika pada Sirsasana - Urdhva Padmasna Sirsasana - Parsva urdhva Sirsasana - Pindasana - Parsva Pindasaana - Garudasana in Sirsasana - Pinda Garudasana Sirsasana - Parsva Bakasana - Eka Pada Bakasana A - Urdhva Kukkutasana - Parsva Kukkutasana - Galvasasana - Eka Pada Galvasasana - Dvi pada Kaundinyasana - Astavakrasana - Mayurasana - Padma Mayurasana - Pincha Mayurasana - Parshvattanasana - Natarajasana - Uttanasana - Supta Bhekasana - Padangushtasana - Supta Kurmasana - Padahastasana - Akarna Dhanurasana - Urdhva Prasarita Ekpadasana - Skandasana - Uttita Hasta Padangushtasana A - Buddhasana - Uttita Hasta Padangushtasana B- Kapilasana - Uttita Hasta Padangushtasana C - Bhairvasana - Ardha Chandrasana- Kala Bhairvasana - Natarajasana- Chakorasana - Adhomukha Svanasana - Durvasasana - Upavishta Konasana A- Ruschikasana - Upavishta Konasana B- Viranchyasana A - Supta Bhekasana - Viranchyasana B - Paschimottanasana- Dvi padsa sirasana - Paschimottanasana A - Samkonasana - Paschimottanasana B - Eka pada Rajkoshasana - Paschimottanasana C - Valkhilyasana - ParivrittaPaschimottanasana - Eka pada Rajkoshasana A - Urdhva Mukha Paschimottanasana - Eka pada Rajkoshasana B - Ubhaya Padangushtasana - Eka pada Rajkoshasana C - Janu Sirasana B - Laghu Vajrasana - Krounchasana - Kapotasana - Purvottanasana - Setu Bandhasana - Kurmasana - Eka pada setu bandha Sarvangasana - Supta Kurmasana- Uttana bhujasarvangasna - Parighasana - Tirianga Mukhottanasana - Akarna Dhanurasana - Dvi pada viparita - dandasana - Malasana- Eka Pada Viparita Dandasana A - Yogadandasana - Eka Pada Viparita Dandasana B - Hanumantasana- Chakra Bandhasana - Hanumantasana C - gandabherubdasana - Supine Samasthiti -viparita Shalbhasana - Supta Padangushtasana A - Purna Bhujangasana - Supta Padangushtasana B - Rajkapotasana - Supta Padangushtasana C - Padnagushta Dhanurasana A - Supta Padangushtasana D - Padnagushta Dhanurasana B - Supta Padangushtasana E- Padnagushta Dhanurasana C - Anantasana- Gherandasana A - Urdhva Dhanurasana - Gherandasana B - Bhujangasana - Kapinjalasana- Bhujangasana - AEka Pada Bakasana B - Purna Bhujangasana -Ek pada kaundinyasana - Urdhva Mukha Svanasana- Sayanasana - Dhanurasana - Vrischikasana A - Padnagushta Dhanurasana A - Adho mukovrikshasana- Padnagushta Dhanurasana B- Vrschikasana B - Padnagushta Dhanurasana C -Bhujpidasana -Eka hasta bhujasana -Dvi hasta bhujasana - Titibhasana -Ek pada kaundinyasana -Vasishthasana- Kasypasana -Vishvamitrasana And Many More...



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You Are Going To Learn The Following Styles Of Yoga Too.

Ashtanga Primary Series: Practicing Ashtanga rejuvenates the body, making it stronger, toned, more flexible and controlled. It includes techniques for ashtanga Jumps, vinyasa counts, Tristhana, and vinyasa flow.

Hatha Yoga Asanas: The regular practice of Hatha Yoga enhances strength, flexibility, and balance including asanas mentioned in classical hatha yoga scriptures such as hathapradipika. Gheranda Samhita, hatharatnavali, etc.

Vinyasa Yoga: It helps in Endurance and strength training. Because the challenging poses are done in quick succession, Vinyasa yoga helps build muscle strength while improving your fitness.

Kids Yoga: You will learn 55+ kids' yoga poses, breathing exercises, yoga stories, yoga dance, yoga games, and shlokas chanting.

Iyengar Yoga: Iyengar Yoga helps practitioners of all levels to gain the sensitivity of a yoga pose while receiving the benefits and not overdoing it. You will learn the use of bricks, yoga belts, and chairs in learning challenging asanas.

HIIT Yoga: It helps in boosting weight loss by burning calories. You will do different exercises of it at various positions.

Core Yoga: You will learn exclusive core strengthening exercises to increase the core strength of muscles in the abdominal, pelvis and back regions.

Sculpt Yoga: You will learn special hip opening practices to improve middle split, and front split and also to tone your buttocks.

Yin Yoga: You will learn special techniques to relax your mind by improving blood circulation, and improving your sleep.

Power Yoga: You will learn special practices to increase your stamina, and strength and burn more calories.

Face Yoga: You will learn special practices to beautify your face, overcome wrinkles and brighten your face.

Gurukul Yoga: Exclusive 1-hour special practices with a smart gurukul framework for self-practice and teaching your students.



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MODULE 2:

BECOME HUMAN BODY, THERAPY EXPERT

Anatomy and Physiology provide basic knowledge about the human body. It helps in clearing the fundamental concepts as to how our bodies function. With the help of the classes of anatomy and physiology, one gets to learn not only the theoretical concepts but practical functionalities of the human body too.

YOU WILL LEARN THE FOLLOWING THINGS:

Study of Cell organelles –Mitochondria, Golgi body, ER, Lysosome, Plasma membrane, cytoplasm, chromosome, nucleolus, DNA & RNA.

Musculo Skeleton system: Anatomy of the Skeleton, Classification of bones, Types of joints, Types of synovial joints, Types of Muscle in the body.

Cardiovascular system: Structure of heart, Functional anatomy of blood vessels, Study of blood & blood cells and blood circulation in the body.

Respiratory system: Anatomy & Physiology of Nose, nasal cavity, pharynx, trachea, larynx, bronchiole, lungs. Types of Respiration.

Digestive system: anatomy & Physiology of Mouth, buccal cavity, pharynx, oesophagus, stomach, large intestine, small intestine, anus. Associated glands-Liver, Pancreas, salivary glands, gall bladder.

Endocrine system: Anatomy & Physiology of Pituitary, pineal, Adrenal, Thyroid & Parathyroid, Pancreas and Gonads.

Nervous system: Classification of nerve fibres, Anatomy & physiology of Fore, mid & Hindbrain, central -Peripheral Nervous system.

Excretory system: Anatomy & Physiology of urinary system, skin.

Reproductive system: Anatomy & Physiology of Male & Female Reproductive system.



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MODULE 3:

BECOME PRANAYAMA EXPERT

The goal of pranayama is to strengthen the connection between your body and mind. According to research, pranayama can promote relaxation and mindfulness. It's also proven to support multiple aspects of physical health, including lung function, blood pressure, and brain function. It improves one's mental health and cures many personality disorders. Pranayama has tremendous power to revert the ageing process. It has the inherent power to boost the immune system. It increases one's confidence and self-esteem and helps in channelizing positive energy.

You will learn all Pranayama techniques mentioned in our ancient texts. The list is given below

List of Pranayama

Nadi shodhana - Sooryabhedana - Bhastrika - Ujjayi - Bhramari - Sitkari - Sitali - Moorcha - Plavini - Kevali - Kapalbhati

- Concept of Prana
- Concept of Pancha Kosha, vital sheaths
- Concept of chakras, nadis, kundalini, pancha prana
- Five keys of Mantra
- What is pranayama, the importance of kumbhaka, its benefits, limitations
- Pre-pranayama practices
- Basic breathing methods
- Preliminary breathing practices
- Awareness of Subtle breadth.
- Do's & Dont's in pranayama practice.



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MODULE 4:

BECOME SPIRITUAL YOGA EXPERT

1. Bhakti Yoga : The path of Love & Devotion

Bhakti means “devotion” or “love” and this path contains various practices to unite the bhakta (Bhakti Yoga practitioner) with the Divine state. Bhakti Yoga is considered the easiest yogic path to master and the most direct method to experience the unity of mind, body, and spirit. The only requirement for Bhakti Yoga is an open, loving heart. Devotion is the very heart of yoga. Bhakti yoga, like any other form of yoga, is a path to self-realization, to having an experience of oneness with everything.

You will learn the following things in Bhakti Yoga.

- What is bhakti yoga
- Types of Bhakti Yoga
- How to cultivate Bhakti
- Four types of devotees
- Three types of love, Divine & Demonic personality
- Bhavas in Bhakti,
- Navavidha Bhakti,
- Fruits of Bhakti,

2. Karma Yoga: Karma yoga is the yoga of action or work; specifically, karma yoga is the path of dedicated work: renouncing the results of our actions as a spiritual offering rather than hoarding the results for ourselves. The karma yogi realizes that any work can be worshipped. All of us tend to work with expectations in mind. From a spiritual viewpoint, all these expectations and anticipations are seeds that will bring us misery sooner or later. Misery is inevitable because our expectations and desires are neverending. There is nothing wrong with working for our own, personal benefit. Karma yoga is about expanding our relationship with our work to include consideration for those all those we touch.



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You will learn the following things:

- Karmendriyas,
- How to excel & bring changes
- Three kinds of people
- Characteristics of Gunas
- Karma to karma Yoga
- Essence of Karma Yoga
- Pancha maha yajnas
- Five kinds of debts
- Yagna,dana,tapas
- How should I work, how should I face results,

3. Jnana Yoga : Jnana is Sanskrit for “knowledge or wisdom” and Jnana Yoga is the path of attaining knowledge of the true nature of reality through the practice of meditation, self-inquiry, and contemplation. In Jnana yoga, the mind is used to inquire into its nature and to transcend the mind's identification with its thoughts and ego. Jnana Yoga utilizes a one-pointed meditation on a single question of self-inquiry to remove the veils of illusion created by your concepts, world views, and perceptions. This practice allows you to realize the temporary and illusory nature of Maya and to see the oneness of all things.

You will learn the following things in Jnana Yoga:

- The goal of Jnana Yoga
- Principle of Jnana Yoga
- Knowledge of me, world & relationships
- Pre-requisites of Jnana Yoga
- Three core practices of Jnana Yoga
- Four Mahavakyas
- 7 stages of wisdom.

4. Raja Yoga : Ashtanga Yoga is called Raja Yoga. It is the same as mentioned in module 6. You will learn about this in Module 6.



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MODULE 5: **BECOME MEDITATION EXPERT**

All yoga practices have their roots in meditation. Yoga was created by ancient masters as a preparation for meditation. In many ways, yoga and meditation are synonymous as they have the same objective. As a yogi, developing a meditation practice will enhance every aspect of your spiritual practice and benefit your life immensely. The 21st-century mind carries levels of stress and trauma. Thus, modern practitioners must cultivate new practices that address these realities. We will be learning 21+ meditation techniques for all kinds of personalities and all ages.

21 Plus different types of Meditation theory & practical

Cyclic Meditation - Mind Sound Resonance Technique - Omkara Meditation - Pranic Energisation Technique - Mind Imagery Technique - Master in emotions management technique- Vijnana Sadhana Kaushalam - Ananda Amrita Sinchana - Yoga Nidra - Antar Mauna - Japa Ajapa - Hridayakasha Dharna - Chidakasha Dharna - Sukha dukkha smruti Chetana - Kaya sthairyama - AntarDyana - Mindfulness Meditation - Moon Meditation - Gratitude Meditation - Trataka Meditation - Spiritual Meditation - Antar Dhyana Meditation



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MODULE 6:

BECOME YOGA PHILOSOPHY EXPERT

To assert that yoga is a single set of practices or ideas is utterly unfounded. Yoga is an extremely diverse set of teachings which have evolved over the last 2,000+ years to meet the needs of the culture and period it is serving. Yoga has always taken different forms to stay relevant and useful to the times. For modern practitioners, trying to grasp the vast array of yogic practices can be downright confusing! Approximately 2,000 years ago, a man named Maharishi Patanjali noticed a similar phenomenon in his time and decided to document the essential understanding of yoga in a highly scientific manner. Throughout history, the Yoga Sutra has been almost universally accepted as the essential text of yoga. This is a remarkable accomplishment and speaks to the true genius of this man. In the Yoga Sutras, Patanjali precisely describes the states of mind a yogi seeks to achieve, as well as the disciplines and practices they must attend to make Samadhi a reality in life. With striking detail, he maps out the many obstacles a yogi will inevitably face on this path. The words are highly practical. Modern practitioners can seek clarity by going back to the origins of yoga through the Yoga Sutras. In this course, we will dive deeply into the nuances of this text, which will help give you clarity and insight into the true nature of yogic practices. Studying this text takes a very long time, and should be done slowly and diligently. Even tiny clarifications of these words can deepen your grasp of the subject and bring huge benefits to your life. Hopefully, you will revisit this text many times throughout your life. Our goal here is to inspire you to understand and appreciate its application to your life.

In this you will learn the following things:

- Definition of Yoga
- Discipline of Yoga
- Witnessing The essence of Yoga
- Five modifications of the mind
- Foundations of Yoga
- Practice-Abhyasa
- Non-Attachment-Vairagya
- Eight limbs of Yoga
- Panchkoshaviveka
- Obstacles in the path of Yoga
- 200+ sutras
- Mantra chanting
- Patanjali Yoga sutra:Yoga philosophy based on this ancient scripture consisting of all 4 chapters in depth will be learnt.



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MODULE 7:

BECOME YOGIPRENEURE EXPERT

It is a special unique module designed especially for all sisters to become Financially Independent.

You will learn the following things in it.

- Yoga studio business module
- 3C rule more for more students
- How to do Social Media Promotion
- How to increase Online Presence
- How to build a yoga expert identity
- How to prepare and execute orientation and presentation
- Special minimum 50000 per month income generation framework.



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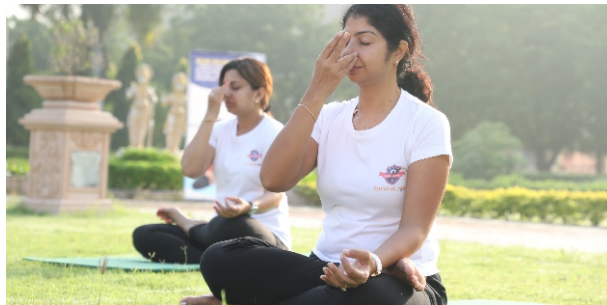
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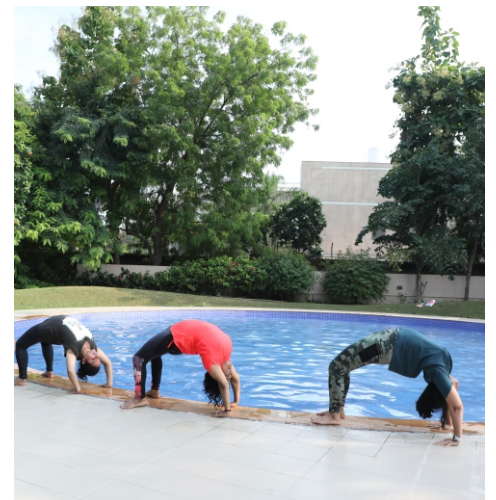
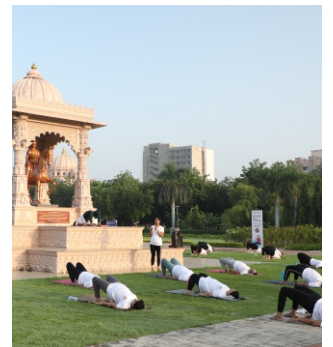


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