



Advance Certification Course in Yoga

Syllabus Map for Advance Certificate Course in Yoga (ACCY)

Of the 104 Topics, Centres should cover at least 72 topics
(The score should be greater than 71 for the Theory topics of CCY)
This would mean upto 33 topics may be Centre-specific syllabus

	Syllabus Component	Marks
Section 1	Philosophy	
	Indian Philosophy	
1	Astika & Nastika Darsanas	
2	Common Characteristics of IP (a slightly deeper understanding)	
	Samkhya Darshana	
3	Dukha Traya	
4	Purusa & Prakrti	
5	Avidya	
6	Tri-Guna Theory	
7	Names and Characteristics of 25 Tattvas	
8	Kaivalya	
	Yoga Darshana (Patanjali Yoga Sutras)	
9	Background of Patanjali	
10	Names of 4 Padas	
11	The Ashtangas	
12	Sabija / Nirbija / Dharmamegha Samadhi	
14	Antarayas and method to remove them	
15	Vikshepa Sahabhavas and method to remove them	
16	Vrittis & methods to eliminate them	
17	Klesas & methods to eliminate them	
18	Cittaprasadana & Manasthithi Nibandhini techniques	
19	Definition & description of Ishvara	
20	Concept of Samapatti	
21	Concept and examples of Siddhis / Vibhutis	
22	Kaivalya	
	Etymological Meanings & Definitions of 'Yoga'	
	Meanings with Explanation	
23	Yujir-yoge	
24	Yuj-samyoga	
25	Yuj-samyamne Yuj-samadhi	

	Definitions with Explanation	
26	PYS Def Ch I – S: 2	
	Bhagavad Gita	
27	Samatvam Yoga Uchyate;	
28	Yogaha Karmasu Kaushalam	
	Salient features of Indian Culture	
	Deeper understanding	
29	Sanatana Dharma	
30	Vaidic Dharma	
31	Anekantavada	
32	Ashrama Dharma	
33	Purusharthas	
34	Guru-Shishya Parampara	
35	Karma & Law of Karma	
36	Dharma	
37	Spiritual culture (Adhyatmic Samskriti) / Materialistic culture (Bhautic Samskriti)	
Section 2	Basic Texts of Yoga	
	Patanjali Yoga Sutras	
38	Over-view of 1st and 2nd Padas	
39	Over-view of 3rd and 4th Padas	
	Sutras by heart	
40	Definition (Ch:I S-2);	
41	Ashtanga Yoga (Ch:II S- 29);	
42	Asana (Ch:II S-46);	
43	Pranayama (Ch:II S-49)	
44	Ashtangas of Yoga (Ch:II S-54) (Ch:III S-1, 2 &3)	
45	Cittaprasadana (Ch:I S-33 &34)	
46	Pratipaksha Bhavana (Ch:II S-33)	
	Hatha Pradipika (HP) & Gheranda Samhita (GS)	
47	Deeper Understanding of Hatha Yoga	
	Deeper understanding of Hatha Pradipika	
48	Understanding of 4 angas	
49	Understanding of 15 Asanas	
50	Understanding of Shat Kriyas	
51	Understanding of 8 Kumbhakas	
52	Understanding of 10 Mudras	
53	Badhak Tattva / Sadhak Tattva	
	Deeper understanding of Gheranda Samhita	
54	Understanding of Saptangas	
	Bhagavad Gita	
55	Name of Author	
56	No. of Chapters	
	Detailed understanding of:	
57	What is Karma Yoga?	
58	What is Bhakti Yoga?	
59	What is Jnana Yoga?	
	Upanishads	

60	Meaning of 'Upanishad'	
61	Names of 10 Main Upanishads	
62	A few Upanishadic doctrines – 4 Mahavakyas	
63	Panchamaya (Pancha kosha) theory	
	Vedas	
64	Meaning of 'Veda'	
65	Names of 4 Vedas	
66	Four parts of each Veda, Veda Angas & Upa Vedas	
	Puranas	
67	Name of Author	
68	Basic understanding of Puranas	
69	Names of 18 Puranas	
70	Purushartha theory	
Section 3A	Anatomy & Physiology: Medical Science & Yoga	
	A. Anatomy & Physiology as per Medical Science	
71	Names of 9 Main Systems and Organs in each system	
72	Other Main Organs (e.g. Eyes, Ears, etc.)	
73	Main Functions of above	
74	Effects of Yoga Practices on the above systems and organs.	
	B. Yogic Anatomy & Physiology as per Yoga	
75	Concept of Prana	
76	Names and Functions of the Pancha Pranas and Upa Pranas	
77	Concept of Nadi & names of Nadis	
78	Significance of Ida, Pingala & Sushumna Nadis	
79	Ashta Chakras and their Significance	
80	Names of Granthis & Chakra awakening	
81	Names of Endocrine glands corresponding to Chakras	
82	Kundalini & its awakening and practices (e.g. Bandhas, Shaktichalana Mudra, etc.) for same	
Section 3B	Human Psychology as per Yoga	
	Personality theories	
83	Deeper understanding of personality of according to Tri- Gunas	
84	The 5 Citta Bhumis & their Guna orientation	
85	Understanding of Personality as per Samkhya Darsana: Prakrti (Sthula, Sukshma & Karana Shariras) + Purusa	
86	Panchamaya (Panchakosha) theory as already considered in earlier section	
	Concept of Mind	
87	Names & functions of elements of Antahkarana in Samkhya: Buddhi, Ahamkar & Manas.	
88	Concept of Citta in PYS	
89	Distractions / Disturbances of Mind – 9 Antarayas as per PYS, Shad Ripu as per Upanishads (Kama, Krodha, Lobha, Moha, Mada & Matsarya), Samskaras (conditioning) / Vasanas /Klesas, etc.	
90	Mind Control Techniques: Yamas, Niyamas, Pranayama, Meditation, Pranavajapa, Ek Tattva abhyasa, Cittaprasadana techniques, Pratipaksha Bhavana, Relaxation Practices (Shavasana, Yoga Nidra, etc.)	
	Life Style Considerations	
91	Diet: Mitahar as per HP;	

92	Bhagavad Gita: Diet, rest, relaxation, exertion, etc	
93	Elaboration of Yogic Life style	
	Introduction to Ayurveda	
94	Meaning of 'Ayurveda'	
95	3 Doshas	
96	Concepts of Health (Swasthya), Mala; Dhatus; etc.	
Section 4	Teaching of Yoga	
97	Teaching Methods (Instruction; Observation; Demonstration; Correction)	
98	Teaching Aids	
99	Communication Skills	
100	Verbal & Non-verbal	
101	Ideal Qualities of Teacher	
102	Conducive Environment	
103	Safety measures	
104	Guideline as regards framework of Professional Practice	
		Total

Of the 67 Practices, Centres should cover at least 48 Practices (The score should be greater than 53 for the Practice topics of ACCY) This would mean upto 14 topics may be Centre-specific syllabus

Section 1	SukshmaVyayama / Preparatory Practices / Sandhi Chalana kriya	
1	Centre-specific	
Section 2	Shuddhi Kriyas	
2	Dhauti: VamanDhauti; Danda Dhauti; Vastra Dhauti; Agnisaar	
3	Neti: Jal Neti; Sutra Neti	
4	Tratak	
5	Kapalbhati	
6	Nauli	
7	Theoretical Knowledge as regards Basti	
Section 3	Asanas	
	Five Meditative Asanas	
7	Siddhasana	
8	Padmasana	
9	Svastikasana	
10	Vajrasana	
11	Veerasana	
	Seven Standing Asanas	
12	Tadasana	
13	Ekpadasana	
14	Vrikshasana	
15	Utkatasana	
16	Trikonasana	
17	Padahastasana	
18	Garudasana	

	Five Kneeling Asanas	
19	Ushtrasana	
20	Marjarasana	
21	Vyahgrasana	
22	Shashankhasana	
23	Supta vajrasana	
	Eight Sitting Asanas	
24	Bhadrasana	
25	Simhasana	
26	Gaumukhasana	
27	Vakrasana	
28	Parvatasana	
29	Paschimottanasana	
30	Matsyendrasana	
31	Ardhamatsyendrasana	
	Five Prone Asanas	
32	Bhujangasana	
33	Shalabhasana	
34	Dhanurasana	
35	Naukasana	
36	Makarasana	
	Seven Supine Asanas	
37	Pavanmuktasana	
38	Setubandhasana	
39	Matsyasana	
40	Uthitapadahasthasana	
41	Halasana	
42	Chakrasana	
43	Shavasana	
	Two Inverted Asanas	
44	Sarvangasana	
45	Shirsasana	
Section 4	Suryanamaskar	
46	Suryanamaskar (Traditional with 12 Poses and accompanying Mantras) (Can be School- Specific)	
Section 5	Pranayama	
47	Sectional Breathing	
48	Yogic Breathing	
49	Nadishodhana	
	Kumbhakas with Bandhas	
39	Suryabhedana	
40	Ujjayi	
41	Shitkari	
42	Shitali	
43	Bhramari	
44	Bhastrika	

45	Sagarbha & Agarbha Nadishodhana Pranayama	
	Bandhas	
46	Mulabandha	
47	Uddiyana Bandha	
48	Jalandhar Bandha	
49	Jivha Bandha	
50	Maha bandha	
Section 6	Mudras	
51	Chin / Jnana Mudra	
52	Padma Mudra	
53	Agochari Mudra (Nasikagra Drishthi)	
54	Shambhavi (Bruhmadhya Drishthi)	
55	Viparitakarani	
56	Khechari	
57	Mahamudra	
58	Mahavedha Mudra	
59	Ashvini Mudra	
60	Yoga Mudra	
61	Shanmukhi Mudra	
62	Shaktichalana Mudra	
63	Brahma Mudra	
Section 7	Mantras	
64	Pranava japa	
65	Shanti Mantra: Can be Centre-specific	
Section 8	Meditation	
66	Centre-specific	
Section 9	Teaching Practice	
67	Centre-specific	
		Total