

QCI content

Sivananda Yoga Vedanta Ashrams in Neyyar Dam, Madurai and Uttarakashi are now Certified Yoga Schools under the Scheme of Voluntary Certification of Yoga School Supported by Ministry of AYUSH, Government of INDIA and managed by Quality Council of India. We are conducting the training programmes of Level-1 Yoga Instructor and Level-2 Yoga Teacher as per QCI Competence Standard.

Evaluation

Evaluation of the student starts right from the beginning of the course and culminates with the final exam at the end.

Class and satsang attendance, homework, karma yoga performance and teaching ability (TTC only) are evaluated regularly throughout the course.

These areas account for 50% of the final score. The remaining 50% is from the final written exam.

TTC QCI topics

- Etymology of Yoga & History of Yoga
- Shad Darshana
- Important Hatha Yoga Texts
- Bandhaka Tattvam & Sadhaka Tattvam - Causes of Success and Failure in Yoga
- Ghata and Ghata Suddhi
- Yoga Sutras – Concept of Citta and Citta Bhumi,
- Citta Vrittis and Citta- Vritti - Nirodha – Upaaya
- Concept of Isvarah and Isvarah Pranidhana
- Citta Vikshepas (antarayas) & Kleshas; their significance in Yoga
- Citta Prasadana and relevance for well being
- Yoga and Stress Management

ATTC QCI topics

- Bhagavad Gita
- Bhakti Yoga, Kirtan
- Sthitaprajna Lakshana
- Psychology of Yoga
- Purusha, Prakriti, Three Gunas
- Svabhava, Vasanas, Samskaras
- Introduction to Hatha Yoga Texts

- Yogic Exercise and Physical Culture
- Benefits of the Twelve Basic Asanas
- Nadis and Chakras
- Sukshma Viyama
- Reasons for a Lacto Vegetarian Diet
- Patanjali Maharishi, Adi Sankaracharya, Vivekananda
- General Guidelines for Yoga Practitioners
- General Guidelines for Yoga Instructors
- Setting up the Proper Environment for the Class
- General Pointers on Teaching a Yoga Class

QCI Certification

The Sivananda Yoga Vedanta Ashrams in India are now recognized institutes by QCI under Ministry of AYUSH. Our institutes provide QCI curriculum through our TTC and ATTC courses which prepares students for the complete syllabus on QCI website. We are not hosting exams for QCI certification hence the onus is on the student to apply separately with a Professional Certification Body (PrCB) to get certified.