



## योग प्रमाणिकरण मंडल

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### YOGA CERTIFICATION BOARD

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File No. 3-24/YCB/21/CYEP/Workshop

Dated: 25/04/2024

### Office Memorandum

**Sub: Workshop for conduct Continuing Yoga Education Program (CYEP) and Special CYEP for renewal of YCB Yoga Wellness Instructor & Yoga Teacher & Evaluator certificates of Yoga Professionals – reg.**

To renewal of certificates, Yoga Professionals have to attend Continuing Yoga Education Program/Special Continuing Yoga Education Program that may be in physical or in virtual mode.

2. To consider the renew of certificates YCB is conducting a CYEP / Special CYEP through Leading Yoga Institutions, accredited by YCB through online mode in line with workshop schedule of YCB for renewal of certificates as given at Annexure-A.

3. YCB will pay Rs. 1000/- per candidate to the Leading Yoga Institution(s) for conducting the CYEP/Special CYEP after successful conducting the program and submitting the assessment sheet of the candidates to the YCB. LYI shall not charge any fee or money from the candidate on this account.

4. The LYI will conduct the CYEP/Special CYEP in the Third week of May 2024 and submit assessment result of candidates by forth week of May 2024.

5. Yoga Professionals shall register for renewal of their YCB certificates through registration link along with registration fee available at YCB website. Registration link will be active upto 13/05/2024 at 5:00 pm

Link: - <https://forms.gle/2XTxHay1SWYrZf6d6>

6. Candidates who have already applied in YCB portal for renewal of their certificate or have received certificates it is mandatory to register through aforementioned link and attend CYEP/Special CYEP.

7. After successful completion of CYEP/Special CYEP, certificate will be valid as per the norms & guidelines of YCB and in case of non-attending the aforesaid the issued certificate will be void with immediate effect.

For any assistance Consultant Yoga Shri Adarsh Tomar, Mob. No. 8800599633, email id: [yobyoga@gmail.com](mailto:yobyoga@gmail.com) & Shri Sharad Raghunath Munde, Mob No. 8377953963, email id: [ycb.india75@gmail.com](mailto:ycb.india75@gmail.com) YCB may be contacted.

  
(Vaidya Dr. Kashinath Samagandi)  
Hol, YCB & Director MDNIY

Copy to:

1. All Leading Yoga Institution
2. PS to Director
3. IT section for necessary action

**DAY-WISE SCHEDULE OF CONTINUING YOGA EDUCATION PROGRAM  
(CYEP) 3 DAY WORKSHOP OF YOGA TEACHER AND EVALUATOR**

**DAY-1**

Time	Activity	Content
7-9 am	Kriyas + Asanas + Pranayama + Dhyana	Practical
9-10 am	BREAK	
10-11 am	INAUGURATION CEREMONY	
11-12:00 pm	Lecture 1	Origin, history, development of Yoga (Pre-Vedic period to contemporary times)
12-1:00 pm	Lecture 2	Definition of Yoga in Patanjali Yoga Sutra, Bhagwadgita
1-2 pm	BREAK	
2-3:00pm	Lecture 3	Samkhya and Yoga darshana, Yoga in Modern and Contemporary times
3-4:00	Lecture 4	Emerging trends in Yoga
4-5:00	Lecture 5	Scientific aspects of Yoga Nidra and its benefits for healthy life
5-6:00 pm	Asanas + Pranayama + Dhyana	Practical with emphasis on topics of Methods on teaching and evaluation

**DAY-2**

Time	Activity	Content
7-9 am	Kriyas + Asanas + Pranayama + Dhyana	Practical
9-10 am	BREAK	
10-11:00 am	Lecture 6	Yoga in Kathopanishad, Prashnopanishad, Taittiriyanopanishad with special emphasis on Panchakosha Viveka
11-12:00 pm	Lecture 7	Concept of Sthitaprajna healthy living (Ahara, Vihara, Achara, Vichara) in Bhagavad Gita
12-1:00pm	Lecture 8	Noteworthiness of Patanjali Yoga Sutra modern society
1-2 pm	BREAK	
2-3:00pm	Lecture 9	Chaturanga Yoga and Saptanga Yoga of Hatha Yoga
3-4:00pm	Lecture 10	Opportunities for YCB certificates holder
4-5:00 pm	Lecture 11	Roles of Yoga professionals holding various YCB certificates
5-6:00 pm	Asanas + Pranayama + Dhyana	Practical with emphasis on topics of Methods on teaching and evaluation

**DAY-3**

<b>Time</b>	<b>Activity</b>	<b>Content</b>
7-9 am	Kriyas + Asanas + Pranayama + Dhyana	Practical
9-10 am	BREAK	
10-11:00 am	Lecture 12	Impact of Yogic practices on different systems of the human body
11-12:00 pm	Lecture 13	Importance of Dinacharya and Ritucharya in wellness.
12-1:00pm	Lecture 14	Yoga for prevention and management of life style disorders
1-2 pm	BREAK	
2-3:00pm	Lecture 15	
3-4:00pm	Asanas + Pranayama + Dhyana	Practical with emphasis on topics of Methods on teaching and evaluation
4-5:00 pm	ASSESSMENTS	
5-6:00 pm	VALEDICTORY CEREMONY	



**DAY-WISE SCHEDULE OF CONTINUING YOGA EDUCATION PROGRAM  
(CYEP) 3 DAY WORKSHOP OF YOGA WELLNESS INSTRUCTOR**

**DAY-1**

<b>Time</b>	<b>Activity</b>	<b>Content</b>
7-9 am	Kriyas + Asanas + Pranayama + Dhyana	Practical
9-10 am	BREAK	
10-11 am	INAUGURATION CEREMONY	
11-12:00 pm	Lecture 1	Origin, history, development of Yoga
12-1:00 pm	Lecture 2	Principles of Yoga and healthy living, Streams of Yoga
1-2:00 pm	BREAK	
2-3:00 pm	Lecture 3	Dhyana in various yogic texts and its significance in life
3-4:00 pm	Lecture 4	Emerging trends in Yoga
4-5:00 pm	Lecture 5	Scientific aspects of Yoga Nidra and its benefits for healthy life
5-6:00 pm	Asanas + Pranayama + Dhyana	Practical with emphasis on teaching methods

**DAY - 2**

<b>Time</b>	<b>Activity</b>	<b>Content</b>
7-9 am	Kriyas + Asanas + Pranayama + Dhyana	Practical
9-10 am	BREAK	
10-11am	Lecture 6	Prasthan trayee, Yoga in Upanishads
11-12 pm	Lecture 7	Yoga in Bhagwadgita, Yoga Vashishtha
12-1:00 pm	Lecture 8	Yoga in Patanjali Yoga Sutra
1-2:00 pm	BREAK	
2-3:00 pm	Lecture 9	Hatha Yoga Parampara, Chaturanga Yoga, Saptanga Yoga
3-4:00 pm	Lecture 10	Roles of Yoga professionals holding various YCB certificates
4-5:00 pm	Lecture 11	Opportunities for YCB certificates holder
5-6:00 pm	Asanas + Pranayama + Dhyana	Practical with emphasis on teaching methods

**DAY – 3**

<b>Time</b>	<b>Activity</b>	<b>Content</b>
7-9 am	Kriyas + Asanas + Pranayama + Dhyana	Practical
9-10 am	BREAK	
10-11 am	Lecture 12	Basic Anatomy and Physiology
11-12 pm	Lecture 13	Triguna, Tridoshas, Sapta dhatus
12-1:00 pm	Lecture 14	Dinacharya, Ritucharya, Mitahara
1-2:00 pm	BREAK	
2-3:00 pm	Lecture 15	Common diseases and its Yogic Management
3-4:00 pm	Asanas + Pranayama + Dhyana	Practical with emphasis on teaching methods
4-5:00	ASSESSMENTS	
5-6:00 pm	VALEDICTORY CEREMONY	