



# Participant Handbook

Sector  
**Beauty & Wellness**

Sub-Sector  
**Alternate Therapy**

Occupation  
**Yoga Services**

Reference ID: **BWS/Q2201, Version 1.0**  
**NSQF Level 4**



## Yoga Instructor





**Shri Narendra Modi**  
Prime Minister of India

“ Skilling is building a better India.  
If we have to move India towards  
development then Skill Development  
should be our mission. ”



# Certificate

## CURRICULUM COMPLIANCE TO QUALIFICATION PACK – NATIONAL OCCUPATIONAL STANDARDS

is hereby issued by the

**BEAUTY AND WELLNESS SECTOR SKILLS COUNCIL**

for the

**MODEL CURRICULUM**

Complying to National Occupational Standards of  
Job Role/ Qualification Pack: **'Yoga Instructor' QP No. BWS/Q2201, Level 4**

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(Beauty & Wellness Sector Skill Council)



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Special thanks to Mr. Gautam Sinha and Inspiredge India for helping with content creation. Also a special mention of Mr. Sarvesh Shashi, Mr. Om Prakash Kuriyal, Ms. Vidhu & Ms. Aananya Sharma for agreeing to be part of the photo shoot done for content creation.

## About this book

The beauty and wellness industry in India is growing at a CAGR of 18.6 % and is likely to reach the 100,000 crore mark soon. The sector is thriving on the increasing section of the affluent and middle-class population that has started considering beauty and wellness as a necessity. Increased emphasis on a holistic wellbeing with people's desire to look good and young are other motivators for the beauty and wellness industry. Employment in Beauty Sector was estimated to grow at a CAGR of 20%, with 23% in organised and 15% in unorganised segments with a shortage of over 600,000 skilled personnel by the end of 2016. With a shift in focus towards the quality of service, the industry has been looking to hire a skilled workforce to sustain growth.

This Participant Handbook is designed to enable theoretical and practical training to become a Yoga Instructor. The Qualification Pack of a Yoga Instructor includes the following National Occupational Standards which have all been covered in this Trainee Manual:

1. Prepare and maintain work area.
2. Conduct the basic yoga sessions.
3. Maintain health and safety at the workplace
4. Create a positive impression at the workplace.

This Participant Handbook is designed considering the minimum education qualification of Yoga Instructor to be preferably Class VIII pass. The key learning objectives and the skills gained by the participant are defined in their respective units. We would like to thank Ms. VandanaLuthra, Chairman of Beauty and Wellness Sector Skills Council for her constant guidance and support. We would also like to acknowledge the efforts put in by the BWSSC team, master trainer, consultants and our Industry Partners who give their valuable inputs in making this Participant Handbook. We hope that this Participant Handbook will be able to provide a sound learning support to our friends to aspire to build their career in the beauty and wellness industry.

## Symbols Used



Key Learning  
Outcomes



Steps



Time



Tips



Notes



Unit  
Objectives

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# 1. Introduction

Unit 1.1 - Introduction to Yoga

Unit 1.2 - Association of India with Yoga

Unit 1.3 - Basic terminology of Yoga & their meanings

Unit 1.4 - Job role of a Yoga Instructor

Unit 1.5 - Setting up and maintaining a Yoga center



(BWS/N9001)

## Key Learning Outcomes

**At the end of this module, you will be able to:**

1. Explain the meaning of Yoga
2. Describe different streams of Yoga
3. Explain major benefits of doing Yoga
4. Describe the significance of 'International Yoga Day'
5. Describe the history & evolution of Yoga
6. Explain common terminology of Yoga
7. Define job role & responsibilities of a Yoga Instructor

## UNIT 1.1: Introduction to Yoga

### Unit Objectives

**At the end of this unit, you will be able to:**

1. Explain the meaning of Yoga
2. Describe, why Yoga is so relevant in today's fast paced world
3. Explain different definition of Yoga
4. Describe different streams of Yoga
5. Explain eight limbs of 'Ashtang Yoga'
6. Explain major benefits of doing Yoga
7. Describe the significance of 'International Yoga Day'

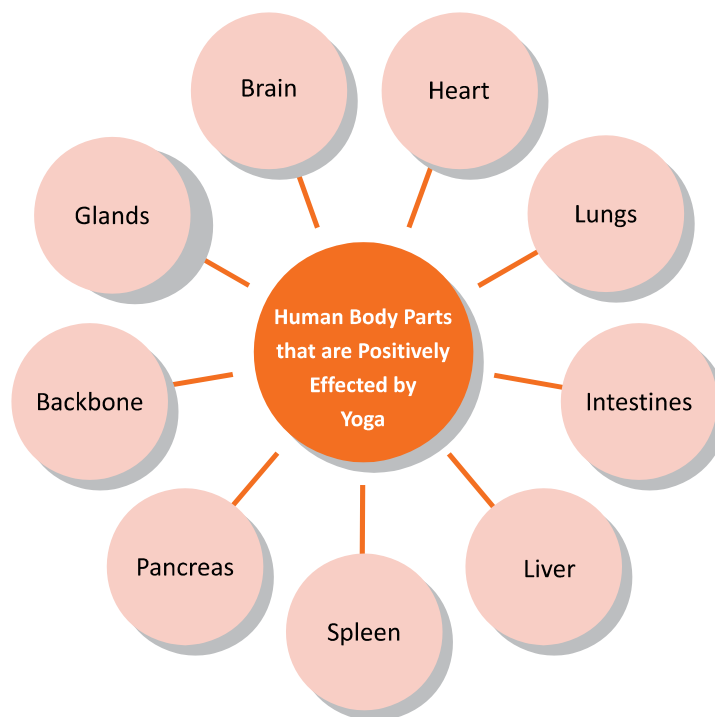
### 1.1.1 What is Yoga?

The word Yoga is derived from Sanskrit word 'Yog', which means 'Jod' in Hindi or 'Joining' in English. This is joining of 'Jivatam' (Human) with 'Parmatma' (God). Through the practice of Yoga, one can have Self-realisation and achieve God. 'Yog' word became Yoga in English.

For a simple person, Yoga is another form of physical exercise. By doing physical exercises, one can develop only body muscles. But through Yoga, one achieves the conditioning of even all the internal organs like - heart, brain, spleen, liver, lungs, intestines, etc. Apart from these vital organs, through Yoga all the glands, like - thyroid, pituitary and penial gland of the brain, function better.



Fig. 1.1.1.1. Yoga Pose



*Fig. 1.1.2. Human Body Parts that are Positively Effected by Yoga*

### 1.1.2 Why Yoga?

Yoga is a practical aid, not a religion. Yoga is an ancient art based on a harmonizing system for development of the body, mind, and spirit. The regular practice of yoga will not only lead you to a sense of peace and well-being, but will also give you a feeling of being at one with the nature. In the present time, more and more people, especially the Westerners, are resorting to Yoga to find a cure for chronic health problems and attain a peace of mind. They are also curious about knowing what exactly is Yoga and what all are included in it. Although many of us are well aware of the health benefits of Yoga, not everyone knows about the origin and exact definition of Yoga. It is a popular belief that Yoga merely includes stretching and warm up exercises.



*Fig. 1.1.3. Dhyana Mudra in Yoga*



Originated in ancient India, Yoga typically means 'union' between the mind, body, and spirit. It involves the practice of physical postures and poses, which is also referred to as 'asana' in Sanskrit. As the name suggests, the ultimate aim of practising Yoga is to create a balance between the body and the mind and to attain self-enlightenment. To accomplish it, Yoga makes use of different movements, breathing exercises, relaxation technique, and meditation. Yoga is associated with a healthy and lively lifestyle with a balanced approach.

The oldest physical discipline in existence known to humanity, the Yoga brings stability to the body and the wavering mind. It increases the lubrication of joints, ligaments, and tendons of the body. Studies in the field of medicine suggest that Yoga is the only form of physical activity that provides complete conditioning to the body because it massages all the internal organs and glands. It reduces the risk of many diseases. Yoga can create a permanently positive difference to the lifestyle of anybody practicing it on a regular basis.

Yoga is a perfect way to ensure overall health and physical fitness. Through meditation, breathing exercises (called pranayams); you can banish all your stress and lead a healthy life. In fact, it is one of the best remedies known to humankind, for curing chronic ailments that are otherwise difficult to be cured by other medications. People suffering from backaches and arthritis are often suggested to do asanas that concentrate on the exercise of the muscles at the strategic locations. Pranayamas are the best breathing exercises to increase the capacity of lungs.

The amazing thing about Yoga is that its positive effects on the health and mind are visible over time. Another specialty about Yoga is its wide choice of asanas. Depending upon the stamina and overall health, you can choose from the mild pranayamas and asanas to high-intensity asanas. It is a medication without the actual use of medicines. Moreover, no visible side effects are associated with the practice of Yoga on a regular basis. All you need to know is the most appropriate asanas according to the ability and structure of your body. Also, you need to know the right way of performing the asanas, because any wrong attempt can cause sprains and injuries.

Conscious connection to something allows us to feel and experience that thing, person, or experience. The experience of connection is a state of yoga, a joyful and blissful, fulfilling experience.

There is no single definition of yoga. To experience truth through yoga, we must study its classical definitions and reflect on our understanding of it.

If we wish to connect to the intuitive, creative part of us and realize the eternal Self, we need to consider what yoga really is. Each definition of yoga reveals a part of the ocean of knowledge and experience that forms the yogic path.



Fig. 1.1.4. Bhujangasana in Yoga

### 1.1.3 Different Definitions of Yoga

Any method that allows us to wake up to who or what we really are and to what life is all about is Yoga. Anything that allows us to be more aware of ourselves and to feel connected with ourselves and life is a form of yoga. Everything we do can become yoga if it is done with awareness. Awareness is the key to discover all the mysteries of who we truly are. Yoga reveals the luminous intelligence and the beauty that lies within us. Since Yoga is a very old technique to remain healthy, hence there are many Yogis in history who have given a different definition to Yoga. All are valid and give greater meaning to Yoga, so we should know all these definitions.



Fig. 1.1.5. Yoga is beneficial for whole Body

#### 1.1.3.1 Patanjali's Definition of Yoga

The great sage Patanjali, in Raj Yoga, gave one of the best definitions of yoga. He said, 'Yoga is the blocking (Nirodha) of mental modifications (Chitta Vritti) so that the seer (Drashta) re-identifies with the (higher) Self. Patanjali's system has come to be the epitome of Classical Yoga Philosophy and is one of the 6 or 7 major philosophies of India.

#### 1.1.3.2 Hath Yoga's Definition of Yoga

*Hatha Yoga* includes postures (*Asana*), breathing techniques (*Pranayama*), purification techniques (*Shat Karmas*) and energy regulation techniques (*Mudra and Bandha*). The definition of Yoga in the *Hatha Yoga* texts is the union of the upward force (*Prana*) and the downward force (*Apana*) at the navel center (*Manipura Chakra*). *Hatha Yoga* teaches us to master the totality of our life force is also known as prana. By learning how to feel and manipulate the life force, we access the source of our being.

#### 1.1.3.3 Kundalini Yoga's Definition of Yoga

Kundalini yoga is the science of liberating the dormant potential energy at the base of the spine (Kundalini). The definition of yoga in Kundalini yoga is the union of the mental current (ida) and the pranic current (pingala) in the third eye (ajna chakra) or at the base chakra (muladhara chakra). This unifies duality in us by connecting our body and mind and leads to the awakening of spiritual consciousness.

#### 1.1.3.4 Yoga from Scientific Point of View

Yoga is a science, that is, it is a technique that leads us to consciously connect with ourselves and with life. As yoga is a science, there is no dogma or belief system attached to it. Yoga simply tells us to do a certain practice and then to feel the effect of that practice, e.g. if we breathe slowly in a relaxed manner our heart rate will slow down; and if we focus the mind, we will develop mental peace and deep insight.

## 1.1.4 Streams of Yoga

Primarily, Yoga has four paths. Bhagvad Gita has details on these four paths. These four paths are listed below -

1- Raj Yoga, 2- Bhakti Yoga, 3- Janan Yoga, 4- Karma Yoga

All the four paths have their own renowned followers. We will discuss the same in detail.

### 1.1.4.1 Raj Yoga

The great sage Patanjali was a follower of Raj Yoga. In Raj Yoga, Yoga is practiced to gain mastery over the mind through will power. There are further two branches under *Raj Yoga*:

1- Bahiranga Yoga

2- Antaranga Yoga

#### 1.1.4.1.1 Bahiranga Yoga

Bahiranga means external. So Bahiranga Yoga means External or Outer Path of Yoga. It is controlled by four limbs of Ashtang yoga - yama, niyama, asana, and pranayama. Sometimes the fifth limb - pratyahara, is also associated with this.

#### 1.1.4.1.2 Antaranga Yoga

Antaranga means internal. So Antaranga Yoga means internal or inner Path of Yoga. It is controlled by last three limbs of Ashtang yoga - dharana, dhyana, and samadhi.

As the name suggest, benefits of this yoga is internal rather than external. It awakens the mind and soul of Yogi.

### 1.1.4.2 Bhakti Yoga

Ramanuja was main follower of Bhakti Yoga. Bhakti yoga aims to help a person evolve emotional maturity, love for society and to spread the message of universal brotherhood and oneness. It helps in transformation of the conditional and desirous form of love into true unconditional love. Kama (desire), combined with tyaga (sacrifice) forms prema (love). Prema along with saranagati (surrender) results in bhakti. The path of bhakti yoga leads to satisfaction and calmness of mind. It is considered to be the easiest path among four, as the practice is not very rigorous. Bhakti yoga is similar to the interpersonal relation between humans but here the relation is between soul and super soul (ultimate soul). Bhagvad purana provides us with nine forms of bhakti:

1. Sravan (listening)
2. Kirtana (praising)
3. Smarana (remembering)
4. Pada- sevasna (rendering service)
5. Archana (worshipping)
6. Vandana (paying homage),
7. Dasya (servitude)
8. Sakhya (friendship)
9. Atma-nivedana (complete surrender of self).



Fig. 1.1.6. Bhakti Yoga

### 1.1.4.3 Janan Yoga

One of the famous follower of this stream was Shankara. This path helps in developing a logical mind with intuitive knowledge and immense awareness. There are three phases in janan yoga:

1. Sravana, the first exposure to knowledge in any form (reading a book, listening to a lecture, watching a video).
2. Manana, revisiting the knowledge for further understanding.
3. Nididhyasana, the phase of experimentation.

In janan yoga, the ultimate aim is to understand the reality of atma (soul) and the ability to differentiate it from the body. A person truly established in the path of janan yoga becomes free from all worldly desires and achieve contentment. Though the four paths of yoga seem to be completely different from each other, they lead to the same goal of self-realization, and the union of the individual with the universal self.

### 1.1.4.4 Karma Yoga

The Bhagvad gita remains the main source for the conceptual basis of karma yoga; it was later elaborated by Swami Vivekananda. This path emphasizes on performing actions with detachment without worrying about the results.

Actions are categorized as:

Tamasik - they are binding, deteriorating, violent and is a result of state of delusion and confusion

Rajasik - when performed with craving for desires, with egoism and a lot of efforts

Sattvik - when it is free from attachment and done without love or hatred

The essence of karma yoga is to convert kamy karma (action with desires) into yogic karma by inculcating detachment and committing one's energy to unceasing work.

### 1.1.5 Eight Limbs of Ashtang Yoga

The meaning of Ashtanga yoga is 'Eight-limbed yoga'. According to Patanjali, the path of internal purification for revealing the Universal Self consists of the following eight spiritual practices:

Yama: Universal morality

Niyama: Personal observances

Asanas: Body postures

Pranayama: Breathing exercises and control of prana

Pratyahara: Control of the senses

Dharana: Concentration and cultivating inner perceptual awareness

Dhyana: Devotion, Meditation on the Divine

Samadhi: Union with the Divine

The first two limbs that Patanjali describes are the fundamental ethical precepts called yamas and the niyamas. These can also be looked at as universal morality and personal observances. The Yamas and niyamas are the suggestions given on how we should deal with people around us and our attitude toward ourselves. The attitude we have towards things and other people is yama, how we relate to ourselves inwardly is niyama. Both are mostly concerned with how we use our energy in relationship to others and ourselves.

The yamas are broken down into five "wise characteristics." Rather than a list of dos and don'ts, "they tell us that our fundamental nature is compassionate, generous, honest and peaceful."

They are as follows:

### **Yamas (Universal Morality)**

**1. Ahimsa** – Compassion for all living things The word ahimsa literally mean not to injure or show cruelty to any creature or any person in any way whatsoever. Ahimsa is, however, more than just lack of violence as adapted in yoga. It means kindness, friendliness, and thoughtful consideration of other people and things. It also has to do with our duties and responsibilities too. Ahimsa implies that in every situation we should adopt a considerate attitude and do no harm.

**2. Satya** – Commitment to Truthfulness Satya means "to speak the truth", yet it is not always desirable to speak the truth on all the occasions, for it could harm someone unnecessarily. We have to consider what we say, how we say it, and in what way it could affect others. If speaking the truth has negative consequences for another, then it is better to say nothing. Satya should never come into conflict with our efforts to behave with ahimsa. This precept is based on the understanding that honest communication and action form the bedrock of any healthy relationship, community or government, and deliberate deception, exaggerations, and lies harm others.

**3. Asteya** - Non-stealing: Steya means "to steal"; while Asteya is -to take nothing that does not belong to us. This also means that if we are in a situation where someone entrusts something to us or confides in us, we do not take advantage of him or her. Non-stealing includes not only not taking what belongs to another without permission, but also using something for a different purpose to that intended, or beyond the time permitted by its owner. The practice of asteya implies not taking anything that has not been freely given.

**4. Brahmacharya** - Sense control: Brahmacharya is used mostly in the sense of abstinence, particularly in relationship to sexual activity. Brahmacharya suggests that we should form relationships that foster our understanding of the highest truths. Brahmacharya does not necessarily imply celibacy. Rather it means responsible behavior with respect to our goal of moving towards the truth. Practicing Brahmacharya means that we use our sexual energy to regenerate our connection to our spiritual self. It also means that we don't use this energy in any way that might harm others.

**5. Aparigraha** - Neutralizing the desire to acquire and hoard wealth: Aparigraha means to take only what is necessary and not to take advantage of a situation or act greedy. We should only take what we have earned; if we take more, we are exploiting someone else. The yogi feels that the collection or hoarding of things implies a lack of faith in God and in himself to provide for his future. Aparigraha also implies letting go of our attachments to things and an understanding that impermanence and change are the only constraints.

The Yoga Sutra describes what happens when these five behaviors outlined above becomes part of a person's daily life. Thus, the yamas are the moral virtues which if attended to, purify human nature and contribute to the health and happiness of the society.

### **Niyama (Personal Observances):**

Niyama means "rules" or "laws." These are the rules prescribed for personal observance. Like the yamas, the five niyamas are not exercises or actions to be simply studied. They represent far more than an attitude. Compared with the yamas, the niyamas are more intimate and personal. They refer to the attitude we adopt toward ourselves as we create a code for living soulfully.

**1. Saucha - Purity** - The first niyama is saucha, means purity and cleanliness. Saucha has both an inner and an outer aspect. Outer cleanliness simply means keeping ourselves clean. Inner cleanliness has as much to do with the healthy, free functioning of our bodily organs as with the clarity of our mind. Practicing asanas or pranayama are essential means for attending to this inner saucha. Asanas tone the entire body and remove toxins while pranayama cleanses our lungs, oxygenates our blood and purifies our nerves. But more important than the physical cleansing of the body is the cleansing of the mind of its disturbing emotions like hatred, passion, anger, lust, greed, delusion and pride.

**2. Santosa** - Contentment: Another niyama is santosa, modesty and the feeling of being content with whatever we have. To be at peace within and finding contentment with one's lifestyle, even while experiencing life's difficulties through all kinds of circumstances. We should accept that there is a purpose for everything - yoga calls it karma – and we cultivate contentment 'to accept what happens'. It means being happy with what we have rather than being unhappy about what we don't have.

**3. Tapas** – Disciplined use of our energy: Tapas refers to the activity of keeping the body fit or to confront and handle the inner urges without an outer show. Literally, it means to heat the body and by doing so, to cleanse it. Behind the notion of tapas lies the idea that we can direct our energy to enthusiastically engage life and achieve our ultimate goal of union with the Divine. Tapas helps us burn up all the desires that stand in our way of this goal. Another form of tapas is paying attention to what we eat. Attention to body posture, attention to eating habits, attention to breathing patterns - these are all tapas.

**4. Svadhyaya** – Self study : The fourth niyama is svadhyaya. Sva means "self" adhyaya means "inquiry" or "examination". Any activity that cultivates self-reflective consciousness can be considered svadhyaya. It means to find self-awareness in all our activities and efforts, even to the point of welcoming and accepting our limitations. It teaches us to be centered and non-reactive to the dualities, to burn out unwanted and self-destructive tendencies.

**5. Isvarapranidhana** - Celebration of the Spiritual: Isvarapranidhana means "to lay all your actions at the feet of God." It is the contemplation of God (Isvara) to become attuned to god and god's will. It is the recognition that the spiritual suffuses everything, and through our attention and care, we can attune ourselves with our role as a part of the Creator. The practice requires that we set aside some time each day to recognize that there is some omnipresent force larger than ourselves that is guiding and directing the course of our lives.



Fig. 1.1.7. Yoga is for everyone



### 1.1.6 Unity in Diversity

Unity in diversity is a concept of 'unity without uniformity and diversity without fragmentation that shifts focus from unity based on a mere tolerance of physical, cultural, linguistic, social, religious, political, ideological and/or psychological differences towards a more complex unity based on the understanding that difference enriches human interactions.

### 1.1.7 Major Benefits of Yoga

Following are some of the benefits of doing Yoga. We will discuss effects of Yoga on different parts of the body in detail in subsequent chapters -

- 1- Improvement in immunity - Protection from diseases
- 2- Healthy Heart - Protection from Heart Problems
- 3- Improved body flexibility - Protection from Injury
- 4- Improved Body posture - Better personal image
- 5- Positivity in mind - Protection from Hypertension, depression, etc.
- 6- Weight reduction / Weight increase - Body attain ideal Body weight
- 7- Improved Muscle Strength
- 8- Improved Vitality



Fig. 1.1.8. Healthy Body & Mind Through Yoga

### 1.1.8 International Yoga Day

Although Yoga is being practiced all over the world, to give it more prominence our Hon'ble Prime Minister gave a proposal to declare 21st June as 'International Yoga Day', which was immediately accepted by United Nations and On December 11th, 2014, United Nations General Assembly declared the day as 'International Yoga Day'. Since 21st June is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world, that is why this day is chosen for celebrating Yoga.

Resolution for declaring 21st June as 'Yoga International Day' was co-sponsored by 175 countries, which is highest till date for any UNGA resolution of this kind.



Fig. 1.1.9. Logo of Yoga Day



Fig. 1.1.10. PM Shri Modi doing Yoga with Citizen at Rajpath on Yoga Day





## UNIT 1.2: Association of India with Yoga

### Unit Objectives

**At the end of this unit, you will be able to:**

1. Explain the roots of Yoga in India
2. Describe the history & evolution of Yoga
3. Describe the journey of Yoga from India to the World
4. Explain the contribution of Yog Gurus in spreading Yoga to the World

### 1.2.1 India - The land of Yoga

The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. According to Yogic lore, Shiva is seen as the first yogi or ādiyogi and the first guru or ādiguru. Several thousand years ago, on the banks of Lake Kantisarovar in the Himalayas, ādiyogi poured his profound knowledge into the legendary saptarishis or "seven sages". These sages carried this powerful Yogic science to different parts of the world including Asia, the Middle East, northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the Yogic system found its fullest expression. Agastya, the saptarishi who travelled across the Indian subcontinent, crafted this culture around a core Yogic way of life.



*Fig. 1.2.1. India - Land of Yoga*

Yoga is widely considered as an "immortal cultural outcome" of the Indus-Saraswati Valley Civilisation – dating back to 2700 BC – and has proven itself to cater to both material and spiritual uplift of humanity. A number of seals and fossil remains of Indus-Saraswati Valley Civilisation with Yogic motifs and figures performing Yoga sādhanā suggest the presence of Yoga in ancient India. The seals and idols of Mother Goddess are suggestive of Tantra Yoga.

The presence of Yoga is also available in folk traditions, Vedic and Upanishadic heritage, Buddhist and Jain traditions, Darshanas, Ramayana, epics of Mahabharata including Bhagawad Gita and theistic traditions of Shaivas, Vaishnavas and Tantric traditions. Though Yoga was being practiced in the pre-Vedic period, the great sage Maharishi Patanjali systematised and codified the then existing Yogic practices, its meaning, and its related knowledge through Patanjali's Yoga Sutras.

After Patanjali, many sages and Yoga masters contributed greatly to the preservation and development of the field through well-documented practices and literature. Yoga has spread to all over the world by the teachings of eminent Yoga masters from ancient times to the present date. Today, everybody has conviction about Yoga practices towards the prevention of disease, maintenance, and promotion of health. Millions and millions of people across the globe have benefited from Yoga, and the practice of Yoga is blossoming and growing more vibrant with each passing day.

### 1.2.2 History and Evolution of Yoga

There are many theories associated with Yoga. It is mentioned in Rig Veda, and its evidence was found in the oldest civilization of Indus-Saraswati, which is considered to be more than 5000 years old (3000 B.C.), it means Yoga is older than 5000 years. It was invented by '*Rishi Munis*' for doing meditation, but apart from that, it has a very good effect on the body. During the journey of more than 5000 years, Yoga evolved in many forms. As explained earlier, mainly it has following four paths -

- Janan Yoga
- Bhakti Yoga
- Karma Yoga
- Raj Yoga

After Veda Period, the great 'Maharishi Patanjali' created systems in Yoga. He created text which was named as 'Patanjali Yog Sutras'. Although many other Sages or 'Rishis' contributed in the development of Yoga, but the effect of 'Maharishi Patanjali' is greatest. Due to that evolution of Yoga is divided in to the following periods -

- 1- Pre-Patanjali Period (Before 500 BC)
- 2- Patanjali Period (500 BC to 800 AD)
- 3- Post Patanjali Period (800 AD onwards)



Fig. 1.2.2. Maharishi Patanjali

**1- Pre-Patanjali Period (Before 500 BC)** - It is also called as Veda Era since all Veda and Upanishads were written during this period.

**Veda** - These are the text which contains hymns, philosophy, and guidance for life. These are written in Sanskrit, which is considered to be the mother of all languages. The writer of Vedas are unknown, and it is considered to be the oldest written documents by a human. There are four Vedas -

- 1- Rigveda
- 2- Yajurveda
- 3- Atharvaveda
- 4- Samveda

**Upanishads** - Meaning of Upanishads is 'Sitting down on feet' which means getting 'shiksha' or education. These are the essence of Vedas. There are more than 200 Upanishads available.



Fig. 1.2.3. 'Pandulipi' of Veda

**2- Patanjali Period (500 BC to 800 AD)** - Maharishi Patanjali compiled all Yoga in a book called 'Yog sutras'. This book has total 196 sutras or formula. The Book has four segments, called - Samadhi Pada, Sadhana Pada, Vibhuti Pada, Kaivalya Pada.

**Samadhi Pada** - In this segment Patanjali explains about Samadhi.

**Sadhana Pada** - In this segment he explains about meditation.

**Vibhuti Pada** - In this segment Patanjali explains about yoga.

**Kaivalya Pada** - In this segment Patanjali explains the connection of yoga with Body, mind, and soul. There are many exercises explained in this segment which can unite all of these.

**3- Post-Patanjali Period (800 AD onwards)** - Period after Patanjali Period, which covers current period also, is called Post-Patanjali period. After Patanjali, there were many Yogis and Sants, who developed Yoga. With their own personal style, they created a new form of Yoga, but the basic form of Yoga is same in all the styles.

Modern Yoga is also called '*Hath Yoga*' or physical Yoga. This is also related to '*Kundalini Yoga*' which is part of '*Raja Yoga*'. Modern Yoga is a mix of all the four paths of Yoga and gives more stress on postures. For getting complete benefits of Yoga, one should have a holistic approach towards it, even without any religious inclination.



Fig. 1.2.4. Garudasan

### 1.2.3 Journey of Yoga from India to the World

For many, the practice of yoga is restricted to Hatha Yoga and Asanas (postures). However, among the Yoga Sutras, just three sutras are dedicated to asanas. Fundamentally, hatha yoga is a preparatory process so that the body can sustain higher levels of energy. The process begins with the body, then the breath, the mind to the inner self.

Yoga is also commonly understood as a therapy or exercise system for health and fitness. While physical and mental health is natural consequences of yoga, the goal of yoga is more far-reaching. "Yoga is about harmonizing oneself with the universe. It is the technology of aligning individual geometry with the cosmic, to achieve the highest level of perception.

Yoga does not adhere to any particular religion, belief system or community; it has always been approached as a technology for inner well-being. Anyone who practices yoga with involvement can reap its benefits, irrespective of one's faith, ethnicity or culture.

Traditional Schools of Yoga: Different Philosophies, Traditions, lineages and Guru-shishya traditions of Yoga lead to the emergence of different Traditional Schools of Yoga e.g. Janan-yoga, Bhakti-yoga, Karma-yoga, Dhyana-yoga, Patanjali-yoga, Kundalini-yoga, Hatha-yoga, Mantra-yoga, Laya-yoga, Raja-yoga, Jain-yoga, Buddha-yoga, etc. Each school has its own principles and practices leading to ultimate aim and objectives of Yoga.

### 1.2.4 Contribution of Yog Gurus in Spreading Yoga

Yoga has spread all over the world by the teachings of great personalities like Swami Shivananda, Shri T.Krishnamacharya, Swami Kavalayananda, Shri Yogendra, Swami Rama, Sri Aurobindo, Maharshi Mahesh Yogi, Acharya Rajanish, Pattabhi Jois, BKS. Iyengar and Swami Satyananda Sarasvati. B.K.S. Iyengar was the founder of the style of yoga known as "Iyengar Yoga" and was considered one of the foremost yoga type. In modern days, Sri Sri Ravishankar & Swami Ramdev has contributed a lot in spreading Yoga to the common household.



Fig. 1.2.5. Virkshasana Pose

## UNIT 1.3: Yoga Terminology and Their Meaning

### Unit Objectives

At the end of this unit, you will be able to:

1. Describe the common Yoga terms
2. Explain the meaning of common terminology of Yoga

### 1.3.1 Common Terminology used in Yoga

Asana: Body Posture in Yoga

Ashtanga: One of the major Yoga path, which has eight limbs

Ayurveda: Ancient Indian Science of medicines

Bandha: Internal Lock which is used during yoga

Chakra: Seven energy centers of Body

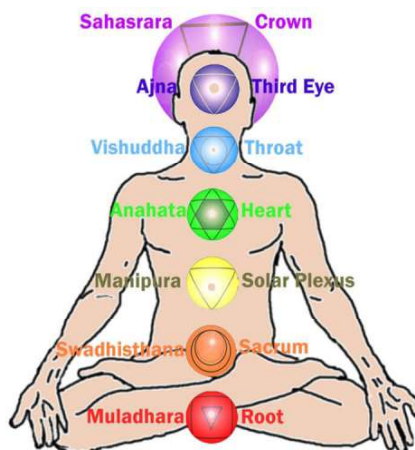


Fig. 1.3.1. Seven Chakras

Dosh: Body types as per Ayurveda, Pitta (Fire), Vata (Air) and Kapha (Earth)

Hatha Yoga: A type of Yoga Path

Mudra: Hand Gesture during Yoga Practice.



Fig. 1.3.2. Hast Mudra in Yoga