



ASIAN YOGA FEDERATION

(Regd. Under the Societies Registration Act XXI of 1860, Registration No.-4755 Dated 25.04.2018)

OFFICE : FLAT NO.501, GHS-93, SECTOR-20, PANCHKULA- 134116 (HARYANA), India

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ASIAN YOGA TEACHER DIPLOMA AND ASIAN YOGA REFEREE DIPLOMA EXAMINATION SYLLABUS

A. About Yoga

1. Meaning of Yoga and its benefits.
2. Types of Yoga
3. Hatha Pradipika (Hatha Yog), Patanjali Yog Sutra(Ashtang Yog).
4. Types of Asanas, Meaning of Asanas, Benefits of Asanas as per syllabus of Asian Yogasana Sports Championship.
5. Curative aspect of different asanas
6. Cautions for Practice of Yoga.
7. Meaning of Pranayama, Types of Pranayama, Benefits of Pranayama
8. Mudras and Bandhas
9. Surya Namaskar
10. Seven Chakras & their position in the body.

B. About Asian Yoga Federation

Syllabus and events of Asian Yogasana Sports Championship- Yogasana Competition, Artistic Solo Yoga Competition, Artistic Pair Yoga Competition, Rhythmic Yoga Competition, Free Flow Yoga Sports Competition & Professional Yogasana Competition.

C. Judging Criteria

How to Judge Yogasana Sports Competition, Artistic Solo Yoga Sports Competition, Artistic Pair Yoga Sports Competition, Rhythmic Yoga Sports Competition, Free Flow Yoga Sports Competition & Professional Yogasana Sports Competition as per norms of Asian Yoga Federation.

(Ashok Kumar Aggarwal)
President,
Asian Yoga Federation