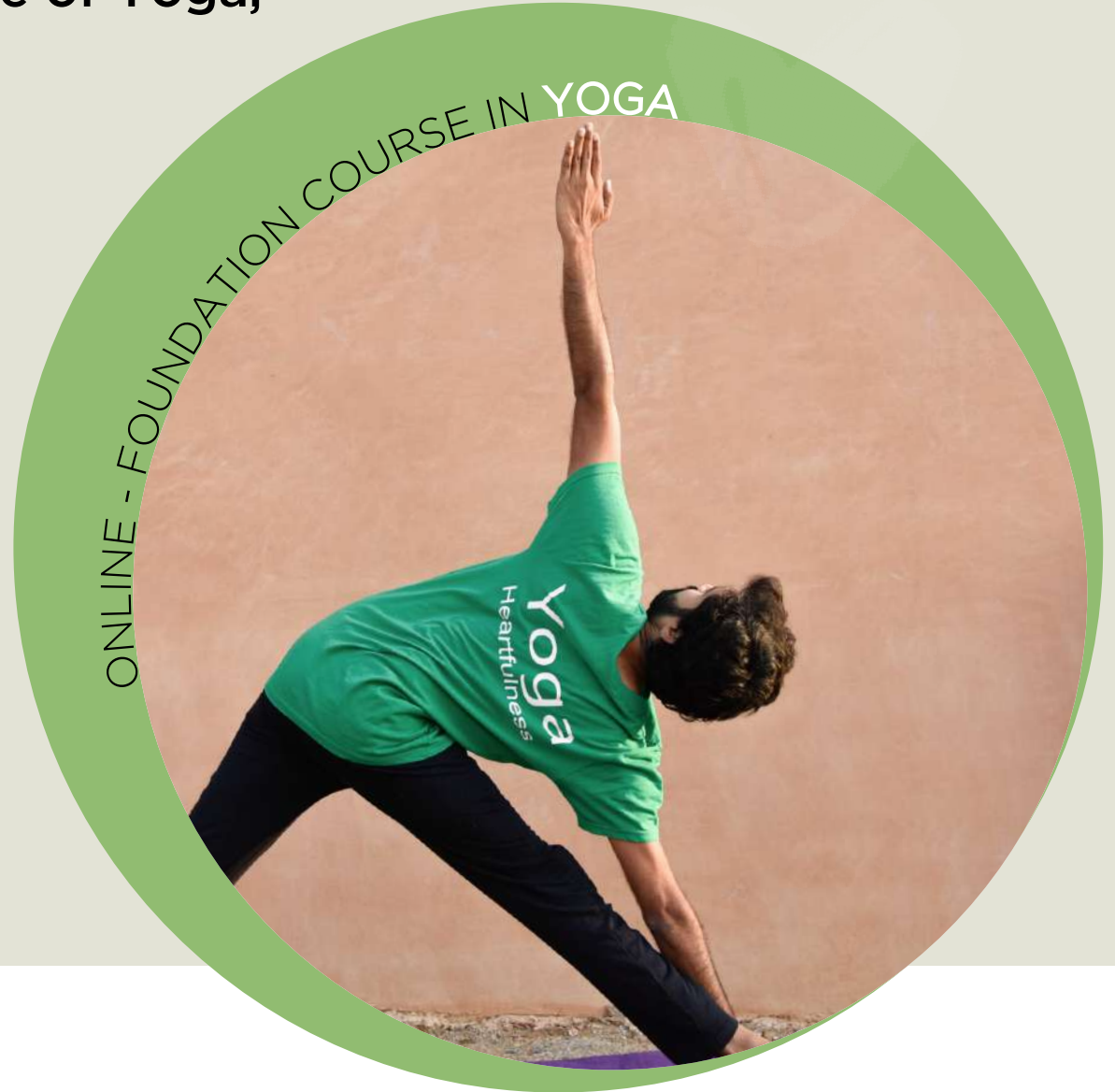


Heartfulness Education Trust,  
Hyderabad &  
Morarji Desai National Institute of Yoga,  
New Delhi

*Collaborate to offer a double certification in Yoga*

Foundation Course in  
Yoga Science for Wellness

Introduction to Heartfulness  
2 weeks



## DESCRIPTION OF THE COURSE ♥

Take this course to make your first steps in Yoga and discover the practice as well as the philosophy of Yoga. The course covers the eight steps of Patanjali Asthanga Yoga, from Yama, Niyama, Asanas to Samadhi. The entire course is offered online.

## OUTCOME OF THE COURSE ♥

This short course gives you a double certificate of completion from Heartfulness (HFN) and the Morarji Desai National Institute of Yoga (MDNIY), New Delhi. It is an opportunity to get familiar with the world of Yoga and its principle; this course sets the foundations for students who would like to take Yoga as a career.

Completion of this course is not an equivalent to a Yoga Instructor/teacher course and does not give the necessary knowledge and experience to start teaching Yoga. However, the Foundation Course is the pre-requisite to enter the next level and be certified as a Yoga Instructor by the Morarji Desai National Institute of Yoga, New Delhi (See Certification Course in Yoga Protocol Instructor).

## ELIGIBILITY ♥

Academics: 10th Standard from a recognized board or equivalent

Health: one should be free of any acute or chronic disease. Medical certificate is necessary or self attestation of good health.

## DURATION ♥

15 days – 55 hours

MDNIY: 3 hours per day for 15 days - total 45 hours

NFH: 1h per day for 10 days - total 10 hours

HFN: Mon to Fri for 2 weeks

MDNIY: Mon to Sat for 15 days

The School retains the right to change the timings and structure for the benefit of the course.

## TIMINGS ♥

7:00 am to 8:00 am - Heartfulness Theory

4:00 pm to 5:00 pm - MDNIY Practice

5:00 pm to 6:00 pm - MDNIY Theory



## CAPACITY 🐦

Minimum 30\* - Maximum 60

\*The institutes reserve the right to change the dates and club 2 courses together to reach a level of 30 people per batch minimum.

## FEE STRUCTURE 🐦

Registration Fee - 250 INR

Course Fee MDNIY - 4000 INR

Certificate Fee - 250 INR

**Total - 4500 INR**

**Important: The fees once remitted will not be refunded under any circumstances.**

## ADMISSION PROCEDURE 🐦

Registration and payment to be done at directly on the Heartfulness official website: [www.heartfulness.org/yoga/mdniy](http://www.heartfulness.org/yoga/mdniy)

### **Documents needed:**

- Certificate and mark sheets of 10th standard (or equivalent) or highest academic degree obtained
- Passport size photograph in jpeg
- Copy of valid identity proof
- Students must read and agree to the rules and regulations as well as the release form before they complete their registration - see Annex A & B

**THEORY**

Unit 1.1 Introduction to Yoga and yoga practices

Unit 1.2 Guiding principles to be followed by Yoga practitioners

Unit 1.3 Introduction to Yogic Shukshma Vyayama and Sthoola Vyayama and their relevance in Yoga Sadhana

Unit 1.4 Surya Namaskar: technique and health benefits

Unit 1.5 Introduction to Shatkarma and their importance in Yoga Sadhana

Unit 1.6 Health benefits of Shatkarma

Unit 2.1 Introduction to Yogasana

Unit 2.2 Classification of Yogasana and sequencing

Unit 2.3 Yogasana: Principles, salient features

Unit 2.4 Yogasana: Importance of alignment and relaxation during the practice

Unit 2.5 Health benefits of Yogasana

Unit 2.6 The role of Yogasana in diseases prevention and health promotion

Unit 3.1 Mechanism of breathing

Unit 3.2 Pranayama: its principles and types

Unit 3.3 Health benefits of Pranayama

Unit 3.4 Bandha and Mudra: techniques and their role in Yoga Sadhana

Unit 3.5 Practice leading to Dhyana (meditation)

Unit 3.6 Dhyana a great tranquilizer

Unit 4.1 Concept of wellness and wellbeing

Unit 4.2 Yogic concept of wellness and Ashtanga Yoga of Patanjali

Unit 4.3 Yogic concept of Ahara (Diet and Nutrition)

Unit 4.4 Yogic lifestyle (Ahara, Vihar, Achar, Vichar)

Unit 4.5 Yogic attitudes (Maitri, Karuna, Mudita and Upeksha) and practices for mental wellbeing

Unit 4.6 Role of Yama and Niyama in psychosocial wellbeing



## PRACTICUM

Unit 1 Prayer and recitation of hymns

Unit 2 Yogic Shukshma Vyayama and Sthoola Vyayama

Unit 3 Yogic Shatkarma

Unit 4 Yogic Surya Namaskar

Unit 5.1 Standing postures

Unit 5.2 Sitting postures

Unit 5.3 Prone lying postures

Unit 5.4 Supine lying postures

Unit 6.1 – 6.3 Pranayama

Unit 6.4 – 6.5 Pranayama

Unit 7.1 Bandha

Unit 7.2 Mudra

Unit 8.1 – 8.2 Practices leading to Dhyana

Unit 8.3 Prana Dharana and Antarmauna





WITH HEARTFULNESS – 10 hours

## THEORY

### 1 - Overview and purpose of Yoga:

Yogic Anatomy – Impressions & Samskaras

Ashtanga Yoga: A complete system

Yama Niyamas - 10 Heartful Principles

Regulating the mind – Introduction to Heartfulness

Regulating the Mind – tools from Heartfulness

Meditation

Cleaning

Prayer

The condition

Different kinds of cleaning

### 3 - GUIDED PRACTICE

3.1 Exploring the Koshas

3.2 Eight Steps of Yoga towards meditation

3.3 Guided meditation

3.4 Guided Cleaning

3.5 Guided Night connection

3.6 Observing the Condition - AEIOU

3.7 Developing sensitivity - Diary Writing

3.8 Point B Cleaning

3.9 Positive Suggestions

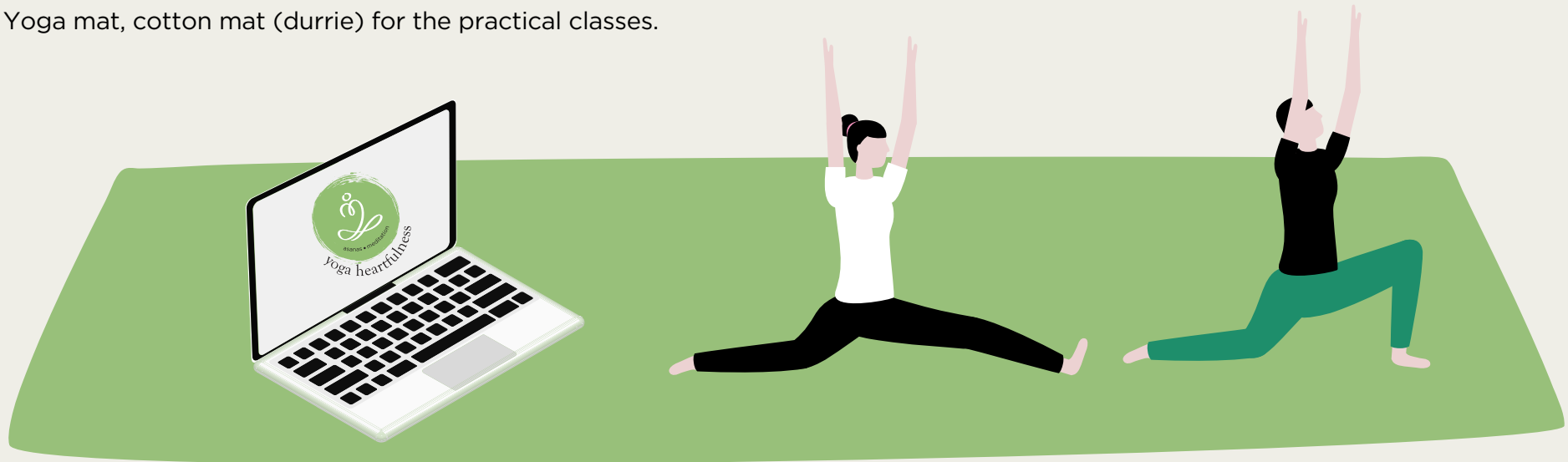


## COMPLETION CRITERIA

Completion of the course requires a minimum of 80% attendance in both the Institutions' classes. See annex A for details.

### ATTENDING THE ONLINE CLASSES

- Settle in a quiet environment. Inform the people around you that you need to be undisturbed for this class.
- Settle your camera according to the class: for a practical class, your camera needs to cover your practice in a seated position and standing position. It is highly recommended that you try and check the position of your camera and yoga mat a few days prior to the start of the course.
- To allow the trainer a good visibility of your practice, avoid busy background behind you; set sufficient lighting in front of you and cover any source of light behind you.
- Make sure your device is fully charged before you start a class.
- During the online class, students must keep their camera on at all times. Keeping the camera off is equivalent to not attending the class and the student will be counted absent.
- Make sure that your registered name is displayed on your screen so that the teacher can take attendance.
- Students must keep their microphones on mute to avoid disturbance.
- We encourage students to post their query on the chat box; they will be taken in due time by the faculty.
- Usage of mobile phones or any other device during the classes is strictly forbidden unless demanded by the instructor for an activity.
- Wear comfortable cotton clothing for the practice course: track pants and T-shirts are preferred. Refrain from tight and revealing clothing.
- Use a Yoga mat, cotton mat (durrie) for the practical classes.



## ANNEX A

### RULES AND REGULATIONS:

- Admission will be open until the batch is full. Once the batch is full, you may register for the next session. See the calendar on our website.
- Registration and payment are available only online. Offline registration and payment will not be permitted.
- Fees once paid will not be refunded under any circumstances.
- Both Institutes reserve the right to change the dates/timings and regulations without prior notice.
- Irregular attendance, failure to participate or submit assignments, unbecoming conduct disqualifies the student for certification.
- The reading and teaching material of Heartfulness and MDNIY programs are copyrighted and the legal property of both institutions, and therefore, cannot be used, reproduced or shared without the written consent from the same. Any reference must be credited to the institutions.
- Students must understand that this course is not an equivalent to a Yoga Instructor/teacher course and does not give the level necessary for the student to start teaching Yoga. Both institutions decline any responsibility in case of misdemeanor.
- Both Heartfulness and MDNIY decline any responsibility to provide employment.
- Both institutions cannot be held responsible for the actions of the students who have successfully be certified in one of their courses
- Students must read the Release Form available on the website before registering. Proceeding for payment is an acknowledgment that the student has read and understood the content of the form. (See annex B).

**Transgressing the rules above may lead to dismissal from the course.**



## ANNEX B

### RELEASE FORM, LIMITATIONS OF LIABILITY:

Heartfulness Education Trust's (HET) agreement to provide its services and programs to you is expressly and unconditionally subject to the terms set forth in this disclaimer.

- I understand that I will be involved in physical activity and, as with any physical activity, there is a risk of injury;
- HET strongly advises that I seek the advice of my physician or other qualified health provider with any questions I may have regarding a medical condition. I will never disregard professional medical advice or delay in seeking it because of information received from HET.
- As for any physical program, I am aware that a visit to my physician is recommended prior to registering to the course. By signing this form, I therefore certify that, as determined by myself and/or my physician, I can safely practice in this program;
- The services provided by HET are not a substitute for professional medical advice, diagnosis or treatment. All information provided by HET is for informational purposes only, and I hereby assume all of the risk in participating in any of HET's services, including by way of example and not limitation, any risks that may arise from HET's negligence or carelessness.
- After taking up the Course, HET shall not be responsible in any manner for any allegations leveled by any parent/ family members about change in the behavior etc. or personal character of the participant. HET does not guarantee or undertake any change in Character of a person which is personal to the individual.
- If an employed person is taking the Classes, we presume that the individual has either taken permission from his employer. HET disowns all responsibilities and liabilities of any consequence arising out of not taking proper permission etc.

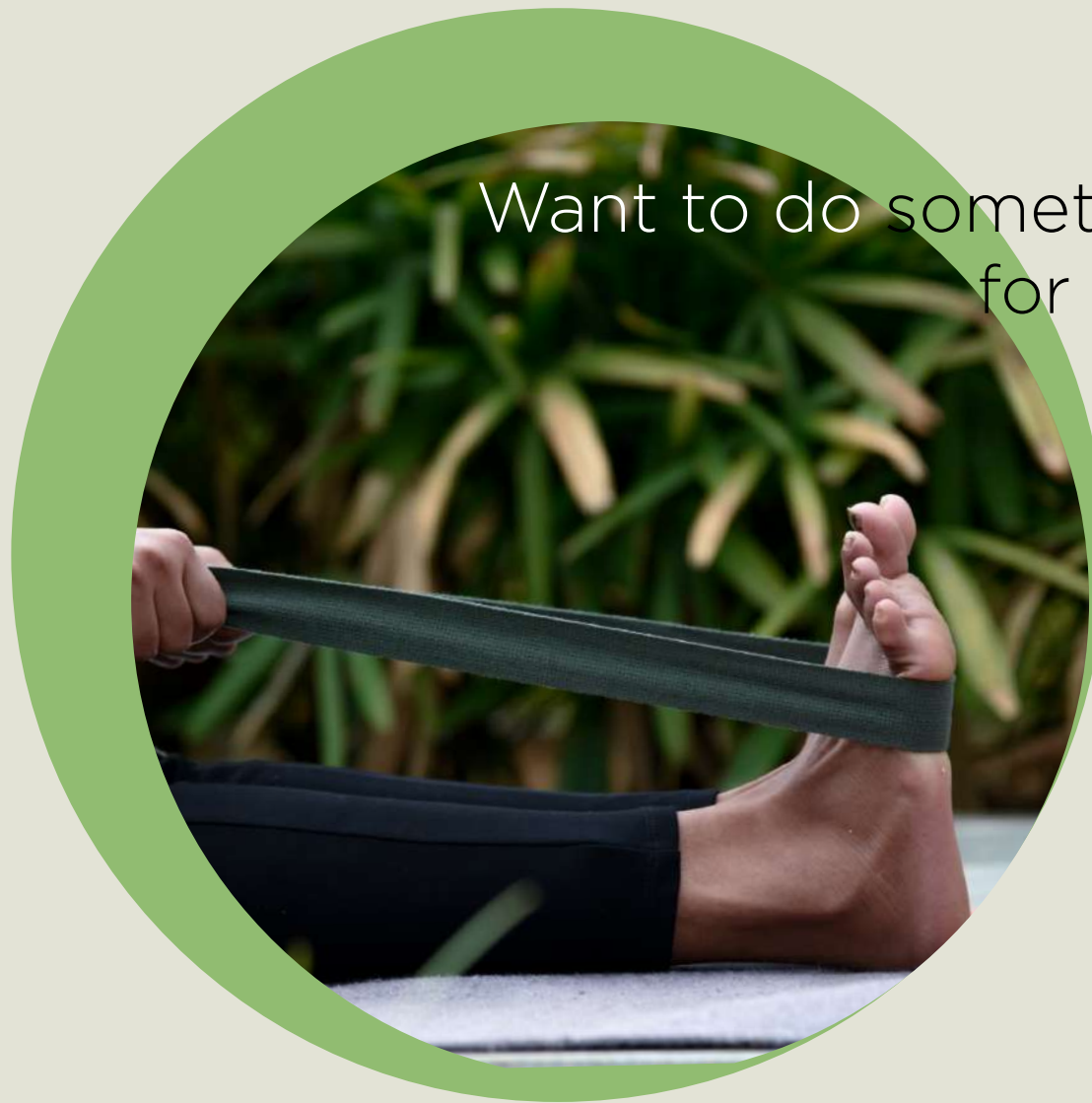
On behalf of your executors, administrators, heirs, next of kin, successors, and assigns, you hereby:

- (A) WAIVE, RELEASE, AND DISCHARGE from any and all liability for your death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter occur to you, THE FOLLOWING ENTITIES OR PERSONS: HET, its direct and indirect owners, and each of its and their directors, officers, employees, volunteers, representatives, and agents; and
- (B) INDEMNIFY, HOLD HARMLESS, AND PROMISE NOT TO SUE the entities or persons mentioned above from any and all liabilities or claims made as a result of participation in any of HET's Services.

This disclaimer shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.



yoga@heartfulness.org



Want to do something **good**  
for your **body**?



www.heartfulness.org



yogaatheartfulness



@yogatheheartfulnessway