

## **D.Y.M.T. (Diploma in Yoga, Massage Therapy)**

Yoga is a form of mysticism that developed on the Indian subcontinent in the Hindu cultural context. Its origin is impossible to trace, because it dates back to before recorded history. Yoga comes in many forms specifically designed to suit different types of people. As a result, some forms of yoga have gained significant popularity outside India, particularly in the West during the past century.

Introduction : The word Yoga originates from the Sanskrit word "Yuj" (literally, "to yoke") and is generally translated as "union" - "integration" - to yoke, attach, join, unite. Yoga is therefore the union and integration of every aspect of a human being, from the innermost to the external. According to Yoga experts, the union referred to by the name is that of the individual soul with the cosmos, or the Supreme.

Yoga has both a philosophical and a practical dimension. The philosophy of yoga ("union") deals with the nature of the individual soul and the cosmos, and how the two are related. The practice of yoga, on the other hand, can be any activity that leads or brings the practitioner closer to this mystical union - a state called self-realization. Over thousands of years, special practical yoga techniques have been developed by experts in yoga, who are referred to as Yogis (male) and Yoginis (female).

These Yoga techniques cover a broad range, encompassing physical, mental, and spiritual activities. Traditionally, they have been classified into four categories or paths: the path of meditation (Raja Yoga), the path of devotion (Bhakti Yoga), the path of selfless service to the Divine (Karma Yoga), and the path of intellectual analysis or the discrimination of truth and reality (Jnana Yoga). The most conspicuous form of yoga in the West, Hatha Yoga - consisting of various physical and breathing exercises and purification techniques - is actually the third and the fourth stages of Ashtanga Yoga of Yoga Sutras by Patanjali.

Clients and friends enjoy Yoga as means of bringing balance into their lives. They report greater clarity in their meditations and a sense of releasing issues that hold them back. Yoga enhances every facet of physical fitness the mind/body energy exchange supports a mental clarity and concentration. The strength improves posture/alignment to support our daily activities. The flexibility helps to prevent injuries and keeps us supple and youthful. The breathing practices are the foundation and the link between the mind and the body, providing a valuable tool for releasing tension and reducing stress.

The practice of yoga teaches us how to quiet the mind by placing attention on the breath, and also on the movement (stillness) of the body.

Explicit examples of the concept and terminology of yoga appear in the Upanishads (primarily thirteen principal texts of the Vedanta, or the "End of the Vedas," that are the culmination of all Vedic philosophy) While protracted discussions of the ultimate, infinite Self, or Atman, and realization of Brahman, are the true legacy of the Upanishads, the

first principal Yoga text was the Bhagavad Gita ("The Lord's Song"), also known as Gitopanishad.

Niyama (self-purification and study) Asana (posture) Pranayama (breath control) Pratyahara (sense control) Dharana (concentration) Dhyana (contemplation) Samadhi (veridical meditation)

#### ADHYATMA YOGA

The unitive discipline of the inner self; sometimes said to be the Yoga characteristic of the Upanishads.

#### AGNI YOGA

The unitive discipline of fire, causing the awakening of the serpent power (kundalini-shakti) through the joint action of mind (manas) and life force (prana). Agni Yoga is a synthesis of all yogas, especially Karma Yoga, Bhakti Yoga and Raja Yoga. Agni is the Sanskrit word for Fire - the Creative Fire of the Cosmos - the Fire that is found in varying degrees at the foundation of all Yogas.

#### ASHTANGA YOGA

The unitive discipline of the eight limbs, i.e., Raja-Yoga or Patanjala-Yoga.

#### BHAKTI YOGA

The Yoga of love and devotion. The Way of Transcendent Love which sees the whole universe, animate and inanimate, as being pervaded by divinity. Also very much involved with service (referring Karma Yoga), and way of the heart. The unitive discipline of love/devotion, as expounded, for instance, in the Bhagavad-Gita, the Bhagavata-Purana, and numerous other scriptures of Shaivism and Vaishnavism.

#### BUDDHI YOGA

The unitive discipline of the higher mind, first mentioned in the Bhagavad-Gita.

#### DHYANA YOGA

The unitive discipline of meditation.

#### HATHA YOGA

The unitive discipline of the force (meaning the serpent power or kundalinbhakti); or forceful unitive discipline. Hatha Yoga ensures good physical and mental health. This is for those who are more into the physical. You must utilize this to the best advantage by deep meditation on the Atman or inner Self. Self-realization should be your goal. This should be achieved by the constant remembrance of God, by righteousness, by a life of virtue and by the practice of Yoga. Hatha Yoga is the system most familiar to the westerner. This branch of yoga uses physical poses, breathing techniques and relaxation methods to explore the inner structures of the body, mind and spirit. It provides the framework for the experiences of physical, mental and spiritual wholeness. By combining physical postures, awareness practices and breathing methods, the mind becomes quiet

and the body will be refreshed and rejuvenated. Through the yoga postures we focus our attention inward finding integration, balance, compassion and love. Yoga affects every aspect of our being.

#### KRIYA YOGA

"Kriya Yoga" is the scientific art of perfect God-Truth Union. The unitive discipline of ritual; also the combined practice of asceticism (tapas), study (svadhyaya), and worship of the Lord (ishvara-pranidhana) mentioned in the Yoga-Sutra of Patanjali.

#### KUNDALINI YOGA

Kundalini Maha Yoga. is an ancient universal science, perfected over thousands of years. Anandi Ma is an advanced disciple of Dhyanyogi and one of few people who can perform Skaktipat. Through Shaktipat the disciple can excel quickly in their spiritual journey towards Self Realization -Enlightenment. The unitive discipline of the serpent power (kundalini-shakti), which is fundamental to the Tantric tradition, including Hatha-Yoga.

#### MAHA YOGA

The great unitive discipline, a concept found in the Yoga-Shikha-Upanishad where it refers to the combined practice of Mantra-Yoga, Laya-Yoga, Hatha-Yoga, and Raja-Yoga

#### MANTRA YOGA

The unitive discipline of numinous sounds that help protect the mind, which has been a part of the Yoga tradition ever since Vedic times. Mantra Yoga finds union with God through the proper use of speech and sound. It is the power of the word to create or destroy that Mantra Yoga emphasizes. It utilizes the focus intent to make every word you speak be in harmony with God And with your own soul.

#### PATANJALA YOGA

The unitive discipline of Patanjali, better known as Raja-Yoga or Yoga-Darshana

#### RAJA YOGA

The royal unitive discipline, also called Patanjala-Yoga, Ashtanga-Yoga, or Raja-Yoga

#### SAHAJA YOGA

In the year 1970, Shri Mataji Nirmala Devi introduced for the first time a simple, yet powerful method of spiritual ascent, whereby one's natural balance and integration can be easily achieved.

#### SAMADHI YOGA

The unitive discipline of ecstasy

#### SAPTA YOGA

Sapta Yoga is based on the ancient Yogic text, the "Gheranda Samhita." It is both a spiritual practice and a therapeutic art, successful in removing the causes of numerous diseases highly resistant to orthodox Western healing methods.

#### SAPTANGA YOGA

The unitive discipline of the seven limbs (sapta-anga), also known as Sapta-Sadhana in the Gheranda-Samhita: (1) six purificatory practices (shat-karma)

- (2) Posture (asana)
- (3) Seal (mudra)
- (4) Sensory inhibition (pratyahara)
- (5) Breathe control (pranayama)
- (6) Meditation (dhyana)
- (7) Ecstasy (samadhi)

#### SIDDHA YOGA

The unitive discipline of the adepts, a concept found in some of the Tantras

#### SPARSHA YOGA

The unitive discipline of contact; a Vedantic Yoga mentioned in the Shiva-Purana, which combines mantra recitation with breath control; cf. Asparsha-Yoga

#### TANTRA YOGA

The unitive discipline of the Tantras, a kundalini-based Yoga

#### YANTRA YOGA

Yantra Yoga is the path of union with God through geometric visualization. A yantra is a geometric design. They are highly efficient tools for contemplation, concentration, and meditation. The unitive discipline of focusing the mind upon geometric representations (yantra) of the cosmos.

NAME OF COURSE: D.Y.M.T. (Diploma in Yoga, Massage Therapy)ership)

QUALIFICATIONS: Higher Secondary or Practical experience.

AGE: Minimum 18 years.

FEES: Rs. 3600/= (For Indian) & \$ 57 (For foreign candidate). Local training charges will be extra.

REGULAR COURSE: at KANGRA( HIMACHAL PRADESH).

DURATION: 2 Month.

BY CORRESPONDENCE: You can do this course at home. Our institute will send you the literature & after completing the course, one test will be conducted. Question paper

along with an answer sheet will be sent to you & you will have to deposit the answer sheet for getting your certificate.

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8. Charges for instruments, literature, charts and books will be extra.

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SYLLABUS:

1. Definition
2. Yoga Postures
3. Massage Techniques
4. Other alternative therapies

The payment should be made (In person or by courier/ Speed Post/ Registered Post) to the following address.

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