



**WASABI YOGA**  
**DIPLOMA IN YOGA THERAPY (DYT)**

CERTIFIED BY  
**INSTITUTE OF VIVEKANANDA YOGA AND  
RESEARCH DEVELOPMENT, INDIA**

---

WASABI YOGA STUDIO 54C SOUTH BRIDGE ROAD, SINGAPORE  
TEL: (65) 6534 3454 FAX: (65) 6722 0705 E-MAIL: WENLI@WASABIYOGA.COM  
CO. REG. 53051275X

## COURSE DESCRIPTION

THE OBJECTIVE OF THIS COURSE IS TO BRING THE BENEFITS OF YOGA TO EVERYONE AND HELP SOLVE THE DRAWBACKS OF THE MODERN SOCIETY.

*YOGA THERAPY AS A PREVENTIVE AND AS A CURATIVE.*

THE APPROACH TO YOGA THERAPY IS BASED ON THE INDIAN PHILOSOPHY ABOUT HUMAN EXISTENCE — PANCA KOSHA (5 SHEATHS TO EXISTENCE), WHERE WE HAVE BRIEFLY TOUCHED ON DURING YITC. THROUGH THIS KNOWLEDGE, YOGA AIMS TO TREAT ILLNESSES BY IMPROVING HEALTH ON ALL LEVELS SIMULTANEOUSLY AND BY RESTORING INNER HARMONY INSTEAD OF CORRECTING IT USING A SPECIFIC CURE LIKE MODERN MEDICAL SCIENCE.

THE PRE-REQUISITE FOR DYT IS YITC (YOGA INSTRUCTOR TRAINING COURSE). UPON COMPLETION OF ALL DYT PROGRAM REQUIREMENTS, PARTICIPANTS WILL BE EQUIPPED TO RUN THEIR OWN YOGA CENTRES AND WORK AS A THERAPIST TO TREAT PSYCHOSOMATIC AILMENTS.

OUR SYLLABUS CONSISTS OF THEORY, COUNSELING TECHNIQUES, SPECIAL PRACTICES FOR DIFFERENT AILMENTS.

## INSTRUCTIONS FOR PARTICIPANTS

1. ALL THE PARTICIPANTS ARE REQUIRED TO REACH IN TIME FOR ALL THE PROGRAMS.
2. SINCERITY AND REGULARITY ARE PARTS OF YOGA, WHICH HELP TO REAP THE BENEFITS FULLY. HENCE ALL PROGRAMS ARE COMPULSORY. NO ONE IS SUPPOSED TO ABSENT HIMSELF / HERSELF FROM ANY PROGRAMS. IN CASE OF DIFFICULTY PLEASE CONTACT THE COURSE COORDINATOR.
3. AS YOGA BRINGS HARMONY AND ORDER, LET IT MANIFEST EVEN IN SIMPLE THINGS. FOR EXAMPLE, SITTING IN ORDER IN THE CLASS, KEEPING THE SHOES IN ORDER, ETC.
4. ALWAYS HAVE THE FOLLOWING THINGS WITH YOU IN THE CLASS:
  - I. YOGA TEXTBOOK
  - II. ONE NOTE BOOK
  - III. A PEN
5. PLEASE MAINTAIN SILENCE AND HARMONY IN THE VENUE OF THE COURSE.
6. USE OF ALCOHOL, TOBACCO IN ANY FORM, DRUGS ETC IS STRICTLY PROHIBITED.
7. "TIME AND TIDE WAITS FOR NO MAN". SO MAKE BEST UTILIZATION OF YOUR LEISURE. USE IT FOR SVADHYAYA (SELF-STUDY), CONTEMPLATION, ETC.
8. YOUR SUGGESTIONS & FEEDBACK TO HELP US TO IMPROVE THE TEACHER'S COURSE EXPERIENCE.

## APPLICATION AND REGISTRATION

COURSE TUITION FEE: S\$4500

DEPOSIT OF \$650 IS REQUIRED TO SECURE YOUR PLACE.

FOR MORE INFORMATION, PLEASE CONTACT WASABI YOGA  
GWEN +65 6534 3454  
WWW.WASABIYOGA.COM



---

## SYLLABUS FOR DIPLOMA IN YOGA THERAPY (DYT)

### YOGA AND YOGA THERAPY THEORY

#### I - FOUNDATION OF YOGA AND YOGA THERAPY:

CONCEPT OF YOGA:	BASIS OF YOGA
MESSAGE OF UPANISHADS:	STREAMS OF YOGA
CONCEPT OF DHARMA:	UNITY IN DIVERSITY
CONCEPT OF HEALTH:	PANCA KOSA, I A Y T
PANCA KOSHA OPERATIONS:	ANNAMAYA, PRANAMAYA, MANOMAYA VIJNANAMAYA, ANANDMAYA KOSHAS

#### II - ANATOMY AND PHYSIOLOGY:

1. INTRODUCTION (WHAT IS CELL, TISSUE, ORGAN, SYSTEM AND OVERVIEW OF ALL SYSTEMS.)
2. MUSCULOSKELETAL
3. BLOOD AND LYMPH
4. CARDIO VASCULAR SYSTEM
5. RESPIRATORY SYSTEM
6. DIGESTIVE SYSTEM
7. NERVOUS SYSTEM
8. ENDOCRINE SYSTEM
9. IMMUNE SYSTEM
10. REPRODUCTIVE SYSTEM

#### III - YOGA THERAPY FOR VARIOUS DISEASES:

1. BRONCHIAL ASTHMA AND NASAL ALLERGY
2. DIABETES MELLITUS
3. OBESITY
4. BACK PAIN
5. HYPERTENSION, HEART PROBLEMS(IHD)
6. EPILEPSY
7. GASTRO-INTESTINAL DISORDERS (HYPERACIDITY, CONSTIPATION AND IRRITABLE BOWEL SYNDROME)
8. ARTHRITIS
9. CANCER
10. MENSTRUAL DISORDERS (HEAVY PERIODS)
11. MENSTRUAL DISORDERS (SCANTY OR DELAYED CYCLE)
12. PSYCHIATRIC DISORDERS
13. MIGRAINE HEADACHE
14. PROMOTION OF POSITIVE HEALTH

#### IV - DISSERTATION:

THE FORMAT OF THE DISSERTATION SHALL BE DISCUSSED IN THE COURSE.

#### V - PRANOPACHAR (HEALING THROUGH PRANA)- DEFINATION, CONCEPT, CHAKRAS, METHOD ETC.

#### VI - SET OF NINE EXERCISES TO KEEP BODY FIT.



**WASABI YOGA**  
**DIPLOMA IN YOGA THERAPY (DYT)**

CERTIFIED BY  
**INSTITUTE OF VIVEKANANDA YOGA AND  
RESEARCH DEVELOPMENT, INDIA**

---

## PRACTICES

### **I - BASIC SET USED IN YOGA THERAPY PRACTICES**

1. KRIYAS
2. ASANAS
3. BANDHAS
4. BREATHING PRACTICES
5. PRANAYAMA,
6. MEDITATION (OMKAR MEDITATION)
7. CYCLIC MEDITATION
8. DHARANA (TRATAKA)

### **II - SPECIAL TECHNIQUES FOR TREATING DIFFERENT AILMENTS**

1. BRONCHIAL ASTHMA AND NASAL ALLERGY
2. DIABETES MELLITUS
3. OBESITY
4. BACK PAIN
5. HYPERTENSION, HEART PROBLEMS (IHD)
6. EPILEPSY
7. GASTRO-INTESTINAL-DISORDERS (HYPERACIDITY, CONSTIPATION AND IRRITABLE BOWEL SYNDROME)
8. ARTHRITIS
9. CANCER
10. MENSTRUAL DISORDERS (HEAVY PERIODS)
11. MENSTRUAL DISORDERS (SCANTY OR DELAYED CYCLE)
12. PSYCHIATRIC DISORDERS
13. MIGRAINE HEADACHE
14. PROMOTION OF POSITIVE HEALTH

### **III - ADVANCED TECHNIQUES OF YOGA THERAPY**

1. CYCLIC MEDITATION (CM)
2. PRANIC ENERGISATION TECHNIQUE (PET)
3. MIND SOUND RESONANCE TECHNIQUE (MSRT)
4. ADVANCED YOGASANA
5. PRANAYAMA, BANDHAS MUDRAS AND KRIYAS

### **IV - YOGIC COUNCELLING TECHNIQUES**

COUNSELLING TECHNIQUES AND TEACHING METHODS.

### **V- PRANOPACHAR PRACTICE FOR DIFFERENT ELEMENTS**

### **VI- PRACTICE OF NINE EXERCISES**

FOR MORE INFORMATION, PLEASE CONTACT WASABI YOGA  
GWEN +65 6534 3454  
WWW.WASABIYOGA.COM