ABSKM YOGA — 4-YEAR FULL SYLLABUS

PRACTICAL • VIVA • THEORY • INTERNSHIP • TEACHING PORTFOLIO

Year	Course / Level	Focus
First Year	Certificate Course in Yoga	Foundation Yoga
Second Year	Diploma Level (Intermediate) in Yoga	Intermediate Yoga Practice & Theory
Third Year	Advanced Diploma in Yoga	Advanced Practice, Teaching & Theory
Fourth Year	Professional Diploma in Yoga	Professional Teaching, Internship & Portfolio

GENERAL GUIDELINES

• The syllabus progresses from foundational Yoga practice to advanced teaching and professional portfolio development.

• Practical assessment emphasizes posture, alignment, breathing awareness, sequencing, discipline, demonstration and teaching skills.

• Viva may include identification, short explanations, demonstrations and discussion of teaching practice.
• Theory focuses on essential Yoga concepts appropriate to each year.

• Yoga practices should be taught according to individual ability, with appropriate supervision and safety precautions.

• The fourth year includes supervised internship / teaching practice, documentation and final teaching portfolio.

FIRST YEAR — Certificate Course in Yoga

Foundation Level — Yoga

THEORY

• Introduction to Yoga: meaning, purpose, history and basic principles.

• Introduction to basic yogic lifestyle, discipline and practice precautions.

• Basic concepts of Asana, Pranayama, relaxation and meditation.

• Introduction to Surya Namaskar and basic cleansing practices.

• Basicanatomy andalignment concepts relevant to safe yoga practice.

PRACTICAL SYLLABUS

• Basic standing, sitting, kneeling and supine asanas.

• Foundational asanas: Tadasana, Vrikshasana, Trikonasana, Vajrasana, Bhujangasana, Shalabhasana, Setu Bandhasana and simple variations.

• Basic Surya Namaskar practice with correct sequence and breathing awareness.

• Basic breathing practices and introductory Pranayama under guidance.

• Simple relaxation practices including Shavasana and breath awareness.

• Basic concentration and introductory meditation practice.

• Basic flexibility, balance and posture-development exercises.

• Daily practice routine and maintenance of a simple practice record.

VIVA

• Identify basic asanas and their names.

• Explain basic principles of Yoga and correct posture.

• Demonstrate Surya Namaskar sequence.

• Explain basic breathing and relaxation practices.

ASSESSMENT

Component	Marks
Practical	100
Viva	—
Theory	—
Internship	—
TOTAL	100

SECOND YEAR — Diploma Level (Intermediate) in Yoga

IntermediateYogaPractice&Theory

THEORY

- Development of Yoga through major traditional approaches.
- Principles of asana, pranayama, dharana and meditation.
- Basic anatomy: spine, joints, muscles and posture awareness.
- Introduction to yogic diet, daily routine and healthy practice habits.
- Safety,contraindications andresponsible practice of Yoga.

PRACTICAL SYLLABUS

- Intermediate standing, balancing, seated, forward-bending and back-bending asanas.
- Systematic practice of selected asanas with alignment, breathing and stability.
- Surya Namaskar with improved coordination and controlled breathing.
- Intermediate Pranayama practices such as Anulom-Vilom and Bhramari under supervision.
- Bandha and basic mudra awareness at an introductory level.
- Guided relaxation and meditation practices.
- Basic sequencing of a 30–40 minute Yoga session.
- Maintenance of practice diary and self-observation record.

VIVA

- Explain basic anatomy and posture alignment.
- Identify selected asanas and their benefits in general terms.
- Demonstrate a basic Pranayama technique with correct procedure.
- Explain principles of safe and disciplined Yoga practice.

ASSESSMENT

Component	Marks
Practical	100
Viva	—
Theory	—
Internship	—
TOTAL	100

THIRD YEAR — Advanced Diploma in Yoga

Advanced Yoga Practice, Teaching & Theory

THEORY

• Advanced principles of Yoga philosophy and practice.

• Applied anatomy and biomechanics for Yoga teachers.

• Advanced asana sequencing, alignment and modification.

• Pranayama, concentration and meditation methodology.

• Introduction tolessonplanning, teaching skills and student observation.

PRACTICAL SYLLABUS

• Advanced asana practice with appropriate variations and modifications.

• Balanced sequences combining standing, seated, twisting, balancing and restorative postures.

• Advanced Surya Namaskar variations and sequencing.

• Systematic Pranayama practice with breath awareness and appropriate precautions.

• Mudra, bandha and concentration practices at an appropriate level.

• Guided meditation and relaxation session planning.

• Preparation and delivery of 30–45 minute supervised Yoga classes.

• Observation and correction of basic alignment errors.

• Preparation of a teaching/practice portfolio with session plans and records.

VIVA

• Explain sequencing and alignment principles.

• Discuss applied anatomy relevant to common Yoga postures.

• Demonstrate selected asanas and Pranayama techniques.

• Explain basic teaching methodology and class planning.

• Oral analysis of a supervised teaching session.

ASSESSMENT

Component	Marks
Practical	100
Viva	35
Theory	15
Internship	—
TOTAL	150

FOURTH YEAR — Professional Diploma in Yoga

Professional Yoga Teaching, Practice & Portfolio

THEORY

• Advanced Yoga philosophy, teaching methodology and professional practice.

• Advanced anatomy, alignment, modifications and safe class management.

• Pranayama, meditation and relaxation teaching methodology.

• Class planning, student assessment, documentation and professional ethics.

• Portfoliodevelopment, demonstration and professional presentation.

PRACTICAL SYLLABUS

• Independent planning and delivery of structured Yoga sessions.

• Professional-level sequencing for beginner, intermediate and mixed-level groups.

• Advanced asana demonstrations with appropriate modifications.

• Pranayama and guided relaxation/meditation session delivery.

• Teaching demonstration with warm-up, main sequence, cool-down and relaxation.

• Observation, correction and communication skills for students.

• Development of themed Yoga sessions and practice plans.

• Maintenance of teaching records, attendance, lesson plans and reflective notes.

• Finalprofessional Yoga teaching portfolio and practical demonstration.

VIVA

• Explain the concept and structure of the final teaching portfolio.

• Discuss safe sequencing, alignment and appropriate modifications.

• Critically evaluate a Yoga session and teaching approach.

• Explain professional ethics, documentation and student assessment.

• Demonstrateteachingand correctionmethods.

INTERNSHIP / TEACHING PORTFOLIO

• Supervised Yoga teaching internship with class plans, attendance and activity records.

• Observation of teaching sessions and documentation of student practice.

• Final professional teaching portfolio and practical demonstration.

ASSESSMENT

Component	Marks
Practical	100
Viva	35
Theory	15
Internship / Portfolio	100
TOTAL	250