



SYLLABUS

Level	Program	Syllabus
TYP-1 Std. VI	Yoga of Divine Awareness (Dhyan Yoga)	Eight fold Parth of Lord Buddha, Meditations (Kundalini, Rebirth, Leela, Dynamic, Sanjeevani, Vipassana, Anapansati Yoga, Brahmanaad, Suprabhat, Who am I), Divine Sound, Ajapa Jap, Ajapa Sumiran, Ajapa Samadhi
TYP-2 Std. VII	Yoga of Divine Sound (Surati Yoga)	Divine Sound Remembrance Yoga, Preeti Yoga, Anapan Sati Yoga and Yoga Mudra Chikitsa (Knowledge of 45 Yoga Hand-Postures).
TYP-3 Std. VIII	Yoga of Divine Light (Nirati Yoga)	Divine Light Remembrance, Darshan Yog, Aalok Yog, Shivnetra Yoga, Thrilled living, Tree-viewing, Bird-viewing, Right Living, Right Wisdom, Right Spiritual Practice, Right Diet, Right Relaxation and Right Treatment
TYP-4 Std. IX	Yoga of Divine Elixir (Amrit Yoga)	Divine Elixir Remembrance Yoga, Beyond-death Experience Yoga, Yoga Nidra, Tathata Yoga, What is Friendship? Right Respect, Right Responsibility, Right Appreciation, Right Generosity, Right Forgiveness and Right Wellness
TYP-5 Std. X	Yoga of Divine Consciousness (Chaitanya Yoga)	Divine Peace Remembrance Yoga, Suchness Remembrance Yoga, Ajapa Yoga, Hypnotism Yoga, Health Yoga, Splendor Awareness Yoga, Relationship Yoga, Right Service, Right Prayer, Right Acceptance, Right Shelter, Right Surrender.
TYP-6 Std. XI	Yoga of Divine Energy (Urja Yoga)	Divine Thrill Remembrance Yoga, Power Yoga, Hypnotism Yoga, What is Hansatva (Astuteness)? Right Priority, Right Start, Right Effort, Right Behaviour, Right Cooperation, Right Thrill, Leadership and Right Discretion.
TYP-7 Std. XII	Yoga of Divine Experiences (Divya Yoga)	Divine Wellness Remembrance Yoga, Madir Yoga, Fragrance Yoga, What is bondage? Liberation from Desires, Anger, Greed, Attachment, Jealousy and Hatred. What is Salvation?