

<b>Yogic Wisdom Unveiled- A journey through intersecting philosophies- Course overview</b>	
<i>Course attempts to include all Yogasutra based yoga philosophy aspects of the YCB syllabus up to YCB Level 3</i>	
<b>S.No.</b>	<b>Title &amp; Content</b>
<b>1</b>	<b>Indian philosophical systems - an overview</b> Salient features and branches of 'Bhartiya Darshana Shastra' (Astika and Nastika Darshanas) - Shad-darshanas, Buddhism, Jainism and Charvaka Schools of Indian philosophy
<b>2</b>	<b>Samkhya Darshana- An overview</b> Metaphysics of Samkhya and its relationship with Yoga Darshana of Patanjali, Concept of Tapatrayas, Satkaryavada, Evolution, Purusha & Prakrati, Twenty-five entities according to Samkhya; Relationship between Samkya and Yoga Darshana
<b>3</b>	<b>Yoga sutra</b> 1. <i>Principles of Yoga</i> (Triguna, Antahkarana-Chatustaya, Tri-ShariraPanchakosha Concept of Anthakaranas, Chitta, Chitta-Bhumis. Concept of, chitta-vritti, chitta-vritti-nirodhopaya, Chitta- Vikshepas (Antarayas) and concept of chitta-prasadanam, Relevance of Chitta- prasadanam in Yoga Sadhana. 2. <i>Therapeutic aspect of Yoga</i> Meaning and definition of Health and Disease, Concept of Aadhi and Vyadhi, Yoga as a preventive Health care- Heyam dukham anagamam. 3. <i>Concept of God</i> Ishwara as Purusha Vishesha and Ishwara Pranidhana, Concept of Ishwar and its relevance in Yogasadhana, Qualities of Ishwar, Ishwaraparidhana. 4. <i>Types and nature of Samadhi</i> in Yoga Sutra, Ritambharaprajna and Adhyatmaprasada; Difference between Samapatti and Samadhi. Essence of Kaivalya in Yoga Sutras of Patanjali - Concept of Kaivalya, Dharmamegha Samadhi 5. <i>Kriya Yoga of Patanjali</i> , Concept of Kleshas, Heya, Hetu, Haana and Hanopaya, Viveka-khyati; Significance of each limb of Ashtanga Yoga. 6. <i>Mystical dimensions</i> . attainment of siddhis and vibhutis- Concept of Vibhutis, Ashtha Siddhis and their relevance in Yoga Sadhana, concept of Parinamas and their relevance in Yoga Sadhana
<b>4</b>	<b>Yoga in Upanishads</b> Tracing and connecting yoga philosophy with Vedanta in the Upanishads. Antahkarana - Chatustaya, Tri-Sharira, Panchakosha.
<b>5</b>	<b>Bhagavad Geeta- an overview</b> Context of the Bhagavad Geeta (Mahabharata), Message of the Bhagavad Geeta
<b>6</b>	<b>Yoga in Bhagavad Geeta</b> Principles and practices of Gyan yoga, Karma yoga, Bhakti yoga and Rajayoga
<b>7</b>	<b>Meditative techniques (1) - (Meditation in the Yoga sutras )</b> Chanting and meditation on Om/Pranav
<b>8</b>	<b>Buddhism- Salient features &amp; Meditative techniques (2) - (Meditation in Buddhism)</b> Origination of Buddhism (Foundational concepts - Hinayana, Mahayana etc.), Concept of Aryasatyas (four noble truths), Arya Ashtangic Marg, Vipassna and its philosophical foundation
<b>9</b>	<b>Jainism- Salient features &amp; Meditative techniques (3) - (Meditation in Jainism)</b> Syadvada (theory of seven-fold predicates); Concept of Kayotsarga / Preksha meditation/ Preksha Dhyana and its philosophical foundation