

How to prepare yourself for the Examination of Yoga Certification Course level – 1, 2 and 3

- Go through your respective syllabus first and then prepare yourself for each topic.
- Always go through the standard text book. Try to avoid reading the study matter uploaded by someone on Google or other databases. In case of research, read the article published in an authentic journal.
- Use flow charts and diagrams for better understanding and keeping the materials in long term memory.
- Start practicing asanas, pranayamas, mudras, bandhas etc. under the expert supervision first and after proper learning by your own.
- During each practice, keep in mind about stability, breathing pattern, awareness, relaxation, counter pose etc.
- For each practice, you should know about meaning of the practice, prescribed method, contraindications and precautions, applications in daily life/therapeutic benefits (based on evidence) etc.
- Do regular study and practice as practice will make you perfect.