

## **Institute of Hasyayoga India**

### **Syllabus for Two Months Correspondence training Course for Hasyayoga**

Study & practice of Hasyayoga & laughter therapy includes Anatomy, Mudra Vigyan basic, Basics of Naturopathy, Hasyadhyan up to III level, Six Sopan of Hasyayoga through correspondence, CDs & study materials, video conferencing etc.

1. Basic concepts of Anatomy - Cells, Tissues, Organs, Organs Systems, Regions, Whole Body, Internal Systems
2. Hasyayoga Sanhita – Aachman, Aachran, Hasyasana, Samvardhan, Dhyan, Maun
3. Hasyayog Vigyan
  - a. Principals of Hasyayoga – Laugh for no reason, Motion creates emotions- emotions creates motions, Fake it fake it till make it, Community Laugh
  - b. Magic of Hasyayoga – Ho Ho Ha Ha Ha
  - c. Breathing Technique
  - d. Classification of Hasyayoga Kiryas (Hasyasana)
  - e. Dhyan Practice (Laughter Meditation)
  - f. Hasyayoga for Youth
  - g. Hasyayoga for Corporate
  - h. Hasyayoga for Women
  - i. Hasyayoga for physically challenged, Senior Citizens etc.
4. Science rational of Laughter Therapy – Meaning of Swastha by Ayurveda, WHO, Geeta etc.; Laughter Therapy & Stress Management; Scientific effects

of Hasyayoga on mind, body & soul; History & researches' on laughter Therapy

5. Spiritual aspect of Hasyayoga (satchitananda)
6. Five sheath of Body & Hasyayoga
7. Practical aspect of Hasyayoga Kiryas (HASYASANA)
  - a. Asan-Yogasan-Yog/Hasya-Hasyasana-Hasyayoga
  - b. Pranpradhan Hasyasana (Breathing based Hasyayoga exercises)
  - c. Shashirpradhan Hasyasana (Body Based Hasyayoga exercises)
  - d. Bhavpradhan Hasyasana (Emotion Based Hasyayoga exercises)
  - e. Sampurana Hasayasana (Complete Hasyayoga exercises)
  - f. Hasyadhyan Practices
  - g. Hasyautsav
  - h. Prathna
  - i. Hasyayoga Shlok
  - j. Three Bandha & two Kumbhak
  - k. 16:64:32:64 & 16:32:64
8. Basic Concepts of Mudra Vigyan – Five elements & Mudras
9. Basic concepts of naturopathy linked with Hasyayoga – five elements

### Ref. Books/CDs for study material:

1. **Hasyayoga Sanhita** by Hasyayoga Guru Jiten Kohi
2. Hasyayoga Vigyan by Hasyayoga Guru Jiten Kohi

3. Urja Ke Panch Strot & hasya by Guru Jiten Kohi
4. **Introduction of Hasyayoga** by Guru Jiten Kohi
5. Hasyayoga Qtly magazine by Hasyayoga Prakasan
6. DVD/CDs of Guru Jiten Kohi

**Hasayasana Part –I & Part-II, Hasyadhyana, Hasyam Health Tips,**  
Laugh away Stress, Hanse De India etc.

7. Book on Naturopathy by Dr Nagendra Neeraj
8. Yog Pradeep
9. Patanjali Yog sutra by Dr Karambelkar (Kaivalyadhama Yoga Institute)
10. Books on Mudra Vigyan by HH Achaya Keshav Dev

### Examination:

1. Theoretical two papers at the end a test mail will send with time limit in advance thereafter the question paper will send through mail candidate has to complete the paper & mail back within stipulated time):-
  - a. Ist Paper on Naturopathy 20 Marks
  - b. IInd Paper on anatomy 20 Marks
  - c. IIIrd Paper on Hasyayoga 60 Marks

(Re-exam for the candidate could not succeed in test 30 days after Ist Schedule)

2. Practical exam – make your short video on Hasyasana 1from each category & send/Mail/Video conferences 50 Marks

Passing marks should be 50% in total and 40% in each paper.

### Certification:

A certificate will be issued along with fellow membership after completion of course & Success in examination.