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SKM YOGA TRAINER MANUAL

GUIDELINES FOR YOGA TRAINERS OF SKM YOGA





A LETTER TO YOGA MASTERS

Yoga is not just a practice, it is our dharma, a gift that has been passed down to us from our ancestors and sages. We have been entrusted with the responsibility of preserving and sharing this sacred science with the new generations. Just as we have received the wisdom and knowledge of yoga, it is our duty to ensure that it is passed on, undiluted and pure, to those who come after us. In the current times, there is a growing need for yoga and its benefits. People are seeking solace, peace, and healing through the practice of yoga. It is our opportunity to spread positivity and make a difference in the lives of others. By teaching yoga, we have the power to bring about positive transformations and create a ripple effect of well-being. However, as we embark on this journey, it is essential to remain steadfast in our commitment to the core principles of yoga. While it is crucial to adapt to the changing times and cater to the needs of our students, we must never lose sight of the essence of yoga. We are like soldiers, standing guard and protecting the ideology of yoga from being diluted or distorted. In recent times, there has been a surge of individuals who claim to be yogis but lack a deep understanding of its true essence. They are making changes to this sacred science without realizing the impact it may have on future generations. It is our responsibility to guide them and educate them about the authentic teachings of yoga. Let us come together as a community of yoga teachers and support one another in our mission. Share your knowledge, experiences, and insights with fellow teachers. Attend workshops, retreats, and conferences to deepen your understanding and refine your teaching skills. Together, we can ensure that the legacy of yoga continues to thrive and inspire generations to come. Remember, dear yoga teachers, you are the torchbearers of this ancient wisdom. Embrace your role with passion and dedication. Let us collectively spread the light of yoga far and wide, touching lives and making a positive impact. With gratitude and encouragement,

DR SHIVAM MISHRA

DIRECTOR & FOUNDER SKM YOGA



VALUES OF SKM YOGA

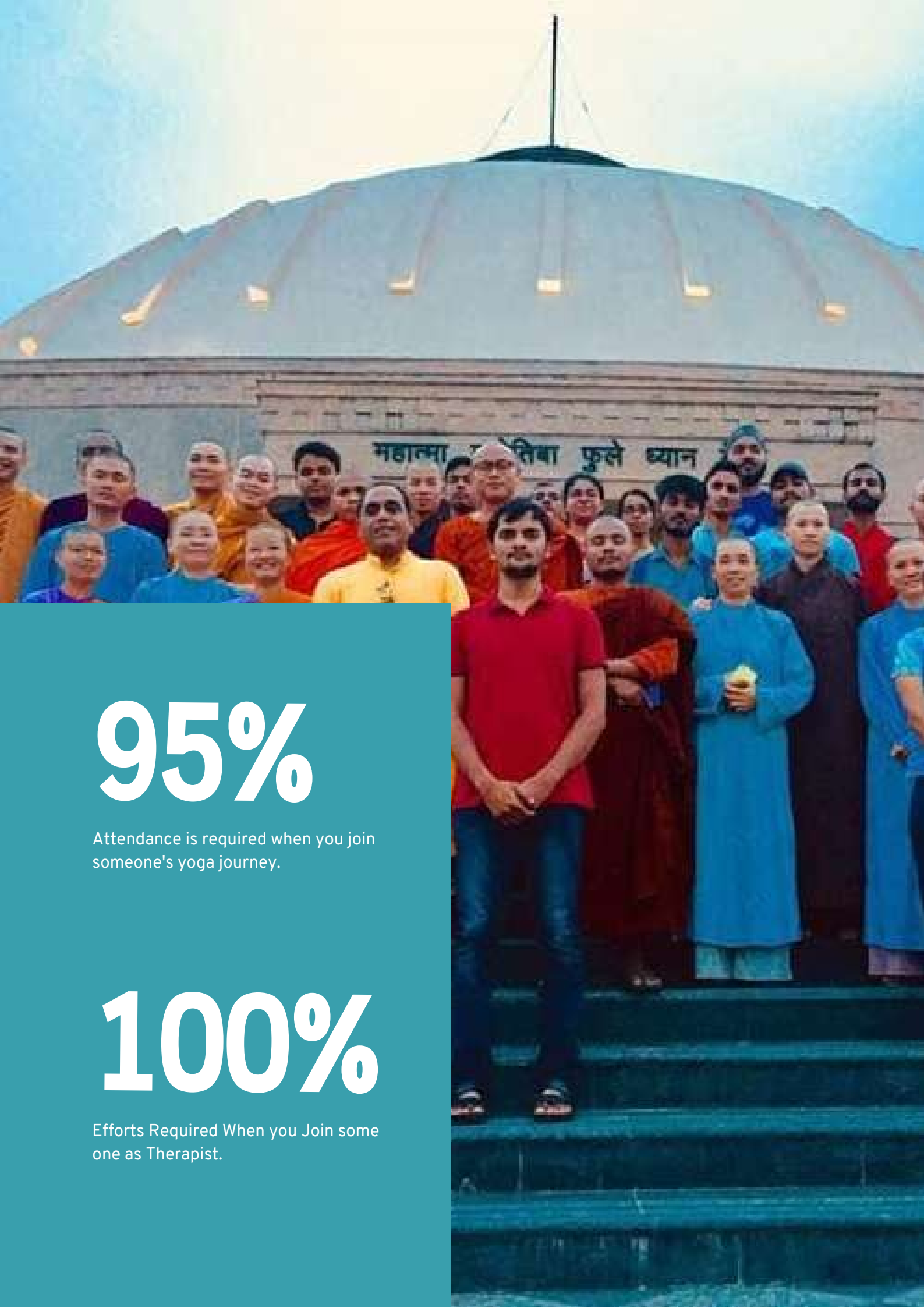
At SKM Yoga, we believe that spirituality is an integral part of teaching yoga. We encourage you to not only focus on the physical aspects of the practice but also delve into the deeper spiritual dimensions. By infusing your classes with a sense of mindfulness and connection to the divine, you can create a transformative experience for your students. Another key value we hold dear is the belief that the client is like God. Each individual who walks through our doors is unique and deserving of our utmost respect and care. By treating our clients with reverence and compassion, we create an environment where they feel safe, supported, and inspired to explore their yoga journey. Lastly, we consider ourselves as soldiers of Yoga. This means that we approach our teaching with dedication, discipline, and a strong sense of purpose. We strive to embody the principles of yoga in our own lives and continuously deepen our knowledge and understanding of this ancient practice. By constantly evolving and staying committed to our own growth, we can better serve our students and empower them on their own yogic paths.

ROLES AS YOGA TRAINER

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We believe that the role of yoga teachers in anyone's life is just as important as that of a Guru. We come from a rich lineage of Gurus and firmly believe that the Guru is even bigger than God. This belief is at the core of everything we do, and we encourage our trainers to keep it in mind as well. At SKM Yoga, we strive to create an environment where our teachers can truly shine and make a profound impact on the lives of our students. We understand that dress, words, behaviour, body language, and teachings all play a crucial role in being a prominent scholar in the field of yoga. We aim to provide the support and resources needed to become the best version of a yoga trainer. Joining us at SKM Yoga means being a part of a community that values growth, learning, and making a positive difference. We believe that each yoga teacher has a unique gift to offer, and we encourage you to share your knowledge and passion with our students. Together, we can create a nurturing and inspiring space for individuals to embark on their yoga journey. If you choose to join us, you will have access to a wide range of resources, including workshops, training sessions, and a supportive network of fellow yoga teachers. We believe in continuous learning and growth, and we are committed to providing you with opportunities to expand your knowledge and refine your teaching skills. So, dear Yoga Teachers, I invite you to take a leap of faith and join us at SKM Yoga. Together, let's make a difference in the lives of our students and continue the legacy of our Guru Parampara. We are excited to welcome you as a valued member of our team.





95%

Attendance is required when you join someone's yoga journey.

100%

Efforts Required When you Join some one as Therapist.

CLASS DESIGN

At SKM Yoga, we believe in creating classes that are not only physically beneficial but also mentally and emotionally uplifting. That's why we have developed a unique approach based on the concept of the 5 Ps: person, place, palliative capability in yoga, pedagogy, and perpetuation. Let's start with the first P - person. We firmly believe that each individual who walks into our yoga classes is unique and deserves personalized attention. By taking the time to understand our students' needs, limitations, and goals, we can tailor our classes to meet their individual requirements. Whether it's modifying certain postures or providing alternative options, we aim to create an inclusive and empowering environment for everyone. Next, let's talk about the place. The ambience plays a crucial role in setting the right mood for a yoga class. We strive to create a peaceful and serene space that allows our students to disconnect from the outside world and fully immerse themselves in their practice. From soothing music to soft lighting, every little detail is carefully curated to create a tranquil atmosphere where our students can find solace. Moving on to the third P - palliative capability in yoga. We firmly believe that yoga is not just a physical practice but also a powerful tool for healing and self-care. Our classes incorporate elements of mindfulness, breathwork, and meditation to help our students find balance and harmony within themselves. By nurturing their mental and emotional well-being, we hope to empower them to overcome any challenges they may face on and off the mat. Now let's discuss the fourth P - pedagogy. As yoga teachers, it is our responsibility to create engaging and informative classes that resonate with our students. We continuously strive to expand our knowledge and keep ourselves updated with the latest research and developments in the field of yoga. By incorporating new techniques, variations, and themes into our classes, we aim to provide a dynamic and enriching experience for our students. Last but not least, the fifth P - perpetuate. At SKM Yoga, we believe that yoga is a lifelong journey, and our classes are designed to inspire a long-term commitment to the practice. We encourage our students to integrate yoga into their daily lives and carry the lessons learned on the



CLIENT NEED IDENTIFICATION

an essential aspect of our yoga teaching practice – Client Need Identification (CNI). As yoga teachers, we have the privilege of guiding our clients on their individual journeys towards physical and mental well-being. However, it is crucial to recognize that the needs of our clients may differ from their own perceived needs. To truly make a positive impact, we must understand and address their body's unique requirements. Drawing from ancient wisdom and incorporating extensive research, we can ensure that we fulfill the body's needs and provide the best possible experience for our clients. By doing so, we not only satisfy their expectations but also help them realize the true potential of their practice. To begin, I encourage you to take the time to communicate with your clients and understand their goals, challenges, and any physical limitations they may have. This will enable you to tailor your teaching approach and design personalized sessions that address their specific needs. Remember, every body is different, and what works for one person may not work for another. By embracing this understanding, we can create a safe and inclusive space for everyone to thrive in their practice. Additionally, I urge you to continue expanding your knowledge through ongoing education and research. Stay updated with the latest developments in yoga therapy, anatomy, and physiology. This will equip you with the tools necessary to adapt and modify yoga practices to suit your clients' unique requirements. Lastly, let's foster a culture of open communication among our yoga community. By sharing our experiences, insights, and challenges, we can collectively grow and improve as yoga teachers. Consider attending workshops, joining online forums, or participating in local yoga meet-ups to connect with like-minded individuals and gain fresh perspectives. In conclusion, dear yoga teachers, let us embrace the importance of Client Need Identification (CNI) in our teaching practice. By striving to understand and fulfill our clients' body needs, we can create a transformative experience that goes beyond their expectations.



CLIENT'S MEDICAL REPORT

we strongly believe in teaching yoga classes with a medical perspective to ensure the well-being and safety of our clients. To further enhance our commitment to providing a holistic approach to yoga, it is essential for us to have sufficient medical reports of our clients. These reports help us understand their medical conditions, limitations, and any specific requirements they may have during their yoga practice. Make Sure we have access to both the one-year history of medical reports and the current medical reports of our clients. This will enable us to tailor our yoga classes to their individual needs and ensure that they receive the utmost care and attention. Having access to these medical reports will not only benefit our clients but also allow us to create a safe and effective yoga environment. By understanding their medical history, we can modify the practice accordingly, avoiding any poses or sequences that may be contraindicated for certain conditions.



REPORT ANALYSIS

At our yoga center, we are fortunate to have a team of expert yoga masters, senior researchers, and medical practitioners. With their combined knowledge and expertise, we are able to provide the best possible guidance and support to our clients. One crucial aspect of our approach is the analysis of medical reports. By having access to appropriate medical information, we can create a comprehensive report and make informed decisions about the selection of asanas for each client. This ensures that we tailor their yoga practice to their specific needs and health conditions. The analysis of medical reports allows us to understand any underlying medical conditions, injuries, or limitations that our clients may have. Armed with this knowledge, we can design a yoga program that takes into consideration their individual requirements and helps them achieve their health and wellness goals. Our team is well-versed in interpreting medical reports and understands the significance of each detail. We take into account factors such as previous surgeries, chronic conditions, and any contraindications that may affect the client's ability to perform certain poses. This attention to detail ensures that our clients receive a safe and effective yoga practice that promotes their overall well-being. I wanted to emphasize the importance of providing us with accurate and up-to-date medical reports for each client. This information is vital in helping us create a personalized yoga program that addresses their unique needs and ensures a positive and transformative experience.



GOAL SETTING

After carefully analyzing the medical reports of our clients, we developed a comprehensive weekly plan that encompasses various aspects of yoga. This includes the selection of Asanas, Pranayama techniques, Mudras, Bandhas, Kriyas, Shatkarmas, meditation practices, dietary recommendations, and other remedies that are relevant to each individual's needs. We are confident that this well-rounded approach will not only contribute to the overall well-being of our clients but also help them achieve their specific health and fitness goals. By incorporating a variety of yoga practices, we can ensure a holistic experience that nurtures both the body and mind. In addition to the physical practices, we have also included guidelines for a healthy and balanced diet. Nutrition plays a crucial role in supporting the body's natural healing processes, and we believe that by integrating dietary recommendations into our yoga classes, we can further enhance the positive outcomes for our clients. We understand the importance of consistency and progression in our yoga classes. Therefore, we have designed the plan in a way that allows for gradual progression and adaptation over time. This will enable our clients to continuously challenge themselves and witness tangible improvements in their physical and mental well-being. I would love to discuss this plan with you in more detail during our next meeting. Your expertise and guidance are invaluable in ensuring that our clients receive the best possible yoga experience.



RESULT SCALE

Every 10th Yoga session is dedicated to measuring the incredible results our clients have achieved. We have been diligently tracking and analyzing the changes in their bodies, minds, and behaviours throughout their yoga journey. And let me tell you, the transformations have been truly remarkable! Our dedicated team of experts has been working tirelessly to gather and interpret the data collected from our clients. They have been studying the progress made by each individual, taking into consideration their goals, challenges, and unique circumstances. This thorough analysis allows us to make informed decisions about their next steps and set new exciting goals.



DON'TS AT YOGA CLASS

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some important instructions and guidelines for our yoga trainers to ensure a professional and positive experience for both our clients and trainers.

1. Never eat anything at clients' houses: It is essential to maintain a boundary between personal and professional life. We kindly request that you refrain from accepting any food or beverages offered by our clients during your sessions.

2. Never discuss your problems with clients: While it is important to build a friendly rapport with our clients, it is equally crucial to maintain professionalism. I urge you to refrain from discussing personal issues or problems with our clients, as this might create an uncomfortable environment.

3. Never take money in cash: For transparency and record-keeping purposes, we strictly adhere to receiving payments through our authorized payment channels. Please ensure that you do not accept any cash payments directly from our clients. 4. Never accept gifts or borrowing items: In order to maintain professional boundaries, it is important to politely decline any gifts or borrowing items offered by our clients. This will help avoid any potential conflicts of interest or favouritism.

5. Never enter clients' homes with your shoes: To show respect for our client's personal space and maintain cleanliness, I kindly request that you remove your shoes before entering their homes. This small gesture will be greatly appreciated by our clients.

6. Never go to teach yoga without bathing: Maintaining personal hygiene is of utmost importance to ensure a pleasant experience for our clients. Please make it a priority to take a shower before each session to ensure that you are clean and fresh.

7. Never touch clients' bodies unwillingly or any non-official place of the body: As professional yoga trainers, it is crucial to respect personal boundaries. Always seek permission before making any physical adjustments or corrections during the sessions and focus solely on the official areas of the body.

8. Never take personal photos with clients: To maintain professionalism and respect for privacy, I kindly request that you refrain from taking any personal photos with our clients. This will help us maintain a healthy and professional relationship with them.

9. Never become too personal with clients: While building a personal connection with our clients is important, it is equally important to maintain a professional distance. Avoid getting too personal or crossing boundaries during your interactions with clients. By adhering to these instructions, we can ensure that our clients have a positive experience and feel



DO'S AT YOGA CLASS

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we maintain professionalism and provide the best experience for our clients. Please take note of the following guidelines:

1. **Professional Behavior:** It is crucial that we always behave professionally with our clients. However, please keep in mind that there are certain exceptions. Clients who are children, elderly, or psychiatric patients require special care and attention. In such cases, please adopt a compassionate and empathetic approach, treating them as you would a doctor, guru, and master.
2. **Punctuality:** It is essential that you arrive at the yoga class on time. Being punctual not only demonstrates respect towards our clients' time but also sets a positive tone for the session. Please plan your schedule accordingly to ensure you can consistently arrive on time.
3. **Extended Class Duration:** To provide additional value to our clients, I kindly request that you finish the class by giving an extra five minutes. This gesture will be appreciated by our clients and will help create a positive impression of our services.
4. **Client Engagement:** In order to better understand our clients' needs and provide personalized guidance, I encourage you to engage in conversations with them. Take the time to listen to their life problems and provide guidance wherever possible. This will help establish a strong rapport and enhance the overall experience for our clients.
5. **Dress Code:** For yoga classes, please adhere to the dress code by wearing either a kurta or tracksuit. This will ensure a professional appearance and align with the expectations of our clients.
6. **Personal Hygiene:** Maintaining good personal hygiene is essential in our line of work. I kindly request that you always use a pleasant fragrance perfume to ensure a pleasant and comfortable environment for our clients.
7. **Spiritual Growth:** As yoga trainers, it is important for us to go beyond mere materialistic practices and strive for spiritual growth. I encourage you to explore and deepen your spiritual journey, as it will benefit both you and our clients.
8. **Client Reviews:** To continually improve our services and attract new clients, I request that you kindly ask our clients to share their feedback on social media platforms. Positive reviews will not only enhance our reputation but also act as a testament to the quality of our yoga classes.





Mantra For Yoga Class



- 1. Om Chanting: We can start the class by chanting the sacred syllable "Om" three times. This powerful mantra is known to create a sense of unity and connect us with divine energy.
- 2. Gayatri Mantra: The Gayatri mantra, "Om Bhur Bhuvah Swah, Tat-savitur Varenyam Bhargo Devasya Dhimahi, Dhiyo Yonah Prachodayat," is a universal prayer that invokes the divine light and wisdom. It can help us to enhance our focus and uplift our spirits.
- 3. Tryambakam Mantra: The Tryambakam mantra, also known as the Maha Mrityunjaya mantra, is a powerful healing mantra that promotes physical and mental well-being. Its chant, "Om Tryambakam Yajamahe, Sugandhim Pushti Vardhanam, Urvarukamiva Bandhanam, Mrityor Mukshiyā Maamritam," can be incorporated to promote a sense of relaxation and tranquillity.
- 4. Swastivachan: The Swastivachan mantra, "Om Swasti Na Indro Vriddhashravah, Swasti Nah Pooshah Vishvavedah, Swasti Nastarkshyo Arishtanemih, Swasti No Brihaspatir Dadhatu," is a traditional Vedic chant that invokes blessings and prosperity. It can infuse our yoga class with positive vibrations and a sense of abundance.
- 5. Shanti Mantra: Lastly, we can conclude our class with the Shanti mantra, "Om Sarveshaam Swastir Bhavatu, Sarveshaam Shantir Bhavatu, Sarveshaam Purnam Bhavatu, Sarveshaam Mangalam Bhavatu," which seeks peace, harmony, and well-being for



BOOKS RECOMMENDATIONS

As we continue our efforts to provide the best resources and support to our clients, it is essential that we offer them valuable insights and knowledge through recommended readings. After careful consideration, I would like to suggest the following writers and their books for our clients:

1. Pt Shri Ram Sharma Acharya: Known for his profound wisdom and spiritual guidance, Pt Shri Ram Sharma Acharya has authored several books that delve into various aspects of personal development, meditation, and self-realization. His works, such as "Divya Prerna Prakash" and "Pragya Abhiyan", offer deep insights into spiritual growth and the power of positive thinking.
2. Dr. Pranav Pandya: A renowned figure in the field of holistic health and spirituality, Dr. Pranav Pandya has written extensively on the subject. His books, including "The Science of Yoga and Spirituality" and "The Power of Positive Thinking", provide practical guidance on incorporating yoga and meditation into daily life for overall well-being.
3. Bihar School of Yoga: The Bihar School of Yoga has been a leading institution in the field of yoga and meditation. Their publications, such as "Yoga Nidra" and "Asana Pranayama Mudra Bandha", offer comprehensive guides to different aspects of yoga practice, including postures, breathing techniques, and meditation.
4. Kaivalyadhama Lonavala Books: Kaivalyadhama, a revered yoga institution, has published numerous books that cover a wide range of topics related to yoga, philosophy, and well-being. Their books, like "Yoga: A Scientific Approach" and "Yoga and Health", provide valuable insights into the practice of yoga and its benefits for physical and mental health.
5. The Yoga Institute Books: The Yoga Institute, one of the oldest yoga centers in the world, has published books that focus on the traditional and authentic teachings of yoga. Their publications, such as "Yoga: Its Philosophy and Practice" and "Yoga: The Path to Holistic Health", offer guidance on integrating yoga into one's lifestyle for overall wellness. I believe that recommending these books to our clients will not only enhance their knowledge but also empower them to embark on a journey of self-discovery and personal growth. By incorporating the wisdom and practices



DIET RECOMMENDATIONS

the availability of a team of dietitians who can provide valuable assistance with diet recommendations. If you feel confident in your ability to suggest suitable diets for individuals, we kindly request that you consult with our dietitians to ensure we are providing the best possible dietary plans. Please keep in mind that each individual's body and health report may vary, so it is important to consider their specific needs and requirements. However, you may still have the authority to allow certain items within their diet, taking into account their body and report. By working together with our dietitians, we can create a cohesive and effective approach to dietary recommendations. This collaboration will ultimately benefit our team members and contribute to their overall well-being.



LIFESTYLE RECOMMENDATIONS

As a team, we have the opportunity to make a positive impact on the lives of our clients by guiding them towards a happier and healthier lifestyle. It is essential for us to understand that each client has their own unique set of circumstances and preferences. Therefore, it is important to approach the topic of lifestyle recommendations with sensitivity and open-mindedness. By taking the time to discuss with our clients about their current lifestyle, we can gain valuable insights into their habits, challenges, and aspirations. To begin, I encourage each team member to foster a cooperative and non-judgmental environment when engaging in these discussions. Our clients should feel comfortable expressing their thoughts and concerns, without the fear of being criticized. By actively listening and empathizing, we can build trust and establish a strong foundation for providing effective recommendations. Now, let's delve into some of the best lifestyle choices that can lead to a happy and healthy life. Encourage clients to prioritize regular physical activity, as it not only improves physical health but also boosts mental well-being. Suggest various forms of exercise that align with their interests and abilities, such as walking, swimming, or yoga. In addition, emphasize the importance of maintaining a balanced diet. Encourage clients to consume a variety of nutrient-rich foods, including fruits, vegetables, whole grains, and lean proteins. Advise them to limit their intake of processed foods, refined sugars, and unhealthy fats. Furthermore, highlight the significance of adequate sleep. Lack of sleep can negatively impact both physical and mental health. Encourage clients to establish a consistent sleep schedule and create a relaxing bedtime routine. Lastly, remind clients about the importance of stress management. Suggest techniques such as meditation, deep breathing exercises, or engaging in hobbies and activities that bring joy and relaxation. Remember, our role is to guide and support our clients on their journey towards a happier and healthier lifestyle. By working together as a team, we can make a profound impact on their lives. If you have any further ideas or suggestions regarding lifestyle recommendations, please feel free to share them with the team. Let us collaborate and brainstorm to provide the best possible guidance to our clients.



FROM TEAM SKM YOGA