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Career opportunities in yoga

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Abstract

We are living in a world where people have become more health conscious than they ever were. We can also owe this sudden change due to the nature of jobs and increasing lifestyle diseases. Yoga is an option which not only gets you the required workout but also relaxes you. Yoga is one of the most natural ways of keeping the human body fit and in shape. In simple words, yoga is a Hindu philosophy that teaches a person to experience inner peace by controlling the mind and body. The yoga world has been derived from the Sanskrit word “YUJ” which means “to Yoke (join)” the spirit and physical body together. For the past few years yoga has gained more popularity and now days millions of people practice yoga regularly. There is a great career scope of yoga not only in India but also abroad.

Keywords: Yoga, career, opportunities

Introduction

In simple words, yoga is a Hindu philosophy that teaches a person to experience inner peace by controlling the mind and body. The yoga world has been derived from the Sanskrit word “YUJ” which means “to Yoke (join)” the spirit and physical body together. Yoga is a philosophical doctrine developed in India about 5000 years back based on moral principles, control of postures, control of breathing and control of mind- the aim being keeping the body healthy by developing the right combination between body and mind. Though three most popular aspects of yoga are Asana (control of postures), Pranayama (control of breathing) and Dhyana/meditation (control of mind) - the “moral of guiding principles” are of tremendous importance and they make the back bone of yoga.

“Yoga is a very popular activity among children, athletes and seniors”

We are today living in a world where people have become more health conscious than they ever were. We can also owe this sudden change due to the nature of jobs and increasing Lifestyle diseases. The people are today more at risk as work involves sitting in front of computer screens more than what it used to in the past. Yoga is an option which not only gets you the required workout but also relaxes you. Yoga is one the most natural ways of keeping the human body fit and in shape. It is something that has also spread its wings to most Western countries as well. This natural system which began as back as three thousand years ago has been Maximizing on its benefits and making a difference for most people and enduring them with health and happiness.

Benefits of Yoga

Increase flexibility Maintains Healthy lifestyle

It helps to build muscles strength Gives you Peace of Mind

Increase concentration

Relief from Stress and Anxiety Gaining more control over emotions

Yoga as a career

Mostly professionals who have been sharing their knowledge of the science of meditation and yoga are called yogis or yoga teachers. With the rise in reputation of holistic and alternative medical care, a lot of weight is being given to yoga teachers and so it has resulted in becoming a great career choice.

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Yoga is an ancient art, and a natural way of remaining fit and healthy. It also helps in improving mental health. Curing health related problems naturally is taught as part of the programme. An integral part of yoga is practicing physical exercises (asanas) and breathing exercises (pranayama). Fitness is the call of today's world raising the need for a yoga instructor or teacher on global platform.

Courses and eligibility

Certificate courses

It is a one and a half month course with the eligibility of H S C passed. No age limit for this course.

Bachelor in Arts (yoga philosophy)

Duration of this course will be three years with the eligibility of 12th from any stream securing minimum 45% marks.

UG diploma in Yoga education

It is a one year duration course with 6 month internship with the eligibility of graduate from any stream with a certificate in Yoga.

M.A/M.Sc. in Yoga therapy

It is a two year duration course with the eligibility of minimum graduation from any stream and BSc in Yoga therapy.

Advanced yoga teachers training course in Yoga

One month duration course with eligibility of certificate, diploma or graduation in Yoga with two years teaching experience in Yoga.

Career opportunities in Yoga

After completing ones education, a student of yoga Science can look for jobs in the following areas:-

Research officer yoga and Naturopathy Yoga aerobics instructor

Assistant Ayurvedic doctor Clinical psychologist

Yoga therapist

Yoga instructor

Yoga teacher therapist and Naturopaths

Trainer/ instructor health club

Career scope

Based on the Yoga training you have received, you can opt for the field of research, training or works as a yoga therapist. You can find work in resorts, gyms, schools, health centres, housing societies and large organizations. Television channels also hire yoga trainers and renowned personality prefer to hire personal yoga instructors. Self-employments and option many opt for as well. A great stress buster yoga is gaining ground among the ever increasing number of foreign tourists who seek peaceful holidays, adding to the demand for yoga specialists. There is no dearth of scope for the people in this noble profession.

Conclusion

For the past few years yoga has gained more popularity and now days millions of people practice yoga regularly. There is a great career scope of yoga not in India but also abroad. Yoga is a universally accepted art. It does not matter how old you are, how strong or flexible. Yoga is for anyone. Yoga is one of the ways through which we can keep our body fit.

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