



SMAY-JAK Yoga School (SJYS)

200H Yoga Teacher Training

Online Course Details





# Smay-Jak Introduction



The Smay-Jak School of Yoga is founded by Swami Sehajanand Saraswati ji, a global humanitarian and thoughtful leader in yoga and meditation, who is fully established in the Self. Our school seeks to expand the world's understanding of yoga through an education and training that are steeped in the vedic tradition – the original roots of yoga – and a long lineage of masters while making yoga accessible and applicable for modern day use for people of all ages, abilities, cultures and religions. Through a comprehensive and multi-dimensional science-based education, our school's course teaches about and integrate all paths of yoga including Hatha yoga (effort), Raja yoga (effortless, royal) Gyana yoga (wisdom), Karma yoga (service & action), Bhakti yoga (love & devotion) and more. The primary elements of our training are asanas (postures), pranayamas (breathing techniques), meditation and the experience and application of yoga beyond the yoga mat. Course graduates undergo our rigorous training and are equipped with a deep and personal understanding and experience of yoga that enables them to bring these different dimensions of yoga to their students. The simplicity of Swami ji's approach to yoga combines the fundamental principles of practice (sadhana), service (seva) and devotion (satsang) – this unique approach empowers individuals to thrive and society to blossom in human values. The world's biggest Maha mrityunajaya yantra is being vindicated in the institute just because of grace of lord shiva and the research of swami sehajanand saraswati ji due to pandemic and stay connected with devotees swami ji came with idea of doing the things online such as online havan, online rudra abhishek, online graha pooja and many more.

Mainly SMAY-JAK institute is involved in activities such as :

- Institute is offering several types of havans (rudra havan, baglamukhi havan and many more )
- Institute is offering online pooja for all types of events (navgraha, anushthan, durga pooja and many more)
- Meditation and teaching of MMS (Maha mrityunjaya Sadhna)

# YOGA ALLIANCE USA



SMAY-JAK Yoga School is a Registered Yoga School (RYS®) with Yoga Alliance, USA since 2022. The students who complete their Teachers Training Course with us are eligible to register with Yoga Alliance as Registered Yoga Teachers (RYT®). The QR mentioned above shows the online registration of smay-jak yoga school as registered in Yoga alliance.

# INDIAN YOGA ASSOCIATION



SMAY-JAK is a member of Indian Yoga Association, a maiden effort made by the Government of India and all leading yoga institutions following lineages of more than 25-30 years to bring together all institutes of Yoga under one umbrella. A self-regulatory body established on 31st Oct. 2008 is approved by Ministry of AYUSH, Govt. of India & Ministry of Health & Family Welfare. The registered office is presently at Dwarka, New Delhi. The QR mentioned above shows the online registration of smay-jak yoga school as a associate center in Indian Yoga Association.



# Smay-Jak Overview

## Aim

To bring authentic yoga education to the world

## Objective

Objective of the Institute are -

- To act as a centre of excellence in Yoga, Astrology.
- To develop, promote and propagate the philosophy, Astrology and art of Yoga; and
- To provide and promote facilities of teaching, training, therapy and research to fulfil the above two objectives.
- To promote Vedic Hindu culture.

## Vision

Health, Happiness and Harmony for all through ancient hidden knowledge (Yoga, Astrology).

## Mission

To provide the best of Education, Training, Therapy and Research facility to the aspirants, research and practitioners of Yoga and astrology to meet the aspirations of modern age.

# Smay-Jak Founder



Swami Sehajanand Saraswati  
spiritual leader

A man who is known for his work not for his name.

Swami Sehajanand saraswati followed the path of self acknowledgment. After years of mortification Swami ji founded SMAY-JAK in Mayar in the year 2001, where several Yagana's have been performed against the Natural calamities like Swine flu, hepatitis b , Cancer etc. It is due to Swami ji's dedication, many courses related to astrology, yoga were started by him and influence that the World's biggest MAHAMRITYUNJAYA YANTRA is situated in Ashram (Mayar).

Work done by Swami ji as a social worker : Besides being a great astrologer, swami ji is also known for his social

works for the society. He has been rewarded several times for his work for the marriage of young and poor girls, helping handicapped people for their survival. He has taken some commendable steps for the improvement of natural conditions under MISSION GREEN FOUNDATION which has been noticed by the authorities of not only Hisar But the whole Nation. For which his work is appreciated by "PARYAVARAN BACHAO ABHIYAN SAMITI".

# Glimpse of Elevate



The world most prominent astrologer and the founder of SMAY-JAK Shri Swami sehjanand Saraswati ji is giving blessings of lord shiva in the form of Maha Mrityunjay Yantra to World's most renowned personality India's Prime Minister Shri Narendra Modi at Prime Minister's residence.

UPSC chairperson Prof. (Dr.) Pradeep Kumar Joshi ji has launched a book named "FINDING YOURSELF THROUGH YOGA" which is written by Acharya Kartikay, an International yoga teacher.

The main attraction in the book is all about going beyond body practices. Shri Pradeep Kumar Joshi ji has praised him for such a contribution in the field of yoga.



# Smay-Jak Members



Mahanandakrishna Swami  
Chidanandan Saraswati (Maharaj)  
Swami Shri Prempurji Ashram  
Trust, Bombay



H.H. Swami Anantanand Tirthe,  
Shankaracharya  
Shrimad Jagadguru  
Shankaracharya Shri Sharada  
Sarvagyan Peeth, Kashmir



Mahanandakrishna Swami Rupender  
Prakash Ji (Maharaj)  
Mahant : Avedhoot Mandal  
Ashram



H.H. Swami Chidanandan Saraswati (Maharaj)  
President & Spiritual Head,  
Paramarth Niketan Ashram



H.H. Swami Vijayanand Saraswati (Maharaj)  
President & Spiritual Head,  
Ved Niketan Dham



Shri. Gopal Anja (J)  
National Convenor of  
RSS Parivaran Vibhag



Shri. Rakesh Jain (J)  
Joint Convenor of  
RSS Parivaran Vibhag



Shri. Sandeep Manwah (J)  
The founder Ajan Academy of  
Film & Television  
Renowned International Media  
Personality



Shri. Sandeep Balyan  
Member, PSG Central Team  
CMD - Citiolekt Security Pvt. Ltd.

# Smay-Jak Lead Trainer



My name is Acharya Kartikay. I am currently residing at Hisar (Haryana). I have accomplished Post Graduation in Yoga | International Yoga Teacher | 200 Hours TTC from Sri Krishna yoga foundation | 300 Hours TTC Yoga Vedanta Centre | Sri Sri Yoga Teacher | YCB Level-3 Certified Yoga Teacher and Evaluator | FCYSw, CCY, CCPM, AYS from Morarji Desai National Institute of Yoga | Diploma in Yoga and Naturopathy | Adding to this I have tried to reach out and explore all the religions and their teachings. For this i have experienced Mantra Sadhna, Vipashana Dhyaan, Osho Dhara, Anand Marg etc. I read many books and tried many ways to understand Yoga from every single point of view. These all sources inspired me to enter the world of Yoga and explore more and more. My preference is to serve the society a lot more than myself and my vision is to sort every mental and physical issues related to mankind. I want to help the world for a better living and of course a healthy life.



# Smay-Jak

# Academic Team



## Acharya Kartikay

(Mastery : Asana & Teaching Techniques)

E-RYT 200 | RYT-500 | M.A in Yoga | Diploma in Yoga  
YCB Level-3 Certified Yoga Teacher | International Yoga Teacher  
SRI SRI Yoga Teacher

## Yogini Moxa

E-RYT 200 | SRI SRI Yoga Volunteer |  
International Speaker | Life Coach |  
Mastery in Aerial Yoga



## Dr. Bhawana

(Mastery : Anatomy, Asana and Alignments)

RYT 200 from Yoga Alliance, USA | BPT | Nutritionist |  
Experience of 2 years in Therapeutic Yoga

## Miss Rikita

(Mastery : Philosophy)

RYT 200 Hrs. from Yoga Alliance, USA &  
Level-2 Qualified from QCI  
Experience of 3 year of Teaching





# Smay-Jak Yoga School



Now a days due the continuous increase in need of yoga , Swami Sehajanand Saraswati Ji has came with an idea of SMAY-JAK YOGA SCHOOL. It is an affiliated Yoga school from the yoga alliance and many other national societies like Indian yoga association, Education board of voluntary training research and many more.

The main motive is to promote Yoga in a very systematic form and pass on divine knowledge which he earned from his gurus. Mainly school is involved in activities such as :

- School is offering international yoga courses
- School is opening in branches several cities
- Free yoga workshops for wellness

## Smay-Jak Why we ?

Smay-Jak has trained yoga instructors in the authentic practice of SMAY-JAK Yoga. Rooted in the original teachings of the ancient yogis, this comprehensive training encompasses a deep and experiential understanding of postures (asanas), breathwork (pranayamas), meditation, yogic wisdom, and teaching techniques—brought to you in a way that is practical, fun, and accessible.

Headquartered in the Indian city of Haryana, this profound yoga practice, created by the world-renowned yogi and spiritual teacher Swami Sehajanand Saraswati ji was designed to deliver the most authentic, beneficial yoga applicable to the modern world.

# Smay-Jak Curriculum

## **1. Basics and Introduction to the training**

- Introduction and Prerequisite of training
- Yoga prayer (universal) and its meaning
- Understanding OM as universal sound
- Tips to be healthy

## **2. Introduction and History of Yoga**

- Introduction and definition of yoga
- History and time line of yoga
- Structure of knowledge
- Introduction of the darshan
- Paths of yoga

## **3. Understanding Patanjali Yog Sutra**

- Understanding Vritti and Methods to overcome them
- The concept of ishwara
- Understanding Klesha and ways to overcome them
- Understanding Obstacles and ways to overcome them
- Ashtanga Yoga of Patanjali
- Chitta Prasadana

## **4. Sukshma and Sthula Vyayama**

- Sukshma Vyayama
- Sthula Vyayama

## **5. Surya Namashkar**

- Traditional surya Namaskar
- Prayer, mantra, focus on chakra
- Ashtanga Surya Namashkar - A,B

# Smay-Jak Curriculum

## **6. Yogic Anatomy**

- 3 types of bodies
- 5 Koshas
- 7 layers of existence
- Understanding Prana
- Understanding chakra

## **7. Human Anatomy and Physiology**

- Introduction to anatomy
- Muscular system
- Skeletal system and physiology
- Respiratory system
- Cardiovascular system
- Excretory system
- Immune system
- Digestive system
- Endocrine system
- Reproduction system
- Nervous system
- Understanding the asanas, pranayama and kriyas to be done to make these all system healthy

## **8. Yoga Asanas**

- Understanding Yogasana
- Comparison between gym, exercise, yoga
- Understanding therapeutic kriyas

# Smay-Jak Curriculum

## **9. Technicality, Alignment, Postural correction and therapeutic view of Standing Asanas**

- Samasthiti
- Tadasana
- Prasarit pada Tadasana
- Tiryaka Tadasana
- Katichakrasana
- Vrikshasana
- Padahasthasana
- Parsvakoanasana
- Parivrtta Parsvakonasana
- Trikonasana
- Parivrtta Trikonasana
- Shirsh Padangusthasana
- Utkatasana
- Virabhadrasana - 1, 2, 3
- Ardha Chakrasana
- Samkonasana
- Ashwa Sanchalanasana
- Ardha Chandrasana

## **10. Technicality, Alignment, Postural correction and Therapeutic view of Sitting Asanas**

- Balasana and its Variations
- Rajkapotasana
- Sukhasana
- Ardh Padmasana
- Padmasana



# Smay-Jak Curriculum

- Siddhasana
- Singhasana
- Ustrasana
- Gomukhasana
- Skandasana
- Marichyasana and its variations
- Vakraasana
- Ardha Matsyendrasana
- Marjariasana
- Vyaghrasana
- Badhakonasana
- Paschimottanasana
- Purvottanasana
- Goddess Pose
- Malasana
- Camatkarasana
- Dandasana
- Vajrasana
- Mandukasana
- Uttana Mandukasana
- Balasana
- Shashakasana
- Supta Vajrasana
- Supta Padmasana

# Smay-Jak Curriculum

## **11. Technicality, Alignment, Postural correction and Therapeutic view of Supine line Asanas**

- Matsyasana
- Naukasana
- Pawanmuktasana
- Setu Bandhasana
- Markatasana and its variations
- Supta Tadasana
- Supta Bhadrakonasana
- Uttanpadasana
- Ardh-Halasana
- Halasana
- Karnpidasana
- Shavasana

## **12. Technicality, Alignment, Postural correction and Therapeutic view of Prone Line Asanas**

- Ardh Dhanurasana
- Dhanurasana
- Parvatasana
- Bhujangasana
- Ashtanganamashkar
- Satulanasana
- Plank Pose
- Mushakasana
- Viprit Naukasana
- Shalabhasana
- Urdhva Mukhapasana

# Smay-Jak Curriculum

- Bhekasana
- Makarasana

## **13. Technicality, Alignment, Postural correction and Therapeutic view of Side line Asanas**

- Vishwasana
- Anantasana
- Rajvishramasana
- Side leg raise and side plank

## **14. Technicality, Alignment, Postural correction and Therapeutic view of Advance Asanas**

- Sarvangasana
- Bhramcharyasana
- Bakasana
- Chakrasana
- Kurmasana
- Lolasana
- Mayurasana
- Sirsasana

## **15. Pranayama, Mudra and Bandha**

- Understanding pranayama
- Yogic deep breathing and Nadishodhan Kriya (Anulom Vilom Pranayama)
- Jalandhar Bandha
- Uddiyan Bandha
- Mool Bandha
- Maha Bandha
- Sheetli pranayama
- Sheetkari Pranayama

# Smay-Jak Curriculum

- Bharmari Pranayama
- Ujjayi Pranayama
- Surya Bhedi Pranayama
- Hasta Mudra (Hand Mudra)
- Mana Mudra (Head mudra)
- Kaya Mudra (Posture Mudra)
- Bandha Mudra (Lock Mudra)
- Adhara Mudra (Perineal Mudra)

## **16. Meditation**

- Understanding meditation
- Sense of making the meditation
- Meditation on Aura
- Meditation on Evolving Emotions
- Meditation on Pancha Kosha
- Meditation on Sounds of silence
- Meditation on Emptiness
- Meditation on Melody
- Deep Sleep Meditation 1
- Deep Sleep Meditation 2
- Yog Nidra

## **17. Ayurveda and Diet**

- Understanding Ayurveda
- Art of Eating



# Smay-Jak Curriculum

## **18. Shathkarma**

- Understanding all 6 types of cleaning technique
- Dhauti
- Vasti
- Nauli
- Neti
- Tratak
- Kapalbhata

## **19. Teaching Methodology**

- Understanding Teaching methodology
- Smay-jak Yoga Sequel
- Building sequence
- 5 components of smay-jak yoga class
- Important notes
- Communication
- Conducting a session
- Important things to remember for a yoga instructor
- Common myths.

## **20. Specialized Protocols**

- 45 yoga protocols to improve stamina, strength, flexibility, balancing and endurance

# More Details about course

- **Therapeutic yoga will be covered in this course.**
- 100% Classes will be conducted in an online mode.
- All the notes, assignments, assessments, etc will be made in soft copy.
- The classes will be a blend of both, Synchronous and Asynchronous.
- Discussions, quizzes and/or competency testing will be done on a real time interaction basis.
- For all the recorded sessions provided, discussions and doubts resolving will be done simultaneously or on a weekly basis, as per the convenience of the batch of students. Live feedback of the students will be taken.
- The pre-recorded sessions must be attended on a timely basis as and when provided, so that the student is able complete regular assignments and score in assessments.
- Personal attention to every student
- Online live sessions
- Expertise Faculty
- In depth knowledge
- Proper notes and study material will be provided
- Assignments will be given
- **Support will provided after the course have been completed**
- 24 hours X 7 days support will be given to the student of Teacher's Training Program

# Smay-Jak Schedule & Fee

Our comprehensive training provides you with a deep, immersive and experiential understanding of yoga and equips you with empowering teaching techniques.

- 1 Hour per day for 45 days (except Sunday)
- Each student can miss 20 hours of the 200 hour yoga training program. (90% of the attendance is mandatory)
- Exam : Examination details would be shared separately
- Fee : **25,000/-** for Smay-Jak Yoga Teacher Training Course - 200 hours
- There will not be more than 5 students in 1 batch.

# Smay-Jak Requirements

- A sincere interest in learning authentic yoga
- 2-3 Mbps of internet speed and 1-2 GB data per day.
- Laptop or phone.
- A good audio system should be connected to the laptop or mobile.
- Private and quiet room to attend class.
- Close door if others are in the house the room has to be noise-free.
- Easy and comfortable cloths during the classes
- A sadhak should follow all the code of conduct given by the school
- A person should be medically fit and healthy



## Learn & Teach Smay-Jak Yoga

A holistic, multidimensional, and purposeful practice that goes beyond the yoga mat to benefit every area of your life.



# Smay-Jak Frequently asked Questions

## **Q. Who is this program for?**

This online yoga teacher training program is for yoga students looking to deepen their practice, as well as those of you who are looking to teach yoga as a professional yoga instructor.

## **Q. How long it takes the training to complete?**

The duration of the course is 45 days, so you need to complete it within that period of time and you can be recognized by Yoga Alliance. However, lifetime access will be provided .

## **Q. Is this course suitable for beginners?**

Yes, it's suitable for beginners. We start with the Warm Up sequence and basic Asanas to prepare your body. You don't have to go deeper until you are comfortable and your body is prepared for advanced asanas. Our teachers and mentors are here to help you.

## **Q. Should I take this course even if I don't want to be a yoga teacher?**

Please do! Yoga teacher training is a wonderful way to deepen and recommit to your practice.

## **Q. What style of yoga will I be learning?**

Yoga has many different styles, each having its own significance. At Smay-Jak Yoga, you will be exposed to several forms of yoga, which will give you a holistic view of how and what you'd like to teach. Our goal is to give you the most comprehensive training we can. You will encounter these styles in our 200-hour Yoga Teacher Training: | Hatha Yoga – Yoga of Body and Mind Purification | Karma Yoga – Yoga of Action | Bhakti Yoga – Yoga of Devotion | Mantra Yoga – Yoga of Recitation | Raja Yoga – Yoga of Meditation | Vinyasa Yoga – Modern Yoga Flow

## **Q. Can I register with Yoga Alliance?**

Yoga Alliance now allows online and offline learning as part of their registration process in light of the recent pandemic. This means that you can register with Yoga Alliance upon graduating from Smay-Jak Yoga Teacher Training Course - 200 hours .

## **Q. Do I need to be Yoga Alliance Certified in order to teach?**

Not at all. In fact, you don't need any certification at all in order to teach yoga. But these days some studios or even some people are asking for credentials. This is where these certifications become handy.

## **Q. Do I need to register with Yoga Alliance in order to teach?**

No, it's not compulsory to register with Yoga Alliance however it's highly recommended if you are planning to teach. It's a global directory of yoga teachers and schools. By registering with them you are increasing your visibility and improving your chances of getting work. However, you will need to pay \$115 for the first year and \$65 annually from the subsequent year. We have our own directory where you can register for free of cost.

## **Q. Can I open my own yoga studio or take the franchise of Smay-Jak Yoga School?**

Yes, Smay-Jak Yoga School provides you a very special facility only to our Smay-Jak students for building their career in the Yoga. The interested ones can call on our helpline number (+91 78769-94999).





# Smay-Jak Yoga School

Certified Yoga School under  
Sidh Mahamrityunjaya Antarrashtriya  
Yog avem Jyotish Anusandhan Kender  
(Reg.HR/12/2018/02725)

and  
Yoga Alliance Registered Yoga School



## Certificate

Reg. No. XXXX-XXXX-XX

This is to certify that .....(NAME).....has successfully completed

### Smay-Jak Yoga Teacher Training Course - 200 hours

from .....(Date of Starting)..... to .....(Date of Ending).....

She having been certified by duly appointed examiners to be qualified to  
receive the same and having been declared to have

passed in **A/B/C Grade** at examination held on .....(Date of Examination).....



**Yogi sehanand Nath**  
Director

**Kartikay Suri**  
Lead Trainer





ON YOUR MAT  
GET SET  
YOGA

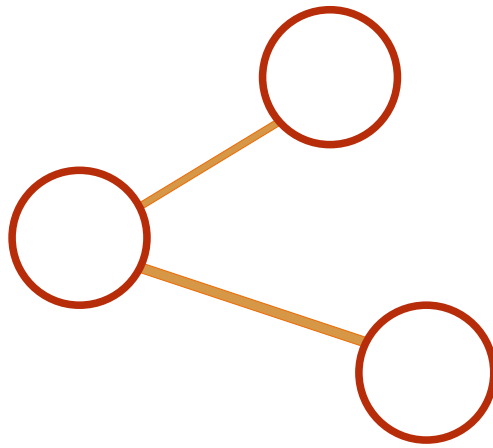






## SMAY-JAK Yoga School

K N O W L E D G E | W I S D O M | S A L V A T I O N



# Have More Questions?

## Contact Us !



Smayjak Yoga School

+91 78769-94999, +91 96251 30520

smayjakyogaschool@gmail.com

Smay-Jak Yoga School is a unit of Sidh Mahamrityunjaya Antarrashtriya  
Yog aevJyotish Anushdhan Kender (Reg.HR/12/2018/02725).



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know more