

Quality Yoga

YOGA EXAM

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ABOUT US

The Government of India created the Yoga Certification Board (YCB) to maintain and propagate ancient healthcare knowledge, and to ensure that those who obtain certification master the theoretical, practical and ethical aspects of yoga. An official certificate issued by the government of India confers official and indisputable recognition to your training. The certification is public and its validity can be verified online. It is an accreditation with international acceptance.

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PREPARING FOR YOUR YOGA EXAM: A PATH TO PROFESSIONAL GROWTH

Are you ready to take your yoga practice to the next level and earn a certification recognized across the globe? quality yoga is here to guide you through the journey of preparing for your Yoga Exam, a critical step in becoming a certified yoga instructor. Endorsed by the Government of India, this exam is a testament to your mastery of yoga principles and teaching techniques, ensuring you are equipped with the knowledge and skills to guide others on their yoga journey.



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WHY IS THE YOGA EXAM IMPORTANT?

The Yoga Exam, conducted under the Yoga Certification Board (YCB) established by the Ministry of AYUSH, is a comprehensive assessment designed to uphold the highest standards of yoga education. It evaluates not just your theoretical understanding of yoga but also your practical skills in asanas, pranayama, meditation, anatomy, and philosophy.



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