ॐ सर्वे भवन्तु सुखिनः



School of Yoga & Holistic health







INTERNATIONAL RECOGNISED CERTIFICATION



- MOHALI, SCO-68, SECTOR-68, NEAR ARMY INSTITUTE OF LAW
- CHANDIGARH, SCO-2, SECTOR-7C, MADHYA MARG
- © 977977553<mark>3</mark>, 8146844777, 9569897885
- YOGAVIDYA4EVER@GMAIL.COM

About Course

- Become an international Certified Yoga Instructor/teacher
- Be your own Yoga Therapist
- Experienced, well-qualified, and internationally certified Yoga Trainers give training.
- This Yoga Teacher training course help to clear the Yoga Professional certificate scheme Mentored by YCB (Yoga Certification Board), Ministry of AYUSH
- Equal emphasis on philosophical understanding of authentic yoga texts along with practical knowledge and understanding of Shatkarma, Asanas, posture correction, and variations
- · Learn from the convenience of your place
- Live Online/Offline-Interactive Yoga Teacher Training Course
- · The small size of the batch
- Recordings of the Live classes to revise as per your convenience, in case you miss any live class
- Books and Guidance notes
- · Regular mock test



Course criteria

- 1) Age Between 18 to 55 years
- 2) Starting from 9th August 2023
- 3) Fee- offline 35000 & online 30000/-
- 4) Course subject: Yoga Theory, Hathyoga, Vinyasa, Teaching methodology, Yogic anatomy
- 5) Language: Hindi and English
- 6) Timing for practical -6:00-8:00am or 10:00am-12:00pm for theory will be online 8:00-9:00pm as online (Mon to Sat)
- 7) Eligibility:12th Pass
- 8) Duration: 60days
- 9) Registration is mandatory at least 5 days before
- 10) Inform Yogic kayakalp about any physical or mental health issues including pregnancy, injuries, and diseases before booking a course



Course Syllabus

Yoga Philosophy –Hatha Yoga, Ashtanga yoga Yoga Sutras by Patanjali, Hatha Yoga Pradipika, Paths of yoga, Kundalini & chakras. Nadis.

Anatomy & Physiology A basic knowledge of various body systems. Functions of various organs and other systems which are affected by yoga practices. Health benefits of yoga techniques, precautions/contraindications are covered in these lectures and also in practical Yoga sessions.

Yoga therapy – applications of Yoga, Yoga for back problems, obesity, heart problems, diabetes, hypertension, stress, digestive disorders,

Yoga Teaching Methodology includes session/lesson planning, Injury Prevention, alignment principles in Yoga poses, educational techniques to teach principles of Yoga,

Practical class of Yoga- Regular class of Yogasana,

Pranayama, Bandha, Shatkarma, Meditation

Ayurveda – Introduction to Ayurveda is the science of life, the Indian traditional science of a healthy lifestyle, Vata, Pitta, and Kapha concept.

Diet: Introduction of Yogic diet according to Vata, Pita, and Kapha

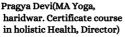


Our Master Teachers

Vidya Sagar(MA Yoga from Haridwar, Diploma in Naturopath, Founder)

&Yoga, Teaching yoga since 2009, 4Times Gold medalist in Punjab State Yoga Championship Focus on traditional

Hath Yoga Conducting various lectures and workshops on different aspects of (Yoga, Health, and Naturopathy) Providing training and guidance to yoga teachers in certification courses.



10Years experience Her teachings are based on very practical concepts

of Yoga. She is an expert in different yoga styles like Astanga-Vinyasa and Aerial yoga. Her main focus always remains on yoga postures correction, pranayama (breath regulation) meditation, and relaxation.

Dr. Sumit Kumar (MSC in Yoga, Ph.D. in yoga philosophy)

He has an experience of over 11 years teaching yoga, and promotion of Indian culture abroad and in India.

He has served the government on Deputation and represents Yoga in the Philippines. His personal experience with Shatkarma and pranayama is very strong and he believes that Hathyoga sadhna always starts from body purification.

Punit Kumar

Yoga teacher

Master in yoga from Rishikeah,

7years Expe<mark>rience, I got the divi</mark>ne wisdom of yoga by spending four years at Ris<mark>hikesh. I experie</mark>nced the power of yoga on myself. And seen the positive effect of yoga over the bodies of practitioners.



Thank You



Enroll Now

