

ॐ सर्वे भवन्तु सुखिनः



School of Yoga & Holistic health



INTERNATIONAL RECOGNISED CERTIFICATION



- 📍 MOHALI, SCO-68, SECTOR-68, NEAR ARMY INSTITUTE OF LAW
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# 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 55years
- 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.



**Pragya Devi(MA Yoga,  
haridwar. Certificate course  
in holistic Health, Director)**

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 Experience, I got the divine wisdom of yoga by spending four  
years at Rishikesh. I experienced the power of yoga on myself. And seen  
the positive effect of yoga over the bodies of practitioners.



Thank You



Enroll Now

