

YOGA TEACHER COURSES

Short duration Yoga courses are tailor made to acquire knowledge of theoretical and practical aspects of general Yoga and Specific fields of Yoga in fast track mode.

Name of Course	Eligibility	Duration	Language of Instruction	Fee (INR)
Short Term Fast Track Yoga Course	Any Fit Individual	1Month	Hindi/English	10000
Shatkarma	Any Fit Individual	1 Week	Hindi/English	5000
Suksham & Sthula Vyayama	Any Fit Individual having Yoga Knowledge	1 Week	Hindi/English	5000
Power Yoga Teacher Training	Any Fit Individual having Yoga Knowledge	1 Week	Hindi/English	5000
Corporate Yoga Trainer	Yoga teacher with practical experience	1 Week	Hindi/English	5000
Customized Course	Will depend on the course	1 Week	Hindi/English	5000
Weekend Course	Will depend on the course	3 Weekends	Hindi/English	5000

Commencement of course will depend upon availability of sufficient no. of participants for the program
Weekend courses are available on request, if sufficient no. of participants available.
All one week courses are available as weekend course if sufficient no. of participants are enrolled.
Accommodation can be arranged on request in nearby Hotel, please specify your requirement before enrolling in course

One Month Fast Track Yoga Certificate Course

Aims & Objectives:

The primary objective of this yoga training course is to provide an understanding of yoga principles and its related practices. This is a fast track short term course which enables one learn the different aspects of Yoga from the basics to advance level in an easy and systematic way, Our training program is based on Hath Yoga.

Eligibility:

Any fit individual who is interested in learning ancient Indian system of Yoga and its applied science An individual who would like to learn the yogic postures for individual and community health benefits.

Candidate should be physically fit. Individual suffering from any ailment is advised in his/her own interest not to seek admission for this course.

The candidate's age should not be less than 18 years at the time of admission. Yoga aspirants above the age of 50 years may be considered but a fitness certificate is must.

During the course if a candidate is found unfit to undergo the course, his/her training will be discontinued and no refund of fees/charges will be made.

Contents of the Course:

Theory class

Practice and techniques of Asana (Physical postures)

Practice and techniques of Pranayama (Breathing practices)

Introduction of Sukshyam Vyama (Micro exercise for Subtle Body)

Introduction of Sthula Vyama (Full body exercise)

Practice of Dhyan (Meditation)

Practice and Techniques of Shat karma (Cleansing techniques)

Evaluation & Certification:

A practical examination at the end of course.

A certificate will be provided.

Shatkarma

Aims & Objectives:

- Shatkarma refers to the Yogic practices involving purification of the body, Shatkarmas are techniques used in cleansing the inner channels of the body and certain hygiene related techniques. Shatkarmas are important and integral part of Yoga because, without purification of the body one will not be ready for the higher practices of yoga.
- The primary objective of this fast track short term Shatkarma training course is to prepare Yoga trainers to understand the technique, procedure and precautions for doing Shatkarmas.

Eligibility

- Any fit individual who is interested in learning ancient Indian system of Yoga and its applied science Knowledge of Yoga Asanas is preferred but not essential.
- Candidate should be physically fit. Individual suffering from any ailment is advised in his/her own interest not to seek admission for this course.
- The candidate's age should not be less than 18 years at the time of admission. Yoga aspirants above the age of 50 years may be considered but a fitness certificate is must.
- During the course if a candidate is found unfit to undergo the course, his/her training will be discontinued and no refund of fees/charges will be made.

Contents of the Course

- Jala Neti (nasal wash)
- Basti (colon cleansing/enema)
- Dhauti (intestinal wash)
- Nauli (churning of the abdominal muscles)
- Kapalbhathi (sudden exhale, a nerve cleansing pranayama method)
- Trataka (an eye/attention gazing Method)

Evaluation & Certification

- A practical examination at the end of course.
- A certificate will be provided.

Suksham & Sthula Vyayam

Aims & Objectives:

The primary objective of this yoga training course is to provide detailed knowledge of Suksham and Sthula Vyayam. Sessions will be mainly focused on practical aspects and correct procedure.

Eligibility

Candidate must have done some prior full time study in Yoga. It is assumed that anyone who wants to join this course possesses practical and theoretical knowledge of Yoga. Course is suitable for Yoga teachers/Instructors who are already teaching Yoga and want to enhance their knowledge in this field.

This course is intensive, it is advised that person joining this course must be flexible enough and good in breathing. Candidate should be physically fit.

Contents of the Course

Suksham Vyayam

This group of 48 Asanas is concerned with loosening up the joints of the body. It eliminates energy blockages in the joints and outer extremities of the physical body and works on the Pranic and the mental level as well. Each part of the body including all organs, joints and muscles are benefited. So the Yogic Sukshma Vyayamaa, as is implied by its name, is meant for the subtle body or Sukshma Sarira. As per the yogic philosophical tradition there are five bodies for every individual - the physical and the subtle: the annamaya sarira, pranamaya sareera, manomaya sareera, vighyanamaya sareera and anandamaya sareera. So, Sukshma Vyayamaa deals with the second level, which is the subtle body or Sukshma Sarira

Sthula Vyayam

Sthula Vyayam

Sthula Vyayamaa which succeeds Sukshma Vyayamaa are about half a dozen exercises meant for the Sthula or the physical body. Sthula Vyayama, are well-suited to warm up and for general body work out. These exercises are more intensive and demanding for the body's musculature. Following are Sthula Vyayams

- Rekha-Gati
- Hrd-Gati
- Utkurdana
- Urdhva-Gati
- Sarvanga-Pusti

Evaluation & Certification

- A practical examination at the end of course.
- A certificate will be provided.

Corporate Yoga

Aims & Objectives:

With the corporate world of today facing tough challenges due to stress and strain of odd working hours and sedentary lifestyle, corporate Yoga is opening a new arena of opportunities to healthcare professionals. The primary objective of this fast track short term yoga training course is to prepare Yoga trainers to understand the need of specific corporate industry and design & conduct the program as per requirements.

Eligibility

- Candidate must have done some prior full time study in Yoga and must have practical experience in teaching Yoga.
- Program will be only conducted only in English; candidate must have good knowledge of spoken English. Candidate must possess practical and theoretical knowledge of Yoga. Course is suitable for Yoga teachers/Instructors who are already teaching Yoga and want to explore opportunities in corporate world.
- This course is intensive; it is advised that person joining this course must be flexible enough and good in breathing.

Candidate should be physically fit

Contents of the Course

- Rapid Yoga (suitable for IT and BPO professionals. Quick 15 - 20 minute session, can be done standing near desk).
- Suksham Vyayam (48 kriyas, micro exercises for every part of the body, benefits subtle body, can be done standing in office cloths)
- Chair Yoga (Exercises which can be done while sitting on office chair)
- Yoga On The Move (Exercises for people travelling by trains, cars and planes)
- Lifestyle & Stress management

Evaluation & Certification

- A practical examination at the end of course.
- A certificate will be provided.

Power Yoga Teachers Training

Aims & Objectives:

The primary objective of this fast track yoga teacher training course is to provide an understanding of Power Yoga and its related practices.

Power Yoga is combination of traditional yoga with dynamic exercises. Places demands on all of the muscles, boosting circulation and improving muscle tone. Power yoga is a general term used to describe a vigorous, fitness-based approach to vinyasa-style yoga. Power Yoga put emphasis on strength and flexibility. The advent of power yoga heralded yoga's current popularity, as people began to see yoga as a way to work out.

Eligibility

Candidate must have done some prior full time study in Yoga. It is assumed that anyone who wants to join this course possesses practical and theoretical knowledge of Yoga. Course is suitable for Yoga teachers/Instructors who are already teaching Yoga and want to enhance their knowledge in Power Yoga.

This course is intensive; it is advised that person joining this course must have flexibility and strength. Candidate should be physically fit.

Contents of the Course

- Flushing out toxins
- Increasing strength, flexibility & Stamina
- Increasing on core strength
- Building balance and flow

Evaluation & Certification

- A practical examination at the end of course.
- A certificate will be provided.

Customized & Weekend Courses

Aims & Objectives:

- Yoga Courses can be customized on request by groups. Group must be of at least 5 people.
- Duration and contents of the course can be customized as per requirement subject of availability of time slots and faculty for specific requirements.
- All one week course are available as weekend courses provided enough no. of participants are enrolled.