

Yoga Teacher Training

1 month / 200 Hours Yoga Alliance Teacher Training Course

This course is designed to immerse students in the intensive and spiritual teachings and practices of traditional Hatha yoga – focusing on breathing, awareness, meditation and practical philosophy to help you live a less stressful, contented and harmonious daily life. You will gain a professional yoga teacher's qualification recognized by Yoga Alliance. This course, and the qualification you will gain, will give you the skills and experience to start teaching yoga professionally. Even if you are not interested in teaching yoga, the course will help you to lead a healthier and more spiritual life in accordance with your true nature. We are recognized by Yoga Alliance in the USA and Canada as RYS (Registered Yoga School) and our main teacher, Bhooma Chaitanya is an E-RYT (Expert Registered Yoga Teacher) too. This allows you to use our certificate for insurance and taxation purposes and with your certificate you can register as a RYT 200 teacher for your career and job opportunities.

About you

We embrace diversity and welcome serious yoga students of all ages and walks of life. We have taught students in their late teens and sixties. We expect you to have a regular yoga practice (and preferably a simple pranayama practice) and a willingness to respect and recognize the power of yoga to transform your outlook on life and its ability to steady the mind and body. Above all, we ask you to trust yourself and open your heart and mind to the opportunities that are presented to you.

Upcoming Course Dates:

Course Details Contact number: 00919567668817

UPCOMING	STATUS	FEE	FOOD	ACCOMMODATION
24 feb –24 mar 2012	open	1000 us\$	200 us\$	private room : 300 us\$ twin share : 150 us\$ dormitory : 100 us\$
10 oct - 08 nov 2012	open			private room : 300 us\$ twin share : 150 us\$ dormitory : 100 us\$
location : Panmana Asramam, Kollam, Kerala, South India.				

Course Outline

- Practices: Asanas, pranayamas, kriyas, mudras, bandhas, meditation, chanting and Sanskrit alphabet.
- Learn: Classification and sequencing of all yoga asanas (poses) and adjustments techniques to correct your students or yourself.
- Theory: Introduction to yogic lifestyle, Historical evolution of Yoga, Types of Yogas, Patanjali Yoga Sutras, Tattva Bodha, Yoga Anatomy & Physiology, Translation of important mantras.
- Teaching Practice: Testing and sharing your Teaching skills with your co-teachers.