



SHIV YOG SADHNA (REGD.)
(Science of Living and Self Realization)
<http://www.shivyogsadhna.com>

200 HOURS YOGA TEACHER TRAINING COURSE ©

	PART-TIME	FULL-TIME
DURATION	12 WEEKS	4 WEEKS
CODE	YTTC-08/12W/65	YTTC-09/4W/25
SUBJECT	YOGA EDUCATION	YOGA EDUCATION
STREAM	HEALTHCARE	HEALTHCARE

IMPORTANT INSTRUCTIONS

To register for this course please fill out the form either online or manually and send it with ₹500 payment as registration charges. It will be less than the total fee to Shiv Yog Sadhna, C/O Vivek, Regd. Off. # 2261, Sector 66, Mohali, District Mohali, Punjab, INDIA. Pin Code – 160062. Phone registrations will not be accepted. Register early to avoid disappointment. You will be contacted if the class you request is full. If you have any injuries or health concerns, please check with your doctor before registering for this class.

Your employer's benefit/wellness program may reimburse you for the yoga class fee. Please check with your human resources department, and Shiv Yog Sadhna will be happy to provide you with a receipt.

Important: (a) The Application should accompany two passport-size photographs taken within six months of applying for the course (one to be affixed on the form and one loose photograph), (b) A Copy of certificates of date of birth and educational qualification.

- ❖ Deposit your payments will be accepted in cash/ UPI payments, RTGS or DD in favor of Vivek Kapoor, payable at Mohali of State Bank of India
- ❖ The minimum criteria:
 - Age: 18 years
 - Education: Schooling (10+2) should have been completed.
 - Physically or mentally challenged persons are not applicable.
 - No restrictions on nationality, religion, or race.
 - People who have undergone surgery within 3 years, on any part of their body are not eligible to enroll.

AREA OF STUDY

1. Asana(Yoga Poses)
2. Pranayama (Breathing Yoga)
3. Dhyan (Meditation)
4. Shat Karma (Cleansing Process)
5. Bandh (Locks)
6. Mudra (Hand and Finger Postures)
7. Anatomy and physiology of yogic practice

- ✓ The course will be an important transformative experience in your life. You will learn to start teaching with confidence and helping others with yoga, through your own yoga experience and voice. Also, it is an opportunity to deepen your practice
- ✓ Shiv Yog Sadhna is a registered organization by Punjab Government, India. After the successful completion of the Teacher Training Course, the certificate provided is valid all over the world.
- ✓ After the completion of our intensive four-week course the student will possess a firm foundation for teaching others, in addition to strengthening his or her yoga practice with a proper understanding of core principles and techniques of yoga and Vedanta philosophy.
- ✓ Upon successful graduation from the course, students receive a certificate of qualification with international validation.

FEATURES

Special features of our 200 hours Yoga Teacher Training Course:

- Spiritual, peaceful and *satvic* environment to enhance personal spiritual growth and self-realization.
- Highest quality results through personal guidance and mentoring; the total number of seats in the course is only 15 students.
- Intensive Yoga and Meditation practice under personal supervision.
- Understanding of skills and psychology for teaching people of different backgrounds and ages.
- A specially designed TTC manual.
- Lectures from guest teachers, saints, and masters of Hindu religion and philosophy.
- Group discussions to exchange ideas, and experiences and to discover connections and similarities between different beliefs, cultures, and philosophies.
- Earn while you learn.
- 80% Practical and 20% Theory

SYLLABUS (Total 550 Marks)

PRACTICAL AND THEORY

A)	Asana (Yoga poses).....	200 Marks
1.	Shrishasana	36. Janushriasana
2.	Crocodile Practices (Four variations)	37. Tolangulasana
3.	Pavanmuktasana	38. Muktasana
4.	Naukasana	39. Virasana
5.	Viparitararani	40. Guptasana
6.	Sarvangasana	41. Sankatasana
7.	Matsyasana	42. Uttanamandukasana
8.	Halasana	43. Vrishabhasana
9.	Karnapidasana	44. Padangusthasana
10.	Bhujangasana	45. Garbhasana
11.	Shalabhasana	46. Bhdrasana
12.	Sarpasana	47. Kapotasana
13.	Dhanurasana	48. Ekpadasandhasna
14.	Vakrasana	49. Chakrasana (Sideward)
15.	Ardha-Matsyendrasana	50. Chakrasana (Backward)
16.	Paschimottanasana	51. Virkshasana
17.	Supta Vajrasanai	52. Tadasana

18. Yoga Mudra
19. Simhasana
20. Gomukhasana
21. Matsyendrasana
22. Mayurasana
23. Uttana Kurmasana
24. Ushtrasana
25. Gorakshasana
26. Padma – Bakasana
27. Baddha –padmasana
28. Akarmadhanurasana
29. Parvatasana
30. Santulanasana
31. Titliasana
32. Bhadrasana
33. Pawanmuktasana (Standing)
34. Utkatasana 1
35. Stretching for Spondylitis

53. Pada – hastasana
54. Utkatasana 2
55. Natarajasana
56. Vatayanasana
57. Garudasana
58. Vajrasana
59. Padmasana
60. Siddhasana
61. Swastikasana
62. Shavasana
63. Makarasana
64. Brahmamudra
65. Shithilasana
66. Udrakarshanasana
67. Katichakrasana
68. Hanumanasana
69. Pawanmuktasana (For Lower Back Pain)
70. Stretching for Cervical
71. Stretching for Lower Back Pain

A. Pranayama (Breathing Yoga) 50 Marks

1. Anulom-Vilom
2. Ujjayi
3. Shitali
4. Shitkari
5. Bhastrika
6. Bhramari
7. Suryabhedi
8. Chandrabhedi
9. Murcha
10. Plavani

B. Shat Karma 50 Marks

1. Neti (Jal Neti & Rubber Neti)
2. Dhauti (Kunjali, Ardh Shankh-Prakshalan)
3. Basti
4. Nauli
5. Kapalbhathi
6. Trataka

C. Other Practices 50 Marks

1. Meditation Techniques
2. Surya Namaskaar (Sun Salutation)
3. Mudra
4. Bandh

THEORY

- D. Anatomy
- E. Philosophy of Yoga
- F. Practical Work (Project Report, etc.) and Viva Voce
{Asana, Pranayama, Teaching Yoga, Shat-Karma, Mudra, etc.}

EXAM

Objective Type Questionnaire 100 Marks

- a. Philosophy of Yoga [Limbs of Yoga, Asana, Pranayama,]
- b. Kriya (Shat-Karma), Recitations, Other Practices, Practice Teaching
- c. Anatomy
- d. Disease Cure

PRACTICAL EXAM

Practical Work - Project Report, and Viva Voce. 100 Marks

{Asana (Yoga poses), Pranayama, Teaching Yoga, Shat-Karma, Mudra, etc.}

PROJECT REPORT

A project Report on 5 diseases on a different system (One disease on one system) should be submitted.

Each Yoga student will be assigned to prepare and teach five lessons on different aspects of Yoga. Out of which the fifth lesson is to be presented by each student on any one topic about a common disease.

AIMS AND OBJECTIVES

- The primary objective of this Advance Yoga course is to provide an understanding of Yoga and its related practices from basic to advance, easily and systematically, including practice as well as theory.
- Shiv Yog Sadhna aims at initiating the beginner on the traditional, right track of learning so that one may have personal revelations through Yoga, which will help in creating a world of peace, happiness, and harmony.

ELIGIBILITY

- Anyone interested in learning the ancient Indian system of Yoga and its applied science, with the ability to follow the instructions and lectures welcome. It is available for all, irrespective of caste and creed. An individual suffering from any ailment is advised in his/her 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 70 may be considered by the executive committee but a fitness certificate is a must.
- In case of pregnancy, a medical authorization certificate for practicing yoga is required.
- 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.

EVALUATION

- There will be a process of assessment, written as well as practical. Besides it, the behavior of the student would also be considered in assessing his/her progress.
- At least 80% attendance of the student in all the classes must be included in the process of evaluation.

BEHAVIOR

The social behavior of the student is of great importance. Every student will be assessed for his/her behavior and it will be reflected on the certificate.

Note:

1. Clothing must be light and preferably cotton.

2. The student's behavior and attitude, while at the academy of society, should respect traditional Indian culture and enhance the spiritual atmosphere.
3. Selected candidates alone are expected to come. They are not permitted to bring along other family members or relatives with them.
4. Students are required to attend all the classes, as per the timetable of the academy of the Society punctually and regularly. In case of physical illness, they should bring this fact to the notice of the Registrar.
5. Students should maintain an atmosphere encouraging mutual respect, civil and congenial relationships, and free from all forms of harassment and violence, where everyone can discuss their differences and exchange ideas openly, honestly, and respectfully.
6. Students should use respectful language with each other. Any negative gossiping or spreading of rumors may result in expulsion from the course.
7. Tobacco, alcohol, non-prescription drugs, meat, fish, and eggs, are NOT allowed.
8. Students should not make public displays of affection. Public nudity is forbidden. Celibacy as part of the spiritual discipline is encouraged while staying in the Academy of the Society. Modest dress (shoulders, midriff, and legs covered) should be maintained at all times including asana classes.
9. Students are not allowed to use mobile phones during any class.
10. Photography, video, and audio recording are not allowed during the classes without prior permission of the director.
11. Student will abide by the conditions as laid down in the prospectus of the Society and attend all classes as per the timetable of the Society, as well as abide by any instructions issued by the institution from time to time during the period of the Course.
12. Those students who will be found violating these instructions willfully or whose presence is considered undesirable, for any reason, will be asked to leave the Academy of the Society immediately by the registrar without giving any reason or prior notice.

CODE OF CONDUCTS

- Routine of the course should be strictly followed. Discipline is an integral part of this training program. Disrespect may render the student to lose his/her studentship and in such case, no fees would be refunded.
- Absence from any activity of the scheduled program is a gross breach of discipline. Under inevitable circumstances, a student should obtain permission in advance from the teacher concerned/the respective Manager accordingly.
- During the course, any kind of extra-ordinary activities, not related to the course, will not be permitted.
- No student would be allowed to enter the hall, once the class starts.
- All the library books and other dues, if any, must be settled before leaving the place.
- Smoking and drinking alcohol are strictly prohibited.

REFUND POLICY

- It is advised that before applying to an Advance Yoga Course program, we strongly encourage applicants to consider the time and resource investments
- The specified deposit is due with the application and is non-refundable, but in case of any program change, one can choose to go for any next scheduled course within the span of a year.
- We understand that emergencies and other life situations do arise. We recommend that you carefully review your schedule and upcoming obligations to ensure that you can commit fully to teacher training.

N.B.

- The system of traditional teaching sometimes may differ from the west. Therefore students are advised to make up their minds before they apply or get registered. Even sometimes the fundamental understanding of the yogic path may differ from yoga schools in the west.

- For those, who are just expecting some of the modified versions of physical exercises in the name of Yoga, then Shiv Yog Sadhna may not be the right place. One should apply only if he/she is willing to follow the strict yogic rules and regulations of the Shiv Yog Sadhna.
- Yoga sessions will be customized and conducted in a planned manner so that one is exposed to and learn various aspects of yoga - Asana, Pranayama, Meditation, and philosophy in a phased manner. Courses will include both theory and practical.
- You will take back with you these rich Yoga teachings that will help you incorporate them into your daily life thereafter.

FEE

For Indian residential students only:-

The fee for 200 HOURS YOGA TEACHER TRAINING COURSE © is ₹ 33000/-	
Advance Payment	Get a discount of 10% on 100% advance payment
Installments	1 st Installment ₹ 16500 On the time of enrolment
	2 nd Installment ₹ 16500 2 nd month

ALL YOGA COURSES

Join Yoga Courses As Per Your Requirement:

- 50 Hours - Basic Yoga Teacher Training Course
- 100 Hours - Basic Yoga Teacher Training Course
- 200 Hours - Yoga Teacher Training Course
- 300 Hours - Advance Yoga Teacher Training Course
- 500 Hours - Advance Yoga Teacher Training Plus Course

NOTE:

- ✓ Sundays and national holidays are holidays.
- ✓ For the convenience of out-of-station we can help in locating rental accommodation.
- ✓ *The certificate will be issued after clearance of full payment.
- ✓ **Accommodation and Other charges will be extra.
- ✓ ***Shiv Yog Sadhna can change any part/subject without prior Notice.

[It is also a great place for those who are in search of health, happiness, peace, and harmony.](#)