



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

300 HOURS ADVANCE YOGA TEACHER TRAINING COURSE ©

	PART-TIME	FULL-TIME
DURATION	12 WEEKS	4 WEEKS
CODE	AYTTC-08/12W/65	AYTTC-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. Shat Karma (Cleansing Process)
2. Bandh (Locks)
3. Mudra (Hand and Finger Postures)
4. Asana (Yoga Poses)
5. Pranayama (Breathing Yoga)
6. Dhyana (Meditation)
7. Teaching Practice
8. Anatomy and physiology of yogic practice

9. Hath Yog Pradipika

10. Mantra Recitation

- ✓ The course will be an important transformative experience in your life. You will learn to start 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 Ten-week course the student will possess the to strengthen his or her practice with a proper understanding of the core PR principles and techniques of yoga and Vedanta philosophy.
- ✓ Upon successful graduation from the course, students receive a certificate of qualification with international validation.

FEATURES

- Spiritual, peaceful, and *sattvic* 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 10 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 Course manual.
- Lectures from guest teachers, saints, and masters of Hindu religion and philosophy.
- Group discussions to exchange ideas, and experiences to discover connections and similarities between different beliefs, cultures, and philosophies.
- Additional Lectures on basic understanding of the principles of Ayurveda by Guest teachers.
- Additional Lectures on Reflexology by Guest teachers.
- Earn while you learn.
- 80% Practical and 20% Theory

SYLLABUS (Total 750 Marks)

PRACTICAL AND THEORY

A. Asana (Yoga poses)

200 Marks

1. Adhomukh-Parvatasana	56. Dandasana	110. Tolangulasana
2. Anantasana	57. Dhanurasana	111. Titli Asana
3. Akarnadhanurasana	58. Dhruvasana	112. Tulasana
4. Ardh-Badh-Padmottanasana	59. Durvasana	113. Urdhavamukh- Paschimottanasana
5. Ardh-Badh-Padma- Paschimottanasana	60. Ek-Paad-Chakrasana	114. Urdhava-Dandasana
6. Ardh-Chandrasana	61. Ek-Paad-Sikandhasana	115. Utkatasana
7. Ardh-Chakrasana	62. Ek-Paad-Setubandh- Sarvaangasana	116. Uttanamandukasana
8. Ardh-Dhanurasana	63. Ek-Paad-Sarvaangasana	117. Uttana Kurmasana
9. Ardh-Matsyendrasana	64. Ek-Paad-Poorna-Dhanurasana	118. Utthit-Padamasana
10. Ardh-Naavasana	65. Ek-Paad-Rajkapotasana	119. Utthit- Paschimottanasana
11. Ardh-Padottanasana	66. Ek-Paad-Vipreet-Dandasana	120. Ushtrasana
12. Ardh-Padamasana	67. Garbhasana	121. Ushtrasana
13. Ardh-Titliasana	68. Guptasana	122. Vatayanasana
14. Ashvasanchalana	69. Garbhasana	123. Vajrasana

15. Ashtaangpranamasana	70. Garudasana	124. Vakrasana
16. Bakasana	71. Gorakshasana	125. Vakrasana
17. Brahmcharya Asana	72. Gomukhasana	126. Vataynasana
18. Bhardwajasana	73. Halasana	127. Veerbhadra-I
19. Bhujangasana	74. Janushriasana	128. Veerbhadra-II
20. Bhek-Mandukasana	75. Karnapidasana	129. Virasana
21. Badha-Padmasana	76. Kapotasana	130. Vrishabhasana
22. Badha-Yoniasana	77. Kashayapasana	131. Vrishikasana
23. Brahmamudra	78. Koormasana	132. Vishakta- Paschimottanasana
24. Bhadrasana	79. Madhyapaad- ShirshasanaMatsyendrasana	133. Virkshasana
25. Chakrasana (Sideward)	80. Marichayasana	134. Viparitararani
26. Chakrasana (Backward)	81. Matsyasana	135. Viparitararani
27. Chakki-Sanchalanasana	82. Makarasana	136. Yoga Mudra
28. Adhomukh-Parvatasana	83. Muktasana	137. Yoga-Nidra-Asana
29. Anantasana	84. Mayurasana	138. Sampaadasana
30. Akarnadhanurasana	85. Nakrasana	139. Santulasana
31. Ardh-Badh-Padmottanasana	86. Natarajasana	140. Sankatasana
32. Ardh-Badh-Padma- Paschimottanasana	87. Naukasana	141. Sarvangasana
33. Ardh-Chandrasana	88. Naavasana	142. Sarpasana
34. Ardh-Chakrasana	89. Naav-Sanchalana	143. Sasaangasana
35. Ardh-Dhanurasana	90. Omkaarasana	144. Shshankasana
36. Ardh-Matsyendrasana	91. Padangusthasana	145. Shshankasana-Bhujangasana
37. Ardh-Naavasana	92. Padmasana	146. Shalabhasana
38. Ardh-Padottanasana	93. Padangushthaanasana	147. Siddhasana
39. Ardh-Padamasana	94. Pada-hastasana	148. Setubandhasana
40. Ardh-Titliasana	95. Padma-Bakasana	149. Sinhasana-I
41. Ashvasanchalana	96. Padam-Mayurasana	150. Sinhasana-II
42. Ashtaangpranamasana	97. Padma-Sarvaangasana	151. Shavasana
43. Bakasana	98. Parvatasana	152. Shithilasana
44. Brahmcharya Asana	99. Padam- Parvatasana	153. Shrishasana
45. Bhardwajasana	100. Parshava-Dhanurasana	154. Shirishasana
46. Bhujangasana	101. Parvat-Bhujangasana	155. Simhasana
47. Bhek-Mandukasana	102. Paschimottanasana	156. Simhasana
48. Badha-Padmasana	103. Paasharvottanasana-I	157. Sarvangasana
49. Badha-Yoniasana	104. Paasharvottanasana-II	158. Shalabhasana
50. Brahmamudra	105. Poorna-Hanumaanasana	159. Sarpasana
51. Bhadrasana	106. Poorna-Hast-Padottanasana	160. Supta Vajrasanai
52. Chakrasana (Sideward)	107. Poorna-Matsyendrasana	161. Supta-Bhekasana
53. Chakrasana (Backward)	108. Poorna-Natrasana	162. Swastikasana
54. Chakki-Sanchalanasana	109. Poorna-Titliasana	163. Tadasana
55. Crocodile Practices (Four variations)		

B) Pranayama (Breathing Yoga)..... 50 Marks

1. Anulom-Vilom
2. Ujjayi
3. Shitali
4. Shitkari
5. Bhastrika
6. Bhramari
7. Suryabhedhi
8. Chandrabhedhi
9. Murcha
10. Plavani
11. Nadi Shodhan (basic to advance)

12. Tank

C) Kriya (Shat - Karma) 50 Marks

1. Jal Neti
2. Rubber Neti
3. Sutra Neti
4. Dhauti (Kunjai)
5. Nauli
6. Kapalbhata
7. Agnisaa
8. Trataka
9. Shankhaprakshalana

D) Other Practices 50 Marks

1. Meditation Techniques
2. Surya Namaskaar (Sun Salutation)
3. Kriya Yoga – Consisting of Pranayama, Mantra, Yoga Sutra, etc.
4. Bandha: Jalandhar Bandh, Uddiyan Bandh, Mool Bandh, Tri Bandh/Maha Bandh.
5. Surya Mantra
6. Mahamantra
7. Kundalini Mantra

E) Practice Teaching 50 Marks

THEORY

- F) Anatomy
- G) Philosophy of Yoga
- H) 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

Subjective Type Questionnaire 100 Marks

PRACTICAL EXAM

Practical Work (Project Report, etc.) 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 300 HOURS ADVANCE YOGA TEACHER TRAINING COURSE © is ₹ 38000/-	
Advance Payment	Get a discount of 10% on 100% advance payment
Installments	1 st Installment ₹ 19000 On the time of enrolment
	2 nd Installment ₹ 19000 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.](#)