

Admissions
Open



Internship
Certificate

Internship Program



- Provides better teaching experience.
- Improves self confidence.
- Develop class conducting skills and attitude.
- Enhance public speaking skills.

5 Special Features



Top Class
Learning
Material



1000+
Mock Exam
Questions



Live &
Recorded
Lectures



Job Placement
&
Assistance



Rewarding
Top
Performer

Contact Us



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**SCAN
HERE**
Enroll Now!

    /hathayogainstitute



YOGA TEACHER TRAINING COURSE



ONLINE & OFFLINE BATCHES

“

Our mission is to empower people with
authentic and traditional knowledge of yoga.

”



Certificates you will get



Yoga Certification Board
(After passing YCB Exam)



Hatha Yoga Institute
RYS 200 Hours



Educational Board of
Vocational Training &
Research, Govt of Maha

Course Syllabus

Module 1

Hatha Yoga Practices

- Warm up Practices
- Shat Kriyas
- Asanas
- Pranayamas
- Mudras, Bandhas & Meditation



Module 2

Philosophy of Yoga

- Yoga in traditional texts
- Anatomy & Physiology
- Ayurveda & Diet

Module 3

Teaching Practices

- Teach in groups and individually
- Live teaching experience

Courses we offer



Certificate Course

YCB Level 1

- Duration - 1.5 Months
- Conduct Yoga practice/classes in parks, societies, RWA etc.
- For beginners or those seeking self healing.



Diploma Course

YCB Level 1 + 2 & RYS 200 HRS

- Duration - 3 Months
- Yoga for illness and wellness In schools, studios, work places, health centres, etc.
- Seeking part time or full time career in Yoga.



Advance Diploma Course

YCB Level 1 + 2 + 3 & RYS 200 HRS

- Duration - 4 Months
- Teach in studios, Colleges / Universities/ Institutions of higher learning etc.
- For a great career in Yoga. Opens up job, internship and many opportunities.

