



## Therapy Yoga Teacher Training Course (2018 Spring) – with Master Shivachittam

Location: NCR / Delhi, India

### 75 Hrs TTC - Module One

#### Schedule:

Arrival Check-in: 22 March 2018

Training: 23 - 29 March 2018

#### Course Contents:

- Therapeutic yoga for common diseases;
- A detailed study of Pranayamas, Yoganidra and Meditation, Therapeutic approach;
- Mudra, Bandha and Chakra and its significance in yoga therapy;
- A wide approach towards Pre-natal yoga;
- A study and practices of Cleansing techniques (Detox).

#### Class Fee:

- Regular Price: US\$1900 / HK\$14700 (share double room)
- Early-bird: US\$1650 / HK\$12700 (share double room)  
50% deposit US\$825 / HK\$6350 for confirmation  
(before 20 Sept 2017);  
Bal. amount US\$825 / HK\$6350  
(before 19 January 2018)

### 75 Hrs TTC - Module Two & 10 Hrs Elementary

#### Study of Ayurveda

#### Schedule:

Arrival Check-in: 30 March 2018

Training: 31 March - 7 April 2018

#### Course Contents:

- Therapeutic yoga for common diseases;
- A detailed study of Pranayamas, Yoganidra and Meditation, Therapeutic approach, Stress management and yoga;
- Mudra and its application, Yoga for Kids;
- Swara yoga-science of brain breathing-in therapy;
- A study and practices of Cleansing techniques (Detox);
- A detailed study of the Basic Principles of Ayurveda: Five Elements (Panchamahabhuta), three governing energies (Tridoshas), Elements of body (Dhatu), three waste processes (Malas), Body constitution (Prakriti), Ayurveda on diet etc.

#### Class Fee:

- Regular Price: US\$2250 / HK\$17500 (share double room)
- Early-bird: US\$2000 / HK\$15500 (share double room)  
50% deposit US\$1000 / HK\$7750 for confirmation  
(before 20 Sept 2017);  
Bal. amount US\$1000 / HK7750  
(before 19 January 2018)

**Sample Schedule:**

- 6:30-7:30 Morning Chanting, Pranayama, Yogic Kriya and Meditation
- 9:00-10:30 Lecture
- 10:45-12:00 Therapeutic Yoga class
- 14:00-16:00 Lecture / Application
- 16:30-18:00 Asana Practice-therapeutic / Yoganidra
- 19:00-20:00 Q/A session and Meditation

This schedule is for general reference, slight changes might occur depending on the learning progress of the class.

This training will be taught in English.

**Class Fees with the Full Training Program:****1. For Module One**

- Regular Price: US\$1900 / HK\$14700 (share double room)
- Early-bird: US\$1650 / HK\$12700 (share double room)  
50% deposit US\$825 / HK\$6350 for confirmation (before 20 Sept 2017);  
Bal. amount US\$825 / HK\$6350 (before 19 January 2018).
- Packages include: 8 days and 7 nights' accommodation; daily vegetarian meals; airport inland pick up; course tuition fee and certification.

**2. For Module Two**

- Regular Price: US\$2240 / HK\$17500 (share double room)
- Early-bird: US\$1990 / HK\$15500 (share double room)  
50% deposit US\$995 / HK\$7750 for confirmation (before 20 Sept 2017);  
Bal. amount US\$995 / HK7750 (before 19 January 2018)
- Packages include: 9 days and 8 nights' accommodation; daily vegetarian meals; airport inland pick up; course tuition fee and certification.

To secure your spot, transfer payment to:-

✓ For Hong Kong: kindly send email at [phoebeng0128@outlook.com](mailto:phoebeng0128@outlook.com), or Whatsapp 852-91514281, to be provided HKD bank account.

✓ For other countries:

Anandabodh Stress Management & Yoga Research (P) Ltd.

USD Current A/C No. 006505003265

Icici Bank - C-17, C-Block Market Vasant Vihar Branch, New Delhi-110057

RTGS/NEFT/IFSC Code: ICIC0000065

Swift Code: ICICINBBCTS

Kindly email the transaction reference to [shivachittam@yahoo.com](mailto:shivachittam@yahoo.com), or call / Whatsapp 0091-9891428646.

- Exclude: air tickets and insurance.
- Spot is limited, we keep space for the people who pay first.
- Fees paid strictly Non-refundable once reserved the spot and the venue accommodation.

## About Master Shivachittam

Shivachittam, who is a Karma Sannyasi initiated by Swami Niranjananda Saraswati, learnt yoga in his early childhood from Bihar School of Yoga and has been practicing since then. After a dedicated practice for nearly three decades Shivachittam chose to propel the wisdom of his guru. He gained education in Psychotherapy and Counseling, Business Administration, Journalism and Mass Communication, and in Sciences. He is a naturopath and done diploma in naturopath and yoga (NDDY) as well. He is a certified Yoga Teacher by Quality Control of India and ministry of AYUSH department, Government of India. For more than a decade and half now, Shivachittam has been a dedicated yoga Master, sharing his passion and spiritual knowledge. He has been serving many organizations, public sector, private sector, embassy, hotels, NGOs, leading sports personnel, industrialists, bureaucrats, film stars etc and is helping people to lead a pure, clean, and rich life, and to better cope with stress.

He has been conducting stress management program and yoga sessions for several corporate, MNCs, their Chairman, Directors, top level executives, staffs, trainee-engineers, trainee-operators, territorial army personnel and conducting personality development program through yoga for the children of different age groups.

Delivers lectures on yogic philosophy, stress management, personality development and other related aspects of yoga. Imparts therapeutic guidance to the participants of different programme which includes all kinds of physical, mental and emotional diseases. He has an immense expertise in therapeutic yoga and in the field of applied yoga.

Shivachittam is the founder of Anandabodh Stress Management & Yoga Research (P) Ltd, in India,

<http://www.anandabodh.com>

## Clients / Training Classes of Master Shivachittam



## Delhi, India

After independence in 1947, Delhi was officially declared as the capital of India. It is a charming mix of heritage and new world. On one side, you can see architectural sites, buzzing streets and exotic markets. And, on the other side Delhi has magnificent Malls, modern opulent high rise buildings and lots of greenery. Delhi is the best place to experience all that brings people to India: history, culture, food, spirituality, madness and mystery etc. You will be refreshing the soul there.

We look forward to this yoga journey in India with you.

Om Shanti Shanti Shanti

Namaste



## By Master Shivachittam - Therapy Yoga Teacher Training Course

2018 Spring, NCR / Delhi, India

### Registration

Name: \_\_\_\_\_ (match your passport) Passport Number: \_\_\_\_\_

Male / Female: \_\_\_\_\_ Country: \_\_\_\_\_ Nationality: \_\_\_\_\_

Email: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Course: \_\_\_\_\_

Signature & Date \_\_\_\_\_

Kindly fill up the registration form and attach payment transaction receipt, email to us for spot confirmation.

*Fees paid strictly Non-refundable once reserved the spot and the venue accommodation.*

To inquiry, please write / call us at:-

- ✓ For Hong Kong, phoebeng0128@outlook.com, or call / Whatsapp 852-91514281.
- ✓ For other counties: shivachittam@yahoo.com, or call / Whatsapp 0091-9891428646.



Anandabodh Stress Management & Yoga Research (P) Ltd



www.anandabodh.com