

Nestled amidst the serene Sahyadri mountains, Govardhan Ecovillage embodies the principles of "Simple Living & High Thinking," providing the perfect environment for your inner journey.

A Life-Enriching Experience

Our fully residential programs are designed for aspiring yoga teachers and those seeking a deeper understanding of yoga's profound benefits. These internationally recognized certifications empower you to teach yoga anywhere in the world

We offer the following Yoga Teacher Training programs:

- **Level 1: 200-Hour Yoga Teacher Training**
- **Level 2: 300-Hour Yoga Teacher Training**
- **Level 3: Bhakti Yoga Intensive**

Additionally, we provide the **Sound Healer Teacher Training Course** for those interested in the transformative power of sound healing .

1) Yoga Teacher Training Course (YTTC) with Our 200 hours Level 1

Dive deep into the heart of yoga with our comprehensive Level 1 Yoga Teacher Training Course. From mastering fundamental asanas and cleansing kriyas to understanding the profound philosophy behind yoga, our program provides a solid foundation for aspiring teachers and dedicated practitioners alike.

Beyond the mat, you'll explore:

- The Science of Yoga: Discover the physiological and psychological benefits of yoga practices.
- Effective Teaching Techniques: Learn to guide students of all levels with confidence and compassion.
- Yogic Philosophy: Gain insights into the ancient wisdom that underpins yoga's transformative power.

Under the guidance of experienced instructors, you'll emerge from this program equipped with the tools to lead a healthier, happier, and more fulfilling life.

Elevate your yoga journey with our YTTC Level 1 program

- The YTTC Level 1 program is a comprehensive introduction to yoga teaching.
- It covers a wide range of topics, including asana practice, beginner-level teaching techniques, cleansing kriyas, and yogic philosophy.
- The program is designed to help you develop a solid foundation in yoga and prepare you to teach yoga classes.
- The instructors are experienced yoga teachers who are passionate about sharing their knowledge with others.
- The program is a great investment in your yoga practice and your career as a yoga teacher.

Our expert instructors will guide you through:

- In-depth Asana (posture) and Pranayama (breathing) practice
- Cleansing techniques like Jala Neti, Vaman, tratak, and Kapalabhati
- Pancha-Kosha—the basis for holistic yoga therapy and healing.
- Meditation and Mindfulness practices
- Yog Nidra (yoga sleep) - both practice and teaching techniques
- Yoga Anatomy - understanding the body's connection to yoga
- Yoga Philosophy – exploring ancient wisdom from Yoga Sutras & Bhagavad Gita
- Yoga Teaching Sessions – learn teaching skills
- Kids and Prenatal Yoga foundations
- Subtle Anatomy—Pranas, Nadis & Chakra exploration – understanding energy centers.
- Mantra Meditation, Kirtans (devotional chanting), and Go-seva (cow service)
- Mountain hikes and nature walks for deeper connection
- Group activities
- Full-day excursion to Trimbakeshwar Shiva Temple

Daily Schedule:

- 06:00 hrs - Asana Class (followed by Micro-Lessons)
- 08:00 hrs - Breakfast
- 09:15 hrs - Theory Class 1
- 10:30 hrs - Yog Nidra
- 11:30 hrs - Theory Class 2
- 13:00 hrs - Lunch Break
- 16:00 hrs - Asana Class (Technique & Practice)
- 18:30 hrs - Break
- 19:00 hrs - Dinner
- 20:00 hrs - Satsang (spiritual discourse - twice a week)

Certification and Recognition:

Govardhan School of Yoga is a Registered Yoga School (RYS-500) with Yoga Alliance (USA). Upon successful completion of the course, you will receive a Yoga Alliance certificate which makes one eligible to register as RYT200.

Tailored for Your Needs:

This program offers two learning paths:

- **For Aspiring Yoga Teachers:** The full curriculum includes teaching lessons and assignments.
- **For Holistic Seekers:** Focus on the transformational aspects of yoga without the teaching component.

Course Dates:

- Spring Batch: February 8th - March 6th, 2025
- Summer Holidays Batch: May 13th - June 8th, 2025
- International Yoga Day Batch: June 23rd - July 19th, 2025
- Autumn Batch: September 8th - October 5th, 2025
- Winter Batch: November 1st - November 27th, 2025

Accommodation and Fees: (Prices are per person)

Room Category	Price in INR (Indian Bank Account)	Price in USD (Others)
Non-AC (Twin Sharing)	₹59,999	\$799
Non-AC (Twin Sharing, Upgraded Room)	₹69,999	\$899
Non-AC (Single Occupancy)	₹78,999	\$999
AC (Twin Sharing)**	₹95,999	\$1,299
AC (Single Occupancy)	₹140,999	\$1,799

Note: Fees include accommodation and course materials. Food charges (approximately ₹400-750 per day for 2-3 meals) are separate.

Ready to Begin Your Yoga Journey?

For further details and registration, contact us at:

- Email: yoga@ecovillage.org.in

We look forward to welcoming you to Govardhan School of Yoga and fostering your growth on the path of yoga!

Looking to expand your yoga knowledge after completing your Level 1 - 200-Hour Yoga Teacher Training at Govardhan School of Yoga?

We offer a range of comprehensive residential yoga courses designed to deepen your practice and refine your teaching skills. These programs can serve as an excellent follow-up to your initial training, empowering you to specialize or cater to specific student needs. Browse below our residential course offerings to find the perfect fit for your goals!

2) Yoga Teacher Training Course (YTTC) Level 2 (300 Hours)

Elevate your yoga practice and teaching skills with our immersive 300-hour Yoga Teacher Training Course Level 2. This program builds upon the foundation established in Level 1, equipping you with advanced knowledge and techniques for effective yoga instruction and holistic healing.

Delve deeper into the intricate tapestry of yoga, practicing advanced asana techniques, pranayama practices, and the philosophical underpinnings of this ancient discipline. Explore the human body through anatomy and physiology, unlocking the therapeutic potential of yoga for mind and body. Immerse yourself in the wisdom of the Yoga Sutras and Bhagavad Gita, gaining profound insights into the path to self-realization.

Discover the power of chakras and their role in balancing energy and promoting holistic well-being. With a focus on experiential learning, this course equips you with the knowledge and skills to become a confident and compassionate yoga teacher, inspiring others to embrace the transformative power of yoga.

Course Curriculum:

- Daily Asana Practice: Refine your alignment and explore advanced postures.
- Yoga & Chakra Therapy: Delve into the energy centers (Chakras) and their connection to asana practice for holistic healing & therapy.
- Advanced Pranayama: Master breath control techniques for enhanced energy and well-being.
- Yoga Teaching Classes: Develop your teaching methodology through practical experience.
- In-Depth Anatomy Classes: Gain a comprehensive understanding of the human body in relation to yoga practice.
- Advanced Bhagavad Gita Studies: Uncover the profound wisdom of the Bhagavad Gita.
- Patanjali Yoga Sutras: Explore the philosophical core of yoga through Patanjali's teachings.
- Cleansing Techniques: Master advanced cleansing practices like Sutra Neti, Danda Dhouti, Kapalabhati, and Master Cleanse for internal detoxification.
- Yog Nidra & Meditation: Cultivate deep relaxation and inner peace.
- Mountain Hikes & Nature Walks: Immerse yourself in nature with guided hikes and mantra meditations.
- Evening Kirtans & Go-Seva: Experience the joy of devotional chanting and selfless service projects.

Daily Schedule:

- 05:30 AM - Asana Class
- 07:30 AM - Meditation (30 minutes minimum)
- 08:30 AM - Breakfast
- 09:15 AM - Theory Class 1
- 10:30 AM - Yoga Nidra
- 11:30 AM - Theory Class 2
- 01:00 PM - Lunch Break
- 03:00 PM - Anatomy Class
- 04:00 PM - Yoga Therapy & Teaching Class
- 05:30 PM - Advanced Pranayama Practice
- 06:30 PM - Break
- 07:00 PM - Dinner

Certification:

Govardhan School of Yoga is a Registered Yoga School (RYS-500) with Yoga Alliance (USA). Upon successful completion of the course, you will receive a Yoga Alliance certificate which makes one eligible to register as RYT300.

Participants who successfully complete both 200-hour and 300-hour yoga teacher training programs consecutively are eligible for a RYT500 certification.

Who Should Apply:

This program is designed for graduates of a recognized 200-hour Yoga Teacher Training Course (YTTC).

Accommodation and Fees: (Prices are per person)

Room Category	Price in INR	Price in USD
Non-AC Room (Twin Sharing)	₹59,999	\$799
Non-AC Room (Single Occupancy)	₹78,999	\$999
AC Room (Twin Sharing)**	₹95,999	\$1,299
Single Occupancy AC Cottage	₹1,40,999	\$1,799

Note:

- Fees include accommodation & course materials only.
- Food charges are separate (approximately ₹400-750 per day for 2-3 meals).

Embark on a transformative journey with our comprehensive Level 2 Yoga Teacher Training Course.

For more information and registration, please contact:

- **Email:** yoga@ecovillage.org.in

3) Yoga Teacher Training Course (YTTC) Level 3

Also called as “Bhakti Yoga Intensive”

The Bhakti Yoga Intensive is a comprehensive course designed to explore the profound philosophy and practices of Bhakti Yoga. Rooted in ancient Indian wisdom, Bhakti Yoga is the path of devotion and love, aiming to establish a deep connection with the divine. Spread over 10 days, this intensive course provides participants with a transformative journey through the principles, philosophy, practices, and experiences of Bhakti Yoga, fostering a profound spiritual awakening.

Daily Schedule:

- 5:00 AM - 7:00 AM: Mangala Aarti and Japa
- 7:00 AM - 8:00 AM: Deity Darshans & Kirtan
- 8:00 AM - 9:30 AM: Breakfast
- 9:30 AM - 11:30 AM: Bhakti Philosophy
- 11:30 AM - 1:00 PM: Bhakti Art Workshop
- 1:00 PM - 2:00 PM: Lunch
- 2:00 PM - 4:30 PM: Kirtan Training Workshop
- 4:30 PM - 6:00 PM: Yoga Abhyasa
- 6:00 PM - 7:00 PM: Mystical tales / Yamuna Aarti
- 7:00 PM - 8:00 PM: Dinner
- 8:00 PM - 9:00 PM: Satsangh / Kirtan

Certification:

This course is registered by Yoga Alliance YACEP (Yoga Alliance Continuing Education Provider).

Accommodation & Fees:

Room Category	Price in INR	Price in USD
Non-AC Room (Twin Sharing)	₹20,000	\$275
Non-AC Room (Single Occupancy)	₹24,000	\$350
AC Room (Twin Sharing)**	₹30,000	\$410
Single Occupancy AC Cottage	₹38,000	\$500

Note: Subject to Availability

Join us on a journey of profound spiritual awakening as we delve into the transformative power of Bhakti Yoga.

For more information and registration, please contact:

- **Email:** yoga@ecovillage.org.in
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YOGA TEACHER TRAINING COURSE -2025 BATCHES

SPRING BATCH 2025

Yoga Teacher Training Course- Level 1(200 hours)
8th February to 6th March

Yoga Teacher Training Course- Level 2 (300 hours)
6th March to 2nd April

Bhakti Yoga Intensive
2nd to 12th April

Sound Healer TTC
12th to 16th April

SUMMER HOLIDAY BATCH 2025

Yoga Teacher Training Course- Level 1(200 hours)
11th May to 6th June

Sound Healer TTC
6th to 10th June

INTERNATIONAL YOGA DAY BATCH 2025

Yoga Teacher Training Course- Level 1(200 hours)
23rd June to 19th July

Yoga Teacher Training Course- Level 2 (300 hours)
19th July to 14th August

AUTUMN BATCH 2025

Yoga Teacher Training Course- Level 1(200 hours)
8th September to 5th October

Sound Healer TTC
5th to 9th October

WINTER BATCH 2025

Yoga Teacher Training Course- Level 1(200 hours)
1st to 27th November

Yoga Teacher Training Course- Level 2 (300 hours)
27th November to 23rd December

Bhakti Yoga Intensive
23rd December to 2nd January, 2026

Sound Healer TTC
2nd to 6th January, 2026

For Details & Registration
Email: yoga@ecovillage.org.in

For those unable to complete the full Teacher Training Course, we offer **breakdown courses** or Short term residential courses as an alternative.

1. **Yoga Lifestyle Course**
 - February 9–16, 2025
 - May 12–19, 2025
 - June 24 – July 1, 2025
 - September 9–16, 2025
 - November 2–9, 2025
2. **Vedic Philosophy Essentials**
 - February 9–23, 2025
 - May 12–26, 2025
 - June 24 – July 8, 2025
 - September 9–23, 2025
 - November 2–16, 2025

(Level 2 consists of a combination of four key courses.)

1. **The Bhagavad Gita Course**
 - March 7–16, 2025
 - July 20–29, 2025
 - November 28 – December 7, 2025
 2. **Yoga Sutras**
 - March 16–21, 2025
 - July 29 – August 3, 2025
 - December 7–12, 2025
 3. **Master Cleanse**
 - March 20–23, 2025
 - August 2–5, 2025
 - December 11–14, 2025
 4. **Chakra Healing**
 - March 23–31, 2025
 - August 5–12, 2025
 - December 14–22, 2025
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Detailed explanation of each Short term residential courses

1)YOGA LIFESTYLE COURSE

Foundation course in Classical Hatha yoga

One Week Residential Program at Govardhan Eco Village

Learn to bring health and happiness to oneself through the ancient teachings of asana, pranayama, meditation, yoga nidra, kirtans, selfless service and the study of sacred vedic scriptures.

Experience a spiritual yoga immersion at Govardhan School of Yoga, an authentic yoga ashram at Govardhan Eco Village, on the foothills of the Sahyadri ranges.

This scientifically designed course conducted by our experienced teachers will surely empower one return to their daily lives healthier, happier and transformed.

Course Fees Per Person

1) AC Rooms

- Twin Sharing (Attached Bathroom) – ₹18,000 (*Subject to availability*)
- *Single Occupancy (Attached Bathroom) – ₹27,000*

2) Non-AC Rooms

- Twin Sharing (Attached Bathroom) – ₹12,000
- Single Occupancy (Attached Bathroom) – ₹15,000

The fees include accommodation & course fees only. Food and travel charges are separate.

Food charges :

2-3 meals (breakfast, lunch & dinner costing approximately Rs 400-750 per day)

For Details & Registration

Email: yoga@ecovillage.org.in

2)VEDIC PHILOSOPHY ESSENTIALS

Exploring the Soul's Journey

Residential Program at Govardhan Eco Village

Whether you're a philosophy novice, a spiritual seeker yearning for profound insights into life, or an experienced yoga teacher seeking a deeper understanding of your practice, our Vedic Philosophy Course is tailor-made for you. Crafted through a decade of interaction with countless students, this course will quench your philosophical curiosity and set you on a path to profound self-realization. Organized into three enriching modules, the course explores the following key aspects:

Module 1: Introduction to Vedic Philosophy

- Unveiling the Concept of the Soul
- Illuminating the Shackles of Spiritual Ignorance
- Navigating the Vast World of Vedic Texts
- Exploring the Layers of Sound Vibrations
- Embracing the Guru and Parampara Traditions
- Delving into the Six Systems of Vedic Philosophy
- Tracing the Rich History of Vedic Traditions
- Grasping the Profound Concept of Dharma

Module 2: Introduction to Yoga Sutras

- A Glimpse into the Life of Sage Patanjali
- An Overview of the Four Chapters of Yoga Sutras
- Unlocking the Principles of Ashtanga Yoga
- The Spiritual Journey of Involution
- In-Depth Analysis of Yamas and Niyamas
- Exploring the Mysteries of the Pancha koshas

Module 3: Introduction to Bhagavad Gita

- Unveiling the Concept of Absolute Truth
- Yoga Unveiled in the Bhagavad Gita
- A Philosophical Dive into the Teachings of the Gita
- Navigating Time, Matter, and Consciousness

- Understanding the Self and the Super Self
- Attaining Life Mastery through Gita's Wisdom

This course has no prerequisites and will prepare you to delve into our advanced courses on the Bhagavad Gita and Yoga Sutras. As a student, you'll actively engage in assignments and daily reading sessions. Nestled in the serene surroundings of Govardhan Ecovillage, you'll also have the unique opportunity to immerse yourself in various ongoing spiritual activities, learn meditation techniques, interact with our Monks, contribute to the care of animals in the barn, and uplift your spirit with daily Kirtans.

Prepare to embark on a transformative journey of self-discovery through the profound wisdom of Vedic philosophy.

Course Fees Per Person

1)Non-AC Rooms

- **Twin Sharing (Attached Bathroom): ₹24,000**
- **Single Occupancy (Attached Bathroom): ₹32,000**

2)AC Rooms

- **Twin Sharing (Attached Bathroom): ₹40,000**
- **Single Occupancy: ₹56,000**

The fees include accommodation & course fees only. Food and travel charges are separate.

For more details & registration

Email: yoga@ecovillage.org.in

1)THE BHAGAVAD GITA COURSE

A Certificate Residential Program at Govardhan Eco Village

The Bhagavad Gita is a systematic exposition on the science of Yoga and essence of all vedic wisdom. Organized in 18 chapters it presents various stages of Yoga, the challenges one faces at each stage and the ways to overcome them.

With each progressing chapter find yourself going deeper in your understanding and practice of Yoga. Relive this epic and become a mighty warrior conquering the world within.

Let us make an effort to understand & experience the beautiful teachings of Lord Krishna presented in the 18 chapters of Bhagavad Gita

- 1 : Arjuna Vishada Yoga
- 2 : Sankhya Yoga
- 3 : Karma Yoga
- 4 : Jnana Yoga
- 5 : Karma Sannyasa Yoga
- 6 : Atma Samyama Yoga
- 7 : Jnana Vijnana Yoga
- 8 : Akshara Brahma Yoga
- 9 : Raja Vidya Raja Guhya Yoga
- 10 : Vibhuti Yoga
- 11 : Vishvarupa Darshana Yoga
- 12 : Bhakti Yoga
- 13 : Kshetra Kshetrajna Yoga
- 14 : Guna traya vibhaga Yoga
- 15 : Purushottama Yoga
- 16 : Daivi Asuri Sampada Yoga
- 17 : Shraddha Traya Vibhaga Yoga

18 : Moksha Yoga

The message of Bhagavad Gita acts a beacon of wisdom for all thoughtful seekers looking for a way out of the quagmire of life's challenges.

Teacher : Nimai lila das

Daily Schedule

- 5:15 AM – 5:30 AM: Mangal Aarti
- 5:30 AM – 7:00 AM: Mantra Meditation / Nature Walk / Yagya
- 7:00 AM – 7:30 AM: Aartis & Guru Puja
- 7:30 AM – 8:15 AM: Asana & Pranayama
- 8:30 AM – 9:30 AM: Breakfast
- 9:30 AM – 1:00 PM: Bhagavad Gita Class
- 1:00 PM – 4:00 PM: Lunch, Rest & Go Seva
- 4:00 PM – 5:30 PM: Self-Study
- 5:30 PM – 7:30 PM: Seva, Vrindavan Forest Tour, Aartis, Braj Geet & Kirtans in Vrindavan Temples

7.30 pm - Dinner

Course Fees : (Including Accommodation & Course fees)

NON AC Cottage (Twin Sharing with Attached Bathroom)
Rs 15000 Per Person

NON AC Cottage (Single Occupancy with Attached Bathroom)
-Rs 20000 Per person

AC Cottage (Twin Sharing with Attached Bathroom)
-Rs 25000 Per person

Meal charges are not included. One can honour the meals in anyone of the cafes at Govardhan Eco Village

For Details & Registration

Call / whatsapp : 9226516906

Email : yoga@ecovillage.org.in

2)CHAKRA HEALING

Residential Program in the Spiritual haven of Govardhan Eco Village

The Sanskrit word “chakra” represents the concept that spinning "wheels" of energy which are responsible for a number of functions that connect your body to your energy field .They are the key to physical health, emotional stability, and mental clarity.

The Chakra Healing Retreat is a perfect opportunity to indulge in some self care and promises to transform your life in a holistic way using some powerful body & mind techniques. Break-free the recurring negative patterns in your relationships, work and health by engaging in authentic yogic practices

This Onsite Course at Govardhan Eco Village provides an understanding of how the Chakras work, where they are located, their meanings, and how each governs our mind, body & emotions. Each practical session will offer potent tools and exercises for Chakra balance to help you reconnect with your essence, recalibrate and enhance every aspect of your life.

Course Content

1. Introduction to Chakras – Definition, meaning, history, and understanding of the energy body.

2. Location, color, and mantras of each chakra.
3. Understanding the connection between ill-health and chakra imbalance.
4. Self-discovery questions to identify blockages and misaligned chakras.
5. Co-relation of each chakra with our endocrine system and other organs.
6. Chakra balance for emotional regulation and mental health.
7. Functions of each chakra in our physiological and psychological body.
8. A dedicated yoga sequence and practice for each chakra to help you balance and align.
9. Meditations, visualizations, and affirmations for each chakra to support the healing process.
10. Create your own chakra journal – Powerful journaling ideas and activities for balancing each chakra.
11. List of healing crystals and essential oils for chakra balance.

Whether you're a beginner or an experienced seeker, this program is designed to help you deepen your practice and find inner peace. You'll leave feeling refreshed, rejuvenated, and ready to take on whatever life throws your way.

Teacher : Aarti

Course Fees Per Person

(including accommodation and course fees.

Food is not part of package)

Twin Sharing Non AC Cottage - Rs 15000 per person

Single occupancy NON AC Cottage - Rs 21000 per person

Twin Sharing AC cottage - Rs 60000 (Rs 30000 per person)

Single Occupancy AC cottage - Rs 40000 person

For Details & Registration

Call / whatsapp : 9226516906

Email : yoga@ecovillage.org.in

3)Yoga sutra

THE YOGA SUTRAS OF PATANJALI

Residential Program at Govardhan Eco Village

The Yoga Sutras are 196 sutras compiled by the great sage Patanjali said to form the foundation of the classical yoga philosophy. Divided into 4 padas or chapters, Patanjali presents what is perhaps the most illuminating understanding of the mind, its conditioning, how to systematically detox the mind and observe the real self. This systematically designed course will help yoga students and seekers to internalize some of the esoteric yogic concepts from the sacred texts.

Modules :

- Patanjali's genius : Introduction to Yoga & Ashtanga summarized
- Demystifying the Mind : Samadhi Pada
- Elements of Practice : Sadhana Pada
- Yoga Extreme : Vibhuti Pada & Kaivalya Pada
- Yoga & Gita

Schedule :

7.30 to 8.30 am- Asana Practice

8.30 to 9.30am- Breakfast

9.30am to 1 pm- Yoga Sutra Class

1 to 4 pm- Lunch, Rest & Go Seva

4 to 5.30 pm- Self Study

5.30- 6.30 pm- Prana Enhancing Techniques

6.30 to 7.30 pm- Aartis & Kirtans in Vrindavan Forest

7.30 pm - Dinner

***Course Fees : (Including Accommodation & Course fees) ***

Twin Sharing NON AC - Rs 12000 (Rs 6000 per person)

Single occupancy NON AC Room
Rs 8000 per person

Twin Sharing AC room- Rs 20000 (Rs 10000 per person)

Single Occupancy AC room- Rs 18000

Meal charges are not included. One can honour the meals in any one of the cafes at Govardhan Eco Village

For Details & Registration

Whatsapp : +91 92265 16906
Email: yoga@ecovillage.org.in

4)Master Cleanse (SHANKHA PRAKSHALAN)

Holistic approach to eliminate impurities promoting physical and mental health.

Residential Program at Govardhan Eco Village

The shape of our digestive system is seen as a conch (Shankha) which has a long spiral tunnel-like intestine, and prakshalan in Sanskrit is called cleansing. Shankha

prakshalan is a yogic cleansing technique of the digestive system including the whole gastrointestinal tract (mouth to the anus).

In contrast to other yogic cleansing techniques where a person drinks enough water and then vomit it out, In Shankha prakshalan drinking lukewarm saline water is followed by a precise series of asanas. This series of asanas particularly called Shankha prakshalan asanas.

According to Gheranda Samhita, the practice provides a luminous body by eliminating toxins from the body.

The major purpose of shankha prakshalan is to promote bowel movement naturally without any medication and side effects.

Join us for the next Shankha Prakshalan at Govardhan Eco Village

Program Charges :

Twin Sharing NON AC - Rs 10000 (Rs 5000 per person)

Single occupancy NON AC Room- Rs 6500 per person

Twin Sharing AC room- Rs 17000 (Rs 8500 per person)

Single Occupancy AC room- Rs 13000 per person

For Registration

Call / whatsapp : 9226516906

Email : yoga@ecovillage.org.in

Yoga Sadhana

Govardhan School of Yoga offers these online sessions to help you **enhance physical, mental, and emotional well-being** through authentic yogic practices.

Hare Krishna, Namaste..!

Thank you for your interest in **Yoga Sadhana – A Month of Transformation.**

Session Details (Live on Zoom | Monday to Friday)

- **Batch 1:** 7:30 – 8:15 AM IST
- **Batch 2:** 11:30 AM – 12:15 PM IST
- **Batch 3:** 7:00 – 7:45 PM IST


Course Fee: Rs. 1500 for the entire month

What You Will Learn & Practice

- Energizing Warm-ups
- Surya Namaskar
- Essential Asanas & Variations
- Essential Pranayama
- Yoga Nidra
- Meditation
- Cleansing Techniques

Ready to begin your journey?

For registration and inquiries:

 WhatsApp: +91 92265 16906

 Email: yoga@ecovillage.org.in

Let's embrace the true essence of yoga and experience inner transformation together.

How to Register or Confirm Your Seat?

To register, simply email us at yoga@ecovillage.org.in with the following details:

- Your booked ticket
- Preferred accommodation type
- The course you're interested in
- Your preferred course date or batch

Once we receive your email, we will add you to our WhatsApp group for further transport coordination. Yes, we do provide transport services for your convenience.

The formal registration form will be filled upon arrival, and a welcome letter will be shared in the WhatsApp group

Please note that **all course fees are non-refundable**. Once the registration is confirmed