



Book My Yoga
→ Love Your Life ←



BECOME A INTERNATIONALLY CERTIFIED YOGA TEACHER

**200 HOURS
YOGA TEACHER TRAINING
COURSE**

www.bookmyyoga.in



THE COURSE

Intensive Yoga Teacher Training Immersion

This course is an intensive training to become a professional and worldwide accredited yoga teacher. The course is designed only with one goal - to make you a confident yoga teacher.

It is a proven and tested course which has been Developed and refined over the last 11 years. After the course you will be able to teach yoga with confidence and proper certification. !!!!

If you will spend your days at our residential Yoga studio. You will eat healthy vegetarian meals cooked with love and care. You will be completely immersed in the yogic lifestyle, philosophy & practice of yoga and meditation. You will share the space with other like-minded people from different parts of the world, who by the end will become like a family to you.

The serene atmosphere of our studio will help you focus on the training and therefore you will learn and grow beyond your expectations. Most of our students are surprised about how much they can learn in such a short period. And once you have completed the course, we are still there for you with our **post-course support and mentoring**

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Welcome to BOOKMY YOGA

Book My Yoga India's leading local search engine provides services like Yoga Teachers Training, Yoga Classes , yoga retreats, yoga events ,Ayurveda , Acupressure, Yogic Tour, Online store for yoga products.

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COURSE HIGHLIGHTS

During our 200 hour yoga teacher training course you will

- **benefit from a well-rounded, time-proven curriculum:** 150 Hatha Yoga asanas, in-depth yogic philosophy, extensive yoga anatomy, daily pranayama & meditation and much more;
- become confident to teach with 60 hours hands-on teaching practice;
- **acquire expert teaching skills** as you learn how to give proper instructions, and how to apply corrections and modification techniques;
- **learn how to sequence** yoga postures to create classes featuring various goals and themes;
- **learn how to teach** people of different ages, backgrounds and body types;
- receive a worldwide accredited yoga teacher certification in 45 intensive days;
- **be fully immersed** into the yogic lifestyle as you study at a traditional yoga studio;
- **receive guidance** for how to start your own yoga school / yoga studio;



CERTIFICATION & ACCREDITATION

The “BOOK MY YOGA” Yoga teacher training is spread over weeks of intensive yoga training covering 200 hours in total. Therefore our teacher training courses exceed the international standards of a 200 hour yoga teacher certification.

Our teacher certification is accredited by Yoga Alliance USA, BOOK MY YOGA and it is also accepted by all major yoga federations worldwide. After completion you can also follow our 300 hour yoga teacher training to get your 500 hour certification.



YOGA ASANAS: PRACTICE & TEACHING

You will get 60 hours of hands-on teaching practice under the direct supervision of our teachers. This unique aspect of our courses will give you confidence to start teaching yoga right away. Therefore our 200 hour Hatha Yoga certification course is ideal for aspiring teachers. It is however also of great value for anyone who primarily wants to have a good foundation in yoga and deepen their own practice.

- 150+ classical Hatha Yoga poses
- How to teach 84 classical poses and 21 foundational classical Hatha Yoga poses in detail
- Understanding & teaching the Sun Salutation
- How to structure a beginner's course and open yoga classes
- Yoga asana variations for beginners and elementary levels
- Yoga asana modifications for elderly people and people with limited movements
- Yoga for pregnant women
- How and when to modify asanas
- Guided deep relaxation / Yoga Nidra
- Yoga for kids & Chair Yoga

TEACHING METHODOLOGY & PRACTICE

- Psychology of a teacher
- Psychology of a student
- How to create a proper class environment
- Art of instruction (Voice tone & modulation)
- Art of adjustments
- Correction and guidance techniques
- Motivation techniques
- Communication techniques
- Structuring and planning classes & workshops
- Ethical guidelines for a yoga teacher
- Daily 3 hours hands on teaching practice



YOGA PHILOSOPHY

- Origin, History ,Aim and meaning of Yoga
- 5 Principles of yogic practice
- 4 Paths of yoga: Karma, Bhakti, Jnana, Raja yoga
- 8 Limbs of Raja yoga
- 7 Stages of awareness
- 3 Gunas - Sattva, Rajas, Tamas
- Maya, Prakriti, Brhaman, Avidya, Ahamkara
- Atman, Parmataman, Jiva
- 3 Bodies; physical, astral, spiritual
- 4 Inner instruments; mind, intellect, subconscious, ego
- Working & limitations of the mind
- 5 Major and 5 minor pranas
- Kundalini yoga
- Awakening of the Kundalini shakti
- 3 Main nadis: Ida, Pingla, Sushumna
- Seven Chakras
- Karma & Reincarnation



PRANAYAMA

- Understanding abdominal breathing
- Understanding full Yogic breath
- Understanding Ujjayi breath
- Preparatory Pranayamas
- 3 Bandhas: Jalandhara, Moola, Uddiyana
- Daily practice of 8 Pranayamas



MEDITATION

- What is meditation
- Meditation versus concentration
- Why meditate?
- Guide to proper meditation
- Different methods and steps to meditation
- Mantra initiation and chanting
- Daily practice of meditation

YOGA Anatomy



YOGA ANATOMY & PHYSIOLOGY

- Musculoskeletal system
- Spine and its common disorders
- Physiology of main muscles
- Primary archetypes of asanas
- Understanding major muscles like Psoas, Abductors etc.
- Asanas & their respective target muscle groups
- Difference between yoga & other physical exercises
- Injury prevention and cures
- Alignments, adjustments & modifications using anatomy principles

AYURVEDA

- Five primary elements and their properties
- Understanding 3 Doshas: Vata, Pitta, Kapha
- Right nutrition for each Dosha



YOGA AS A CAREER

- How to set up your yoga business or yoga studio
- How to: find location, advertise and promote, get renewals
- Common fallback and mistakes and how to avoid them
- Practical tips for the smooth running of a yoga school / studio
- How to find a yoga teacher job

APPLY NOW

DOWNLOAD APPLICATION

