

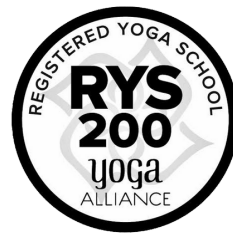
## ABOUT THE COURSE

This course covers Asana Teaching Methodology (TM) with topics including but not limited to designing safe and effective Yoga Asana programs with Corrective Alignment and Modification as per individual needs, Sequencing for various Styles of classes. The course get you recognized learning from Yoga Alliance USA.



रहेते ॐ प्रवृत्ता®

Study Manual  
Practical Learning  
Interactive Classes  
Bilingual Mode of Teaching  
Regular Review



Asana Teaching Methodology, Class Sequencing & Program Designing Course (Online)

A Multi Style Yoga TTC Course with Practical Approach

## WHY GET CERTIFIED?

With more and more floating information around us makes us vulnerable and prone to physical discomforts and sometime injuries while practicing yoga asanas. By getting certified in asana teaching methodology, class sequencing and programming you can assure safe and effective yoga classes in one-on-one settings and to group of people. Getting certified from a reputed institute which accredited helps you meet set standards. It provides your clients the trust they are looking for in their instructor



## COURSE CURRICULAM

- Class Opening Prayes
- Class Closing Prayer
- Joint Mobility and Warm up
- Hath Yoga
- Vinyasa Yoga
- Sun Salutation A & B
- Yin Yoga
- Power Yoga
- Use of Yoga Props
- Yoga for Relaxation and Stress Management
- Chair Yoga
- Rehab Yoga
- Yoga Nidra



## WHAT YOU GET

1. Study Material in PDF
2. Yoga Alliance Certificate
3. FM Yoga Certificate
4. CPR Certification (Online)





## WEEKDAYS SCHEDULE



**Course Duration:** 1 Month

**Teaching Days:** Tuesday - Friday

**Session Duration:** 1 Hours

**Timings:** Choose One

11am - 12pm (Mid Morning Batch)

5pm - 6pm (Evening Batch)

## COURSE FEE ₹

**Total Fee:** 17,000

Pay in 2 equal EMIs

**For Single Payment:** 15,000



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## CONTACT US

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## ASSESSMENT



**Exam Language:** English & Hindi

**Exam Format:** Practical

The assessment is in the form of regular teaching practice which helps you gain confidence to deliver the ultimate sessions for your clients.



SAFETY DOES MATTER !

