

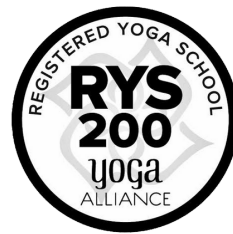
## ABOUT THE COURSE

200 hours Yoga teacher training certificate course (TTC) which is accredited by International Yoga Alliance USA. The course prepares students for teaching Yoga techniques to general and special population. The course covers theoretical and practical aspects of multi style yoga formats with special module of injury prevention



रहेते ॐ प्रवृत्त®

Manual in English  
Practical Learning  
Interactive Classes  
Bilingual Mode of Teaching  
Daily Review  
Placement Assistance  
Career Guidance



# 200 Hours Yoga Teacher Training Course (YTTC - Online)

A Multi Style Yoga TTC Course  
with Practical Approach

## WHY GET CERTIFIED?

Yoga fraternity is as dynamic as it comes. Keep up with the latest trends of yoga and stay ahead in this race, by learning with us. It is our collective responsibility to serve our clients and our industry with the best knowledge and service we can offer.

Fitness Matters and Rehab Yoga has successfully shouldered this responsibility for the last 10 years and will continue to do so with our strong students. Our commitment to excellence speaks volume in our student's practice both theoretically and practically.



## ABOUT THE COURSE

- Yoga Lifestyle
- Yoga Philosophies and Traditional Texts
- Value of Teaching Yoga
- Body Systems
- The Five Categories of Asana
- Multi Style Asanas Classes
- Types of Pranayamas
- Types of Kriyas
- Types of Meditation
- Corrective Posture and Alignment
- Muscle Imbalances Causes and Cures
- Alignment and Efficiency
- Using Variety of Props
- Class Set Up
- Preparing for a Class
- Command on the Language of Yoga
- Teaching Styles
- Qualities of a Teacher
- The Art of Delivering a Class
- Teaching as the Lead Instructor
- Observational Techniques
- Awareness in the Practice
- Student Relationships & Community
- Feedback

## WHAT YOU GET

1. Printed Study Material
2. Yoga Alliance Certificate
3. FM & Rehab Yoga Certificate
4. CPR Certification (Online)

## WEEKDAYS SCHEDULE



**Course Duration:** 4-5 Month

**Teaching Days:** Tuesday - Saturday

**Session Duration:** 2 Hours

**Timings:** Choose One

6am - 8am (Morning Batch)  
11am - 1pm (Mid Morning Batch)  
3pm - 5pm (Afternoon Batch)  
6pm - 8pm (Evening Batch)

## COURSE FEE ₹

**Total Fee:** 45,000

## DISCOUNTS AND INSTALMENTS



Contact Us for Available Discounts  
and Instalments Payment Details



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## CONTACT US

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www.fitnessmatters.org



## 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.



FITNESS DOES MATTER !

