



## COURSE CALENDAR: 2025

# FOUNDATIONAL YOGA TEACHER TRAINING (YTT 200)

## MODULE 1

This module helps you experience and build an intimate connection of the practice for yourself. Also suited for those who want to dive deeper into yoga, and not necessarily want to teach.

In this module, you'll dive into:

- The Practice of Yoga: asana, pranayama, yoga nidra, mudra and bandha
- Theory behind the practice - alignment, energetics and biomechanics
- Yoga Philosophy, history of yoga, pranas, chakras and more.
- Anatomy and Physiology: structure and function of the body and how yoga works on it.

1

JAN 18 - MAR 30

Sat & Sun: 10 am - 4 pm

Weekend

2

APRIL 7 - MAY 30

Mon - Fri: 6.30 pm - 9 pm

Online only

3

JUNE 2 - JULY 12

Mon to Fri: 10 am - 1 pm  
Sa: 7 am - 1 pm

Modular

4

AUG 25 - SEPT 12

Mon - Fri: 9 am - 5 pm

Weekday Intensive

## MODULE 2: RETREAT

1. Feb 15 - 16

2. April 19 - 20

3. July 12 - 13

4. Nov 15 - 16

COURSE FEE



Modular

JULY 14 - AUG 2

Mon - Fri: 6 am - 9 am  
Sat: 7 am - 1 am

1

Online only

SEP 15 - SEP 30

Mon - Fri: 6.30 pm - 9 pm

2

Weekday Intensive

NOV 3 - NOV 14

Mon - Fri: 10 am - 3 pm

3

## MODULE 3

This module helps you develop the skills, knowledge and confidence as a teacher. It covers class planning, corrections, adjustments, demos and also how to set yourself up as a yoga teacher.

COURSE FEE



- To qualify for the Yoga Alliance RYT 200 certification, you would need to do all 3 modules within the span of 18 months.
- Early bird offers & combination offers available!



# ADVANCED YOGA TEACHER TRAINING (YTT 300)

## MODULE 1

In this module, you'll dive into:

- The Practice of Yoga: intermediate - advanced asana, pranayama, yoga nidra, mudra and bandha, meditations
- Deep dive into alignment, energetics and biomechanics, prop usage.
- Yoga Philosophy: yoga sutras, snippets from the Upanishads, prana and its influence, chakras and more.

1

MAR 3 - APR 19

Mon - Fri: 11 am - 4 pm  
Sa: 7 am - 1 pm

Weekday

2

MAY 31 - AUG 17

Sat & Sun: 7 am - 3 pm

Weekend

## MODULE 2: RETREAT

1. Feb 15 - 16

2. April 19 - 20

3. July 12 - 13

4. Nov 15 - 16

COURSE FEE

RS.  
75000



## MODULE 2

Modular

JULY 14 - AUG 9

Mon - Fri: 6 am - 9 am  
Sat: 7 am - 1 am

1

This module helps you develop the skills, knowledge and confidence as a teacher. It covers class planning, corrections, adjustments, demonstrations, and also how to set yourself up as a yoga teacher.

Online only

SEP 15 - OCT 24

Mon - Fri: 6.30 pm - 9 pm

2

COURSE FEE

RS.  
30000

- To qualify for the Yoga Alliance RYT 300 certification, you would need to do all 3 modules within the span of 18 months.
- Early bird offers & combination offers available!



COURSE CALENDAR: 2025

# YACEP (OTHER COURSES)

**JAN 20 - JAN 31**

Mon - Fri: 11 am - 1.30 pm

1

COURSE  
FEE



## PRENATAL YOGA WITH DR NIDHI CHOUDHARY

Discover the tools to guide expectant mothers through safe and supportive yoga practices with our Prenatal Yoga Teacher Training. This program covers anatomy, breathing techniques, and modifications tailored to each stage of pregnancy. Perfect for yoga teachers and wellness professionals seeking to empower and nurture mothers-to-be.

## YOGA NIDRA

Teachers Training

Learn the art of guiding profound relaxation. This program covers the philosophy, techniques, and structure of Yoga Nidra, empowering you to create transformative sessions. Perfect for yoga instructors, wellness professionals, or anyone seeking to experience and understand yoga nidra.

1

**FEB 24 - MAR 12**

M - F: 6.30 - 8.30 pm

Level 1:  
30 hours

2

**AUG 11 - AUG 27**

Mon - Fri: 6.30 pm - 8.30 pm

Level 1:  
30 hours

3

**NOV 24 - DEC 12**

Mon - Fri: 6.30 pm - 8.30 pm

Level 2:  
30 hours

COURSE FEE



LEVEL 1



LEVEL 2

Both Prenatal Yoga Course and Yoga Nidra Course will give you a YACEP certification under Yoga Alliance.