EDUCATIONAL BOARD OF VOCATIONAL TRAINING & RESEARCH

www.ebvtr.com

सरकार पंजीकृत

YOGA CERTIFICATION

Register Employment / Self-employment Department in India

Learn & Serve

AVIYOG

Any Moments

DUE TO COVID-19, WE HAVE MOVED OUR TRAINING ONLINE.
OUR YOGA TEACHER TRAINING IS APPROVED THROUGH ISO/GOVT. OF INDIA (GLOBAL RECOGNITION)

EVERLASTING CAREER IN SUCH CHANGING ENVIRONMENT

Yoga Teachers career will be best career in Post covid-19 as health. You can learn and get possibilities in teaching as freelancer with us or own, etc. Start Your new career.

5000+ ISO/Govt.of Maharashtra & Mum 2016 with Govt of India
500+ Personal Yoga Teacher working with us since 2005

Registered Yoga Teacher (RYT) Under Central Govt of India

Propagate true essence of Yoga in any Moment (AVIYOG) which is unique about YTTC (Yoga Teacher Training Course)

Commitment:

If you know about Yoga, you also known with Once "what is Yoga?" understand then its practiced & experienced & explored for more with self-study. We are committing to make you able to self-study with your own after this course. No need of education (more training unless no need of specialization) just progress after course. We also offer free training session and support after course.

www.aviyoggroup.in | Info@aviyoggroup.com |Customer Care 9029966660
Office: 34/D1, Akurli Awishkar CHS, Mahada Road No.3, Lokhandwala Complex, Kandivali East, Mumbai - 400101.

Yoga Teacher Training Course (400Hrs)

What You Learn

- 120 Yoga Asanas
- Sukshma Vyayama (Micro circulation practices)
- Sthula Vyayama (Macro circulation practices)
- Advanced Yoga Asana
- Vinyasa Yoga
- Pranayama (Ujjayi, Kumbhaka etc.)
- Mudras
- Powerful Meditation and Mind Relaxation Techniques
- Introduction to Patanjala Yoga Sutra
- Introduction to Yogic Diet
- Human Anatomy and Physiology
- Asana Alignment & Energy Flow
- 30 + Therapy covered in Course
- Weight Loss & Weight Gain Program
- Muscle Gain Program
- Asana Sequencing and Teaching Principles
- Skills and techniques required to start Online/Offline classes
- Basics of Yoga as Business

- Study Material as PDF

What you get

- You'll be strong and flexible
- You'll be confident to speak and teach Yoga
- You will become pride International Certified Yoga Teacher
- You can start Yoga Teacher as a Career and earn handsome salary

Study Material

- Every practice Steps, adjustment & alignment will be provided by in form of PDF
- Weight loss & gain strategy will be provided in form of PDF
- Therapy of Diabetes, B.P, Thyroid, Digestion, Acidity, Gastric, Cholesterol, Sleeping disorder, Back Pain, Arthritis, Parkinson, PCOD, PCOS, Asthma, Sciatica will be provided in form of PDF

Evaluation

Mock Test & Final Exams for every section of learning
Exams includes MCQ for Theory & Practical exams (demonstration of techniques and Teaching of Yogic Practices)

Get Certification

- AVIYOG ISO Certification (International Organization for Standardization)
- Educational Board of Vocational Training and Research Certification (Central govt of India with Global Recognition)

Certificate will be listed on AVIYOG Website and Government Website which is sharable and downloadable lifetime and also you can use this link for authentication of your certification online

Course Fragments

4 Months -400 Hours

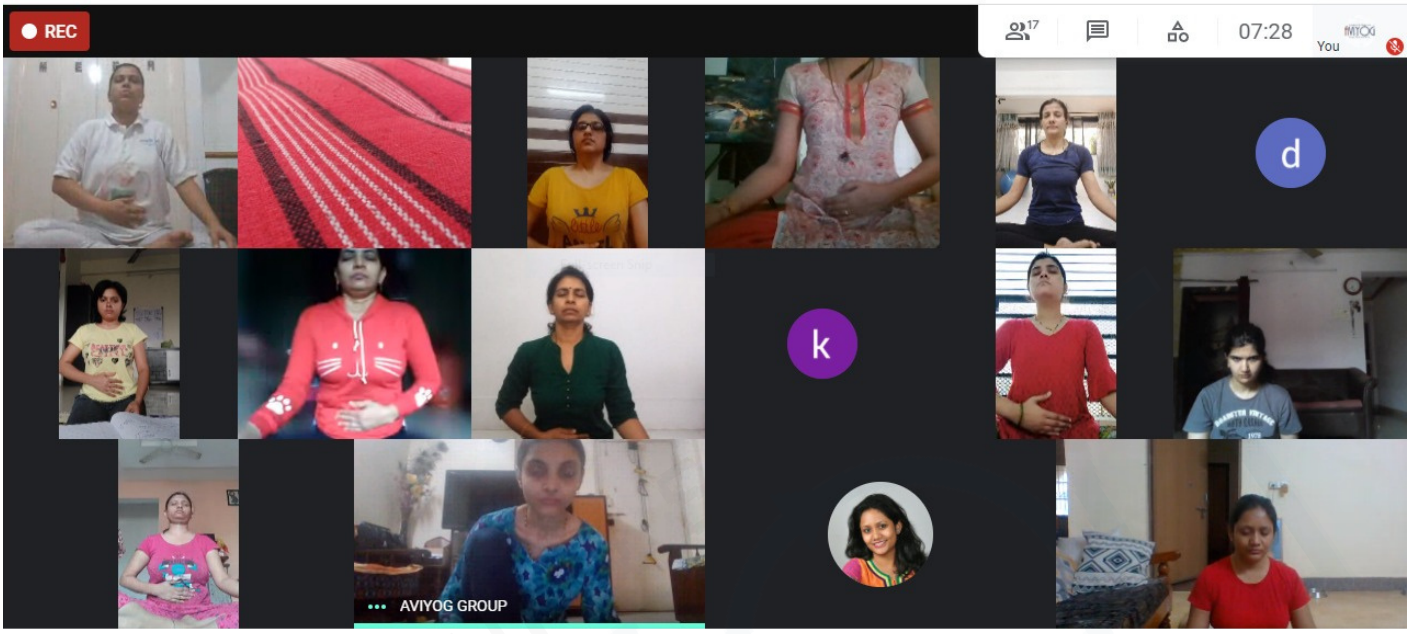
Mon - Fri (5am, 7:30am, 4pm)
Theory and Practical Session - 2 Hrs x 5 = 10 Hrs

Sat & Sun (6:00 am to 8am)
Group Practice Session - 2 Hrs x 2 = 4 Hrs

Sun (6:00 pm to 8pm)
Business Aspects Session - 2 Hrs x 1 = 2 Hrs

Practice video for reference (see any time)
Self Practice - 2 Hrs x 7 = 14 Hrs

30 Hours / Week
30 x 16 Weeks = 480Hours



Teaching includes:

- Live session with both way interaction on topic.
- Recording of session given for revision or missed session.
- Video of practical (like pranayam, Asana etc.) which is not recording ones provided for reference to practice anytime
- Help Book as pdf is also provided for reference.