



सत्यमेव जयते

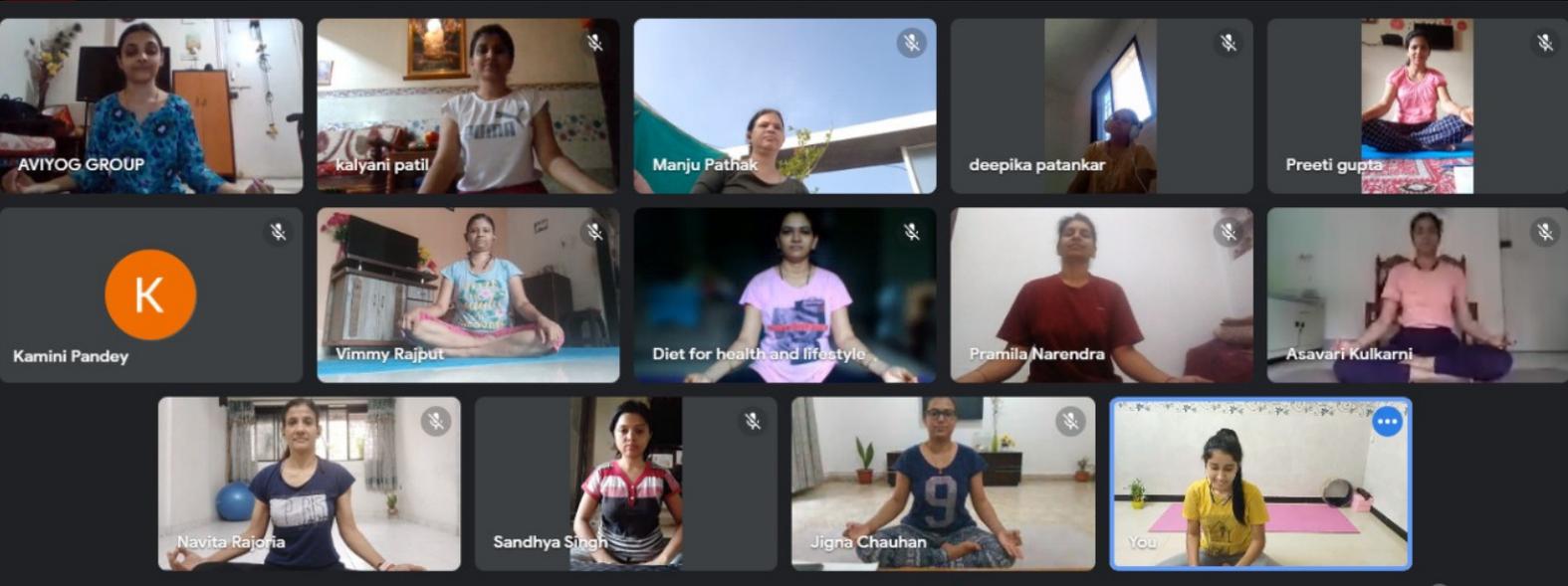
केंद्र सरकार
Central govt. of India



YOGA CERTIFICATION

Turn your Passion into a rewarding Profession with Online Yoga Training.

Recognized by Govt. of india / ISO



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/Gov Certifications in Yoga Teacher Training Course
- 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.

Diploma in Hatha Yoga

What You Learn?

- **Yoga, Hatha Yoga (Power Yoga & Iyengar Yoga based on Hatha Yoga philosophy) covered fundamentally**
- **Yoga in any moment (AVIYOG) to be practiced 24Hrs, which is unique about AVIYOG GROUP**
- **Body Anatomy & Disease explanations**
- **Hatha Yoga therapy for disease**
- **Pranayama with fundamental therapy based on Hatha Yoga**
 - 100+ Breathing practices as Pranayam.
 - How to do Pranayam 24 hour that is any moment not only on mat which is unique about AVIYOG Pranayam TTC.
 - Detoxification and Calming practice for life clarity and awareness or for better sleep.
 - Energetic Breathing practices to bring inspiration in daily routine and life.
 - Practices to develop meditation to increase better performance.
 - Detailed practice to develop internal Flexibility, Strength, Stamina and IMMUNE in such changing environment.
 - Pranayam as per problems like Asthma, Diabetes, B.P, Thyroid, Weight Loss, Back Pain, Parkinson, PCOD, Eye, Nose, Ear etc.
 - Pranayama to stay healthy and optimize or enhance life.
 - You can solve any Physical or Mental issues and life challenges of your and others.
- **Asana with fundamental therapy based on Hatha Yoga**
 - 200+ Posture practices as Asana.
 - How to do Asana 24 hour that is any moment not only on mat which is unique about AVIYOG Asana TTC.
 - Detoxification and Calming posture practices for life clarity and awareness or for better sleep.
 - Energetic Posture practices to bring inspiration in daily routine and life.
 - Detailed practice to develop Physical and Mental Flexibility, Strength, Stamina and IMMUNE in such changing environment.
 - Asana as per problems like Asthma, Diabetes, B.P, Thyroid, Weight Loss, Back Pain, Parkinson, PCOD, Eye, Nose, Ear etc.
 - You can solve any Physical or Mental issues and life challenges of your and others.
 - Savasana complete rest for sleep, clarity of living etc.
 - Surya Namaskar with fundamental theory based on Hatha Yoga & Different Series
 - Chandra Namaskar with fundamental theory based on Hatha Yoga & Different Series.
 - Problem based series like back pain, weight loss, power yoga, relaxation etc.

- **Guided & Unguided Meditation, Savasana, Yog Nidra based on Hatha Yoga**

- Detailed practice of Meditative OM Chanting and Meditative Bhramari
- How to do Meditation 24 hour that is any moment not only on mat which is unique about AVIYOG Meditation TTC.
- Single Meditation (Focus or Concentration toward work , study, consistence to anything etc.)
- Group Meditation (Awareness toward routine, carrier, life, multitasking, detachment to work when return to home for proper sleep etc.)
- Guided Meditation for teaching other , tools for consistency (change bad habits) etc.
- Unguided Meditation (physical practices) for self control, self discipline or bring in others etc.
- Savasana complete rest for sleep, clarity of living etc.
- Yog Nidra (Deep sleep) facing challenges in daily life.
- You can solve any Physical or Mental issues and life challenges of your and others.
- Meditation with fundamental therapy based on Hatha Yoga.
- Assistance on your or families issues to solve in parallel with TTC to experience result of what you learn.

- **Diet as per Hatha Yoga style**

- What to eat and What not to eat.
- Strict Diet for those can do and Customized Diet as per interesting food for those who can't do easily in such changing environment.
- How to stay healthy even after skipped meal (avoid acidity and use stored fat) or without particular food while travel, without ideal food usually consumed to stay health. Simply self dependent and Ahar as optional which is unique about AVIYOG Ahar TTC.
- Fat, Carbs and Protein as per yogic style.
- Break Fast, Brunch, Lunch and Dinner with different strategy on number of meals a day like 2, 3, or 5 meals a day.
- Balanced diet, Occasional Diet, Seasonal Diet, Weight loss or Weight gain Diet, Bulking Diet etc.

- **Self Study of above to make sure to become part of your life (Become Lifestyle), Teaching Tips, Ability of making Yoga Package about any personal. (Commonly understand as Grooming)**

Course Fragments

500 Hours (5 Months)

- 260 Hours of Instructional Program -2 Hours Monday to Saturday (batch time) - Recordings available for missed or revision purpose
- 130 Hours of Theory and Practical Videos (lifetime use)
- 130 Hours of Self-Study, Assignments, Submissions and Examinations.
- 130 Hours of Group Practice / Discussions - 1 Hours Daily (any time)

DIPLOMA IN HATHA YOGA

Mon to Sat (2 Hrs.)

Enroll for Convenient slot and also get access to other slots on miss

**Morning: 6:00 am to 08:00 am (IST)
8:30 am to 10:30 am (IST)**

**Evening: 4:00 pm to 6:00 pm (IST)
7:00 pm to 9:00 pm (IST)**

2 HOUR DAILY LIVE SCHEDULE OF COURSE

1st Live Hour

Warmup, Practices, Practical Revision, Rectification, Rep. or Holding gain in practices, Sequences to achieve Goals, 2nd hour preparation, Mock Test on every chapter
(Recording available)

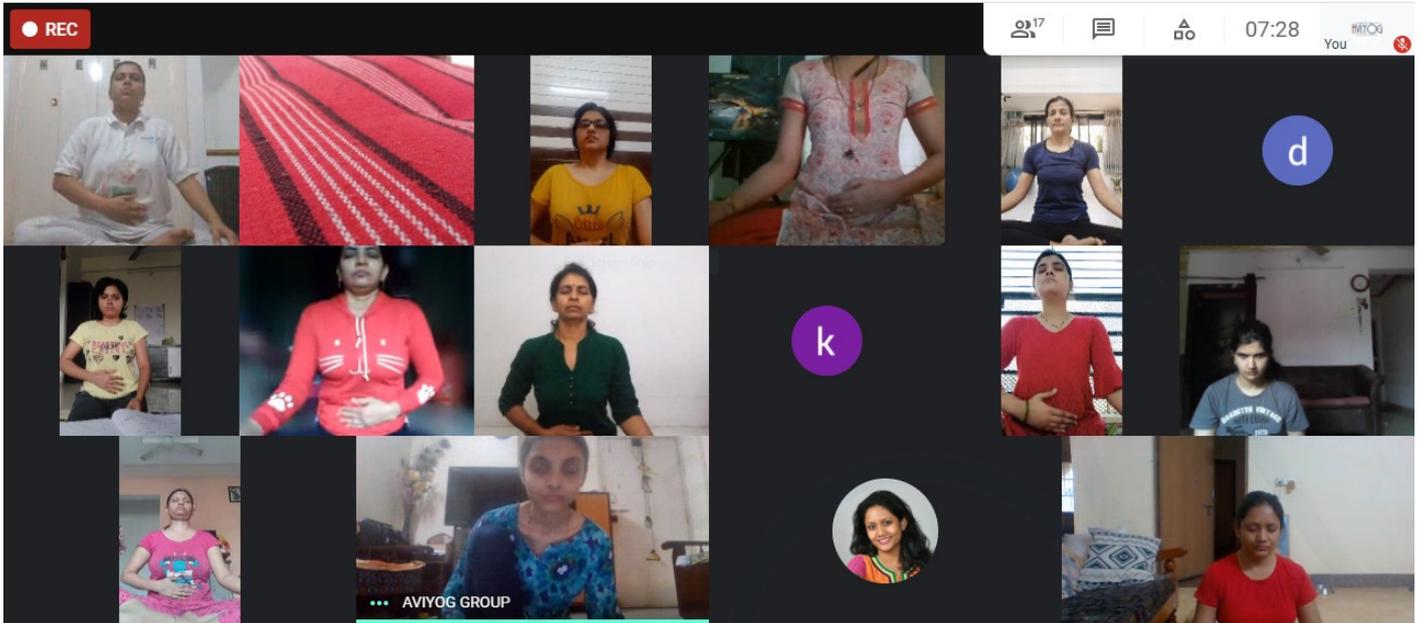
2nd Live Hour

New Practices, Technique to practice, Caring, Adjustment or Alignment, Benefits & Limitations, Practical Theory, Daily QnA
(Recording available)

Practice video for reference (see any time)

Hardcore theory video on Therapy for reference (see any time)

Live QnA Session for hardcore theory available



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.
- WhatsApp Group of your batch will be created to help each other and learn together where teacher is also added
- Extra practice session also created with your group where you can come any time and practice with your batch after discussing time to come on WhatsApp and then ask any query to your teacher in live session.