सत्यमेव जयते

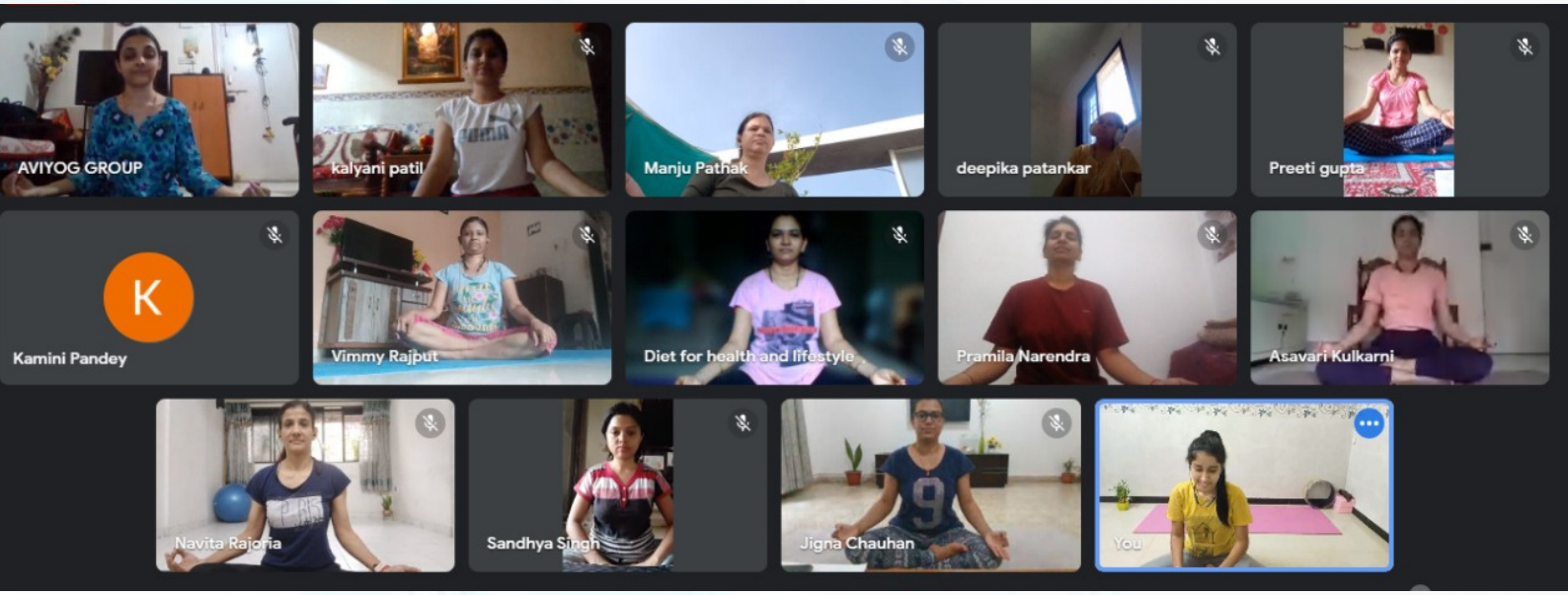
केंद्र सरकार

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.

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.

Advanced Diploma (Level 3)

DURATION 4 Months / 1 Year / 2 Year

What You Learn?

INCLUDES EVERYTHING IN

- **Diploma in Hatha Yoga (500 Hrs.) +**
  see details in below
- **Diploma in Ashtanga Yoga (500 Hrs.) +**
  see details in below
- **Pre/Post Natal Yoga**
- **Sexual Disorder Yoga**
- **Yogic lifestyle skills**
- **Teaching Technique**
  - How to make student obedient toward practices not only during session but also applying essence in daily routine for best result .
  - How to make interesting session that student enjoys not pushing toward practices.
  - How to Commit and Deliver more than commitment as result to student wants through session .
  - How to observe your student practices and challenges to support to make easy with great result and consistency in practice.
  - How to know where you are going wrong and what to improve on with different feed back strategy.
  - How teacher can learn from session and improve teaching to become 'The Best Teacher' that has to be in such changing environment.
  - Difference between Trainer, Teacher, Guru and Acharya as maturity level in teaching profession.
  - How to prepare any session for any topic according to student type like senior, kids and adults with problem based.
  - 1 hour session design like warm up, portion of session with different practices like pranayam, asana, starching, meditation, explanation to diet etc. and ending of session.
  - How to approach for DEMO session that is first session, Introducing yourself and your sessions to student to develop trust and procession sessions like every day sessions after continuation to improve.
  - Customized teaching to any type of student like beginners or advanced practitioner approach is our unique AVIYOG(flexible) Teaching Techniques.

- Material as PDF

2 Months of Reach out Project, Interns, Owning initiatives skills (like open studio, freelancing, jobs etc.)

- **CASE STUDY**

  We and You together will solve YOUR and your one family or friend problems like weight loss, Stress, B.P, Diabetes, Asthama etc. as practical case study so that you will able to solve and even trust on what we teach as result.
  For that we will ask your goal and any other family or friends goal then stick to that throughout TTC so ready to learn and solve your problem and your family or friends problem where you will also able to learn not only to apply on self even others with result too

- **1 Year Career/Health Support by Our Team**
  - **Opening Studio -** Teaching content, Marketing, Advertising, Pricing, Telecommunications with clients, solving your student problems etc.
  - **Freelancer Job -** where to work, classes type to freelance, Teaching help etc.
  - **Self Fitness -** Help to achieve your goals, Families goal, Discipline help etc. Improve yourself by our free events arranged for our trained teachers

No worries now in long Courses where you may not able to complete then portion of course you can ask for in next batch*. If that is also not possible then you can ask your certification for value you learn till then after examination of that portion you learned.

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 bat 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)**

Ashtanga Yoga

What You Learn?

- **Yoga, Ashtanga Vinyasa Yoga, Ashtanga Yoga (Power Yoga & Iyengar Yoga based on Ashtanga Yoga philosophy) covered fundamentally**
- **Yoga in any moment (AVIYOG) to be practiced 24Hrs, which is unique about AVIYOG GROUP**
- **Ashtanga Yoga Sutras like Yama, Niyama, Pranayama, Asana, Pratyahara, Dharna, Dhyan & Samadhi with fundamentals**
- **Ashtanga Yoga therapy for disease**
- **Pranayama with fundamental therapy based on Ashtanga Yoga**
- **Asana with fundamental therapy based on Ashtanga Yoga**
- **Surya Namaskar with fundamental theory based on Ashtanga Yoga**
- **Chandra Namaskar with fundamental theory based on Ashtanga Yoga**
- **Diet as per Ashtanga Yoga style**
- **Mudra with fundamentally therapy based on Ashtanga Yoga**
- **Details on Mind, Intellect and Ego**
- **Punch Tattvas in fundamental**
- **Chakras in fundamental**
- **Guided & unguided Meditation, Savasana, Yog Nidra based on Ashtanga Yoga**
- **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)**

- Material as 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)

Reward Certifications of Batch

- Best Disciplined Student
- Best practical performing Student
- Best teaching skilled student
- Project Certification
- Volunteer AVIYOG ID Card

- sent by courier

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

1 Year (12 Months) -1200 Hours

- 520 Hours of Instructional Program -2 Hours Monday to Saturday (batch time) - Recordings available for missed or revision purpose
- 260 Hours of Theory and Practical Videos (lifetime use)
- 350 Hours of Self-Study, Assignments, Submissions and Examinations.
- 100 Hours of Interns, Reach Out Projects (spread the awareness of Yoga, own initiatives), Support Sessions
- 350 Hours of Group Practice / Discussions - 1 Hours Daily (any time)

ADVANCED DIPLOMA (1 YEAR)

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

Course Fragments

4 Months -1200 Hours

- 624 Hours of Instructional Program -6 Hours Monday to Saturday (batch time) - Recordings available for missed or revision purpose
- 260 Hours of Theory and Practical Videos (lifetime use)
- 168 Hours of Self-Study, Assignments, Submissions and Examinations.
- 168 Hours of Group Practice / Discussions -

ADVANCED DIPLOMA (4 MONTHS/ 2 YEAR)

4 Months Mon to Sat (6 Hrs.) / 2 Year only Sunday (6 Hrs.)

Please note that the course timing includes both the time slots.
TIME: Both the time slots are mandatory.
Morning: 7:00 am to 10:00 am (IST)
Evening: 4:00 pm to 7:00 pm (IST)

6 HOUR DAILY LIVE SCHEDULE OF COURSE

Morning 3 Hours Live session of Asana

1 Hour Prep

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)

2 Hour

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

Evening 3 Hours Live session of other practices like Pranayama, Meditation, Ahar, Prenatal/ Postnatal Yoga, Teaching Skill, Technical Practices

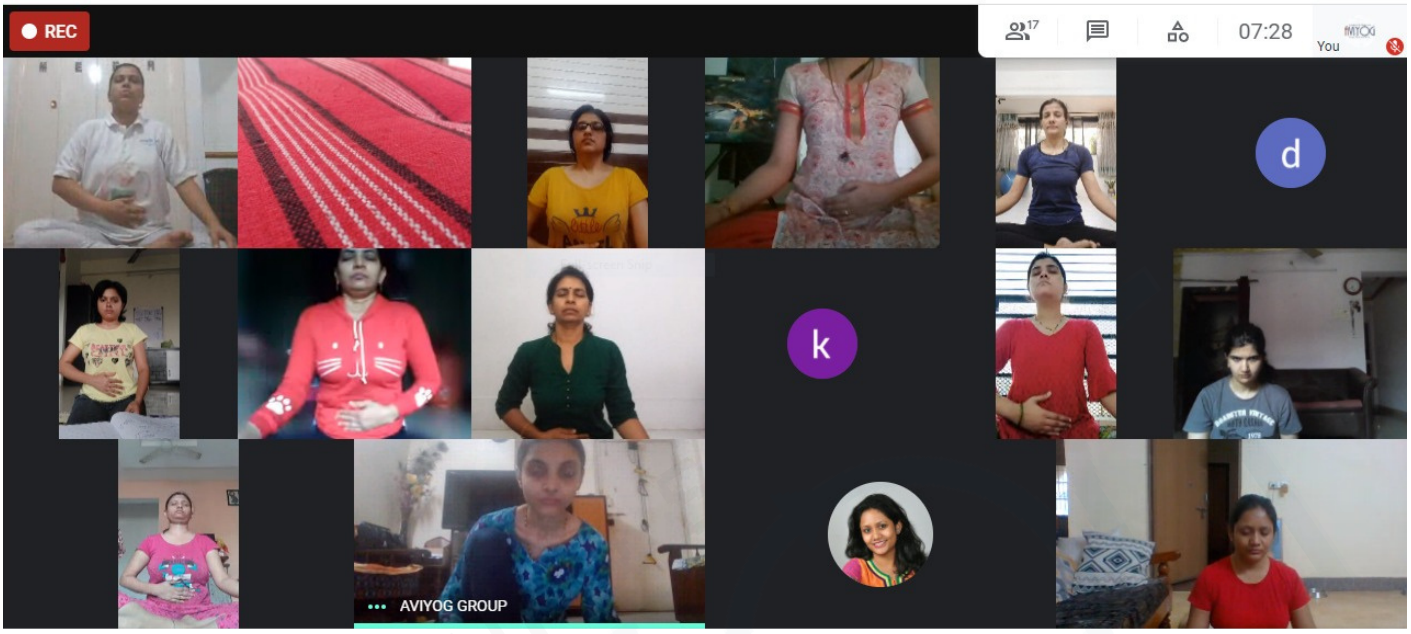
1 Hour Prep

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)

2 Hour

New Practices, Technique to practice, Caring, Adjustment or Alignment, Benefits & Limitations, Practical Theory, Practical 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.