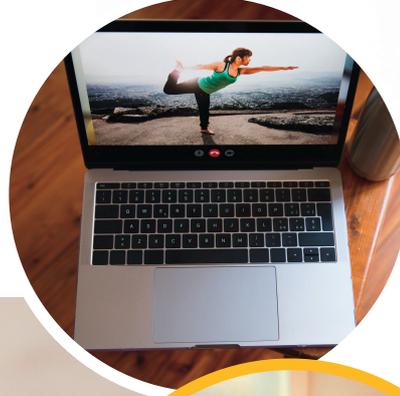


Learn & Serve

AVIYOG

Any Moments

ISO 9001:2015



Yoga Certification Board (YCB)

Ministry of Ayush, Government of India

Yoga Certification Board, Established by Ministry of AYUSH, Government of India



Yoga Certification Board (YCB)

Ministry of Ayush, Government of India

You will learn the tools to master your physical, mental and spiritual well-being. You will see a marked improvement in your life, relationships and work. A new career avenue opens up for you where you can pass on the knowledge to others and facilitate their wellness journeys. The art of Yoga is something you can teach anywhere, no matter where you are.

Verified Teachers by AVIYOG & Authorized by

Govt of Maharashtra / mum 2016 with Govt of India (Educational Board)

Certificate Has Been Registered for Employment / Self Employment Department in India

With over 12,000+ successfully certified students
600+ Personal Yoga Teacher working with us since 2005

FREELANCE YOGA TEACHER JOBS

YOGA JOB

Job In Delhi

Coming Soon your City

Job in Mumbai

Job in Navi Mumbai

Job in Thane

Job in Pune

TEACHERS CAN WORK IN THEIR AREA ONLY
WITH OWN TIME & CLIENTS CHOICE OPTIONS

www.aviyog.com | Info@aviyoggroup.com | Customer Care 9029966660

60, Grd Floor, Centrium, Lokhandwala, Kandivali East, Mumbai, Maharashtra 400101

ANYONE CAN ENROLL WITHOUT PRIOR EXPERIENCE OF YOGA. YOU BENEFIT BY DOUBLE CERTIFICATION AND ARE ELIGIBLE TO TEACH NOT ONLY IN INDIA BUT ANY PART OF THE GLOBE. OPEN TO ALL – MINIMUM AGE 18 YEARS AND ABOVE.

Yoga Teacher Training Course 200Hrs (2 Months)

- **Yoga for personality development.**
- **Yogic Sukshma Vyayama (Micro Circulation Practices).**
- **Yogic Sthula Vyayama (Macro Circulation Practices).**
- **Yogic Surya Namaskara.**
- **100 Yogasana & Asana Alignment.**
- **Asana Sequencing and Teaching Principles.**
- **Pranayama and Dhyana.**
- **Holistic approach of Yoga towards health and diseases.**
- **Therapy** of Diabetes, Cholesterol, High B.P, Low B.P, Thyroid, Indigestion, Constipation, Gases, Acidity, Acid Reflux, Sleeping disorder, Back Pain, Knee Pain Arthritis, Parkinson, Asthma, Sciatica, Hamstring, Varicose, PCOD & PCOS.
- **Yogic management of stress and its consequences.**
- **Yoga in prevention of metabolic and respiratory disorders.**
- **Weight Loss (Fat Burning) & Weight Gain Program.**
- **Flexibility, Strength, Stamina & Immune development.**
- **Muscle development.**
- **Concepts and principles of Ahara (Diet) in Hathapradipika and Bhagavad Gita (Mitahara and Yuktahara).**
- **Teaching Skills (Methods of Teaching Yoga) required to start Online/Offline classes.**
- **Basics of Yoga as Business.**

- **Yoga for Health Promotion.**
- **Brief introduction to human body.**
- **Knowledge of Dhauti, Neti and practice of Kapalabhati.**
- **Principles of Yoga (Triguna, Antahkarana-chatushtaya, Tri-Sharira/ Panchakosha).**
- **Introduction to major schools of Yoga (Jnana, Bhakti, Karma, Patanjali, Hatha).**
- **Introduction and study of Patanjala Yoga Sutra.**
- **Introduction and study of Bhagavad Gita of selected Slokas.**
- **Introduction and study of Hathapradipika.**
- **General Introduction to Prasthantrayi.**
- **Understanding of Bandha.**
- **Understanding of Mudra.**
- **Practices leading to Meditation and Dhyana Sadhana.**
- **Yogic positive attitudes (Maîtri, Karuna, Mudita, Upeksha).**
- **Concept of bhavas (Dharma, Jnana, Vairagya, Aishvarya) and their relevance in well being.**

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

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)

Certification By

- Central govt of India (Educational Board)
- AVIYOG ISO Certification (International Organization for Standardisation)
- Yoga Certification Board (YCB)

Course Fragments

2 Months -200 Hours

Choose your comfortable time (online / offline)

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)

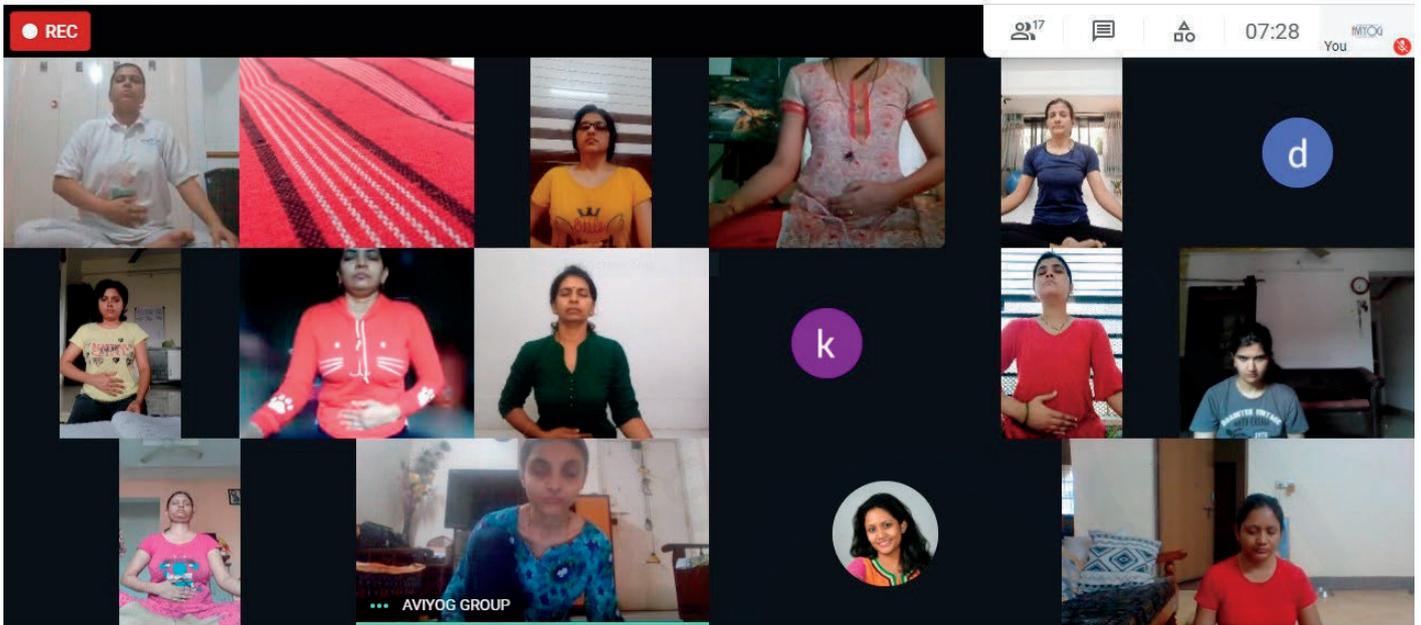
Business Aspects Session - 2 Hrs x 1 = 2 Hrs

Self Practice

Self Practice - 2 Hrs x 7 = 14 Hrs

30 Hours / Week

30 x 8 Weeks = 240Hours



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.