

# 500-Hour Advanced Yoga Teacher Training Course

## Course Overview:

This course is for serious yoga practitioners who seek to deepen their practice from beginner to advanced levels. It is designed to provide in-depth knowledge about **Yogic Human Anatomy, Yoga Therapy, Ashtanga, Vinyasa, Hatha Yoga, and Aerial Yoga**. Through this course, students will explore and master the complex aspects of yoga, including meditation, pranayama, mudras, bandhas, and more, while learning about the ancient wisdom of **Yoga Philosophy** through traditional texts, Sanskrit, and the **84 Lakh Asanas**.

**Duration:** 2 Months + 1 Month for Physical Practice

**Class Timings:** Monday to Friday | 11:00 AM to 2:00 PM

**Course Fee:** ₹65,000

**Certification:** 500-Hour USA Alliance Certified Yoga Teacher Training

**Job Placement Assistance:** 100% job placement + internship opportunities

**Mode:** Offline Practical + Online Theory

## Course Modules

### 1. Advanced Yoga Practices & Techniques

- **Ashtanga Yoga:** Detailed study of Ashtanga sequences, advanced postures, and vinyasa flows.
- **Vinyasa Flow:** Dynamic linking of breath and movement for advanced sequences.
- **Hatha Yoga:** Mastering classic Hatha poses and understanding their alignment principles.
- **Aerial Yoga:** Techniques for aerial yoga practice, use of hammock, and advanced inversions.
- **Iyengar Props:** Use of props like blocks, straps, and cushions to enhance postures and alignments.

### 2. Complete Yogic Anatomy

- **Human Anatomy in Yoga:** Deep dive into muscle groups, joints, ligaments, and how they work in yoga.
- **84 Lakh Asanas:** Understanding and practicing the theory and physical aspects of 84 lakh asanas.
- **72,000 Nadis (Energy Channels):** Exploring the energy pathways in the human body and how to balance them with yoga.

- **Muscle & Bone Structure:** Learning how to strengthen and stretch muscles, bones, and tissues safely.

### 3. Yoga Therapy and Healing

- **Yoga for Therapeutic Use:** Use of yoga to treat physical ailments, mental health issues, and emotional imbalances.
- **Advanced Pranayama:** Techniques to balance energy flow, control the mind, and detoxify the body.
- **Bandhas & Mudras:** Understanding the importance of locks (bandhas) and gestures (mudras) in physical, mental, and spiritual health.
- **Therapeutic Applications:** Treating conditions like back pain, stress, joint issues, and anxiety through yoga techniques.

### 4. Yoga Philosophy

- **Traditional Yoga Texts:** In-depth study of **Patanjali's Yoga Sutras**, **The Bhagavad Gita**, and other philosophical texts in Sanskrit.
- **Yogic Principles:** Learn the principles of **Ahimsa (Non-violence)**, **Satya (Truth)**, and **Brahmacharya (Celibacy/Moderation)**.
- **The Chakras and Energy Systems:** Understanding and balancing the 7 energy centers (chakras) to align body, mind, and spirit.

### 5. Pranayama (Breath Control) and Meditation

- **Breathing Techniques:** Advanced pranayama techniques such as Ujjayi, Kapalbhathi, Nadi Shodhan, Bhastrika, and more.
- **Yoga Nidra:** Deep relaxation practice and meditation for stress relief and healing.
- **Mindful Meditation:** Techniques to calm the mind and increase awareness, mindfulness, and focus.
- **Pranayama in Therapy:** Using pranayama for specific health conditions.

### 6. Mudras and Bandhas

- **Advanced Mudras:** Learning hand gestures and body positions for activating the energy system.
- **Bandhas (Body Locks):** Internal locks to control energy flow and improve health.
- **Therapeutic Use of Mudras:** How to incorporate mudras and bandhas into therapy for physical and emotional healing.

### 7. Advanced Teaching Methodology

- **Classroom Management:** Effective teaching strategies, setting an intention for each class, and adapting practices for different needs.
- **Choreography of Sequences:** Learning how to sequence advanced poses and transitions for a safe and effective class.

- **Teaching Advanced Asanas:** How to safely teach and assist advanced postures, using modifications and props for different body types.
- **Building Confidence in Students:** Developing the confidence to lead both beginners and advanced students in practice.

## 8. Yoga for Special Populations

- **Yoga for Kids, Seniors, and Pregnant Women:** Understanding how to modify and adapt yoga for different groups.
- **Therapeutic Yoga for Chronic Pain and Stress:** Using specific yoga postures and sequences for therapeutic purposes.
- **Yoga for Mental Health:** Practices to support mental wellness, combat anxiety and depression, and help with trauma recovery.

## 9. Meditation, Yoga Nidra, and Advanced Shatkarma

- **Advanced Meditation Techniques:** In-depth study and practice of different styles of meditation.
- **Yoga Nidra:** Inducing deep rest and relaxation, the yogic sleep technique.
- **Shatkarma (Cleansing Practices):** Learning advanced shatkarma techniques like Kunjal, Neti, and Dhauti.

## 10. Energy Healing

- **Reiki and Energy Healing Techniques:** Learn how to channel energy through hands-on practice.
- **Understanding Energy Channels:** In-depth study of nadis and how to work with energy flows.

## Course Schedule and Details

- **Duration:** 2 months for theory and 1 additional month for physical practice.
- **Days:** Monday to Friday (5 days a week).
- **Timings:** 11:00 AM to 2:00 PM.
- **Mode of Learning:**
  - **Theory:** Online sessions, accessible anytime from 6 AM to 9 PM.
  - **Practical:** Offline sessions in the studio.

## Certifications

- **500-Hour USA Alliance Certified Yoga Teacher Training**
- **ISO Certified:** All students will receive a globally recognized certificate upon completion.

## Job Placement & Internship

- **100% Job Placement:** Assistance for job opportunities in leading yoga centers, studios, and wellness clinics.
- **Internship:** After completing the course, interns will have hands-on teaching experience at various yoga centers and therapeutic settings.

## Course Fee

- ₹65,000
- **Fee includes:**
  - Theory classes
  - Practical sessions
  - Certification
  - Job placement assistance
  - Internship opportunity
- **Extra charges for physical practice** (one additional month): ₹10,000

## Why Choose This Course?

- **Comprehensive Learning:** This course covers every aspect of yoga in-depth, ensuring you become a well-rounded yoga teacher.
- **Internationally Recognized Certification:** The course is certified by USA Alliance, ensuring global job opportunities.
- **Post-course Job Assistance:** With 100% job placement, students will receive all the support they need to start their yoga career.
- **A Holistic Approach:** Gain expertise in both the physical and spiritual aspects of yoga, preparing you for any role in yoga teaching or therapy.

This syllabus is designed for individuals who want to deepen their yoga practice, explore advanced techniques, and become certified yoga teachers with expertise in therapeutic yoga, teaching methodology, and yogic philosophy. **Enroll today** to begin your transformative journey with us!