

- 200 HOURS -

HOLISTIC

YOGA

TEACHER
TRAINING

2ND - 20TH SEPTEMBER

RISHIKESH, INDIA



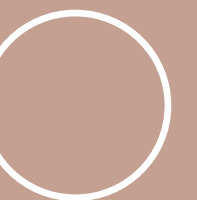
Be the Change

Become a Yoga Teacher



This course is the ultimate head-start for those wanting to build amazing yoga classes and facilitation careers while building lifelong friendships with other Yogis.

Our course comes from Hatha Yoga lineage, Classical Yoga philosophy, Tantric and Kundalini teachings, Ayurveda's understanding of health, and contemporary sciences like Anatomy & Physiology.



MEET YOUR TEACHERS



Himanshu

Ph.D. E-RYT 500

(Lead Yoga Anatomy and Asana Teacher)
Himanshu is the founder of Prashmana Yoga School. He has been practicing yoga for 15 years and has been working actively for the last 10 years in University, Hospitals and Yoga School. He brings to all his classes an immense wealth of knowledge and kindness, coupled with a good sense of humour.



Massimo

Yoga Therapy, E-RYT 500

Qualified kinesiologist and since 1999 the director of Holismos International Shiatsu School. Today one of his main interest is the study of sound, vibration and the effect they have on our lives, health and evolution. In 2021 he published his book “Ospedale senza dolore” (Hospital without pain) Ed. Epigraphia



Guest Teachers

Together with highly experienced guest teachers, we welcome you to an amazing yoga journey

06.30 – 08.00
Jala neti and Hatha Practice
08.00 – 08.15
Tea break
08.15 – 09.00
Chanting, Pranayama & Meditation
09.00 – 10.00
Breakfast
10.00 – 13.00
Philosophy/Anatomy/Alignment & Adjustment Workshops
11.00 – 13.00
Yoga Philosophy /workshops on alignment, adjustment or
teaching techniques/ Anatomy
13.00 – 15.00
Lunch Break
15:00 – 16:45
Workshops on Alignment, Adjustment, Techniques, Student
Teaching.
16:50 – 17:00
Tea Break
17.00 – 18.00
Hatha or yin yoga practice / Student Teaching
18.00 – 19.00
Optional Posture Clinics
19:00 – 20.00
Dinner
20.00 – 21.00

SAMPLE SCHEDULE



Prashmana Yoga

MODULE 1: YOGA PHILOSOPHY & LIFESTYLE

MODULE 2: YOGA ASANA

MODULE 3: PRANAYAMA

MODULE 4: MUDRAS, BANDHAS, AND KRIYA

MODULE 5: CHAKRAS & KUNDALINI ENERGY

MODULE 6: ANATOMY & PHYSIOLOGY

MODULE 7 : MANTRAS AND KIRTAN

MODULE 8 : TIBETAN SOUND HEALING

MODULE 9 : PROFESSIONAL ESSENTIALS

CURRICULUM



Prashmana Yoga

PRICING



SINGLE OCCUPANCY

€ 1899

DOUBLE OCCUPANCY

€ 1499

- Accommodation in a single or double rooms
- All classes, lectures and workshops with experienced teachers in an small-class setting
- YTT manual, course materials and PDF files for suggested readings prior to the course
- 3 delicious wholesome meals a day, fresh fruits & teas
- Rishikesh airport transfers
- A beautiful welcome gift package
- 1-1 meetings & support from your lead teacher
- Kirtan nights, special events, special workshop nights and surprise guest teachers
- Vedic Fire Ceremony
- Evening Ganga Meditation
- Yoga Alliance recognized certificate (upon graduation)
- Himalayan sightseeing trip included



ACCOMMODATION



HOTEL NV
This 3 star hotel is located in Tapovan, Rishikesh. The hotel offers free WiFi, flat Tv screen, private bathroom, bed linen and towels, and of course air conditioning.



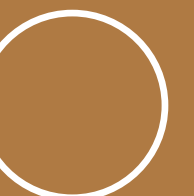


CERTIFICATION

Upon successful completion of the training, you will receive a certificate by Prashmana Yoga School which makes you eligible to register with Yoga Alliance.

Yoga Alliance is considered the international standard for yoga teachers and yoga schools worldwide.

This certification will allow you to be recognized as a professional yoga teacher all around the world



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