

200 Hours Yoga Teacher Training

Antahkarna - The Yoga school

Kerala, India · Course Overview

This document gives you a week-by-week glimpse into what you will learn, practice and experience across the 4-week online programme. Each day combines a morning & evening practical session (asana, pranayama, kriyas) with an immediately-following theory session covering anatomy, physiology, yoga philosophy and teaching methodology. The structure is progressive — every week builds on the last.

Course at a Glance

Duration	4 Weeks Online
Daily Sessions	Practical + Theory 2- 3 hours Mon - Fri
Language	English / Hindi
Location	Kerala, India
Certification	200 Hrs Yoga Teacher Training Certificate by Yoga alliance USA
Prerequisites	Bit of Self practice and no severe Health conditions
Includes	Asana · Pranayama · Shatkarma · Bandhas · Mudras · Meditation · Anatomy · Teaching Methodology, Yoga career guidance.

Day 1 to 8 · FOUNDATIONS — BODY, BREATH & ROOTS

PRACTICAL

- Sukshma Vyayama (joint rotations) & Om chanting
- Standing asanas — Tadasana, Ardha Kati Chakrasana, Ardha Chakrasana, Uttanasana
- Seated foundations — Swastikasana, Vajrasana, Padmasana, Ardha Padmasana
- Introduction to Surya Namaskar A & B
- Forward bends — Paschimottanasana, Janu Shirshasana

THEORY

- Meaning, definition & objective of Yoga
- Introduction to Anatomy & Physiology, Chakras & Nadis
- Yogic guidelines & daily discipline
- Skeletal system — bones & joints
- Major types of Yoga: Bhakti, Jnana, Raja, Karma

Day 9 to 16 · BUILDING STRENGTH — WARRIORS, TWISTS & CORE

PRACTICAL

- Surya Namaskar daily refinement
- Standing balance — Trikonasana, Parivrtta Trikonasana
- Warrior series — Virabhadrasana I, II & III
- Core & prone work — Naukasana, Shalabhasana, Dhanurasana, Bhujangasana
- Twisting asanas — Vakrasana, Ardha Matsyendrasana, Marichyasana
- Backbends — Setu Bandhasana, Ustrasana
- Marjariasana A & B (cat-cow)

THEORY

- Muscular system & body movement / body planes
- Asana vs exercise — is yoga intended for therapy?
- Alignment principles & breath synchronisation
- Nervous system basics
- Introduction to Shatkriyas (cleansing practices)

Day 17 to 24 · PRANAYAMA BEGINS — ENERGY, INVERSIONS & PHILOSOPHY

PRACTICAL

- Sun Salutations A & B — fluid sequencing
- Seated asanas — Supta Vajrasana, Siddhasana, Parighasana
- Inversions introduction — Sarvangasana, Halasana
- Upavishta Konasana
- Pranayama — Anulom Vilom, Nadi Shodhana, Ujjayi, Bhastrika
- Maha Bandha introduction

THEORY

- Nervous system — CNS, ANS & Spine
- Cardiovascular & endocrine systems
- Pancha Koshas, Pancha Bhutas, Pancha Pranas & Upa-pranas
- Three Gunas — karma, samskara, vasanas & law of karma
- Eight Limbs of Raja Yoga (detailed) — Yamas, Niyamas, Asana, Pranayama, Pratyahara, Dharana, Dhyana, Samadhi
- Guest lecture: Patanjali Sutras

Day 25 to 32 · DEEPENING — BANDHAS, MUDRAS & ADVANCED POSES

PRACTICAL

- Pristhasana (lizard pose), Krounchasana
- Parivarta Janu Shirshasana, Parivarta Upavishta Konasana
- Hanumanasana (splits preparation)
- Chakrasana, Pavanamuktasana
- Three Bandhas — Mula, Uddiyana, Jalandhara
- Uttan Vakrasana
- MSRT meditation introduction
- Bhastrika Pranayama deepening

THEORY

- Digestive system & gastrointestinal physiology
- Understanding Mind, Intellect, Jnanendriyas & Karmendriyas
- Prana, Nadis, Chakras & Pranayama — meaning, definition & deeper understanding
- Cardiovascular system
- Anatomy mock exam



WEEK 33 to 40 · TEACHING — METHODOLOGY, MEDITATION & SEQUENCING

PRACTICAL

- Ardha Purvottanasana, Sucirandhrasana, Anjaneyasana
- Supta Padangusthasana, Ubhaya Padangusthasana
- Eka Pada Rajakapotasana (pigeon)
- Mudras — Gyan, Buddhi, Drona, Bhairava, Tadagi, Simha, Ashwini, Shank, Linga, Vishnu
- Pasvottanasana, Virabhadrasana V, Parivrat Parsvakonasana
- Chakra meditation with Bija Mantras
- AUM meditation
- Demonstration skills practice

THEORY

- Teaching methodology — guiding principles, course planning, asana sequencing
- Simple rules for asana modifications & counter-poses
- Pranayama sequencing
- Meditation — meaning, understanding & conditions for practice
- Respiratory system & safe execution of yoga
- Genito-urinary & lymphatic systems

WEEK 40 to 48 · INTEGRATION — ADVANCED PRACTICE, EXAMS & CERTIFICATION

PRACTICAL

- Utthita Padangusthasana
- Eka Pada Shirshasana, Shirshasana (headstand)
- Karnapidasana
- Advanced Pranayama — Chandra Bhedi, Chandra Anulom Vilom
- Nirvana Shatakam chanting
- PET (Pranic Energisation Technique) meditation
- Anapana meditation
- Final integration flow — full practice with all elements
- Practical exam drill

THEORY

- Introduction to Patanjali Yoga Sutras & Hatha Yoga Pradipika
- Introduction to Shatkarmas
- Ethics of a yoga teacher
- Yoga business & branding
- Written exam preparation
- Anatomy revision — all systems
- Final conversation & closing ceremony

Preparation: *Post theory and practicals, You complete a full advanced practice and receive your certification.*

What's Included

Yes	Complete 200 HR Certification Internationally recognised Yoga Teacher Training certificate presented at closing ceremony.
Yes	Hard Copy Delivered to Your Door A printed, signed certificate dispatched to your home address — no extra charge, anywhere in India.
Yes	Lifetime Access to Recordings Every theory session recorded and uploaded. Revisit anatomy classes, philosophy lectures and guided meditations whenever you need.
Yes	Professional Yoga Career Mentorship One-on-one guidance as a yoga teacher..

What You Graduate With

A globally recognised 200 HR Yoga Teacher Training Certificate · The knowledge to teach confidently
· A lifelong practice rooted in authentic tradition

Questions? Drop us a message @[+919022274022](tel:+919022274022)— we reply within 24 hours.