

Online Yoga Alliance USA – 200 Hour Yoga TTC

A comprehensive online yoga teacher training program certified by Yoga Alliance USA, designed to transform your practice and prepare you to teach with confidence.

Faculty



Doctors for Anatomy

- Learn the science of the body from medical professionals who understand the anatomical foundations of yoga practice.



Nutritionists for Lifestyle & Yogic Diet

- Discover the principles of yogic nutrition and lifestyle practices from certified nutritionists.



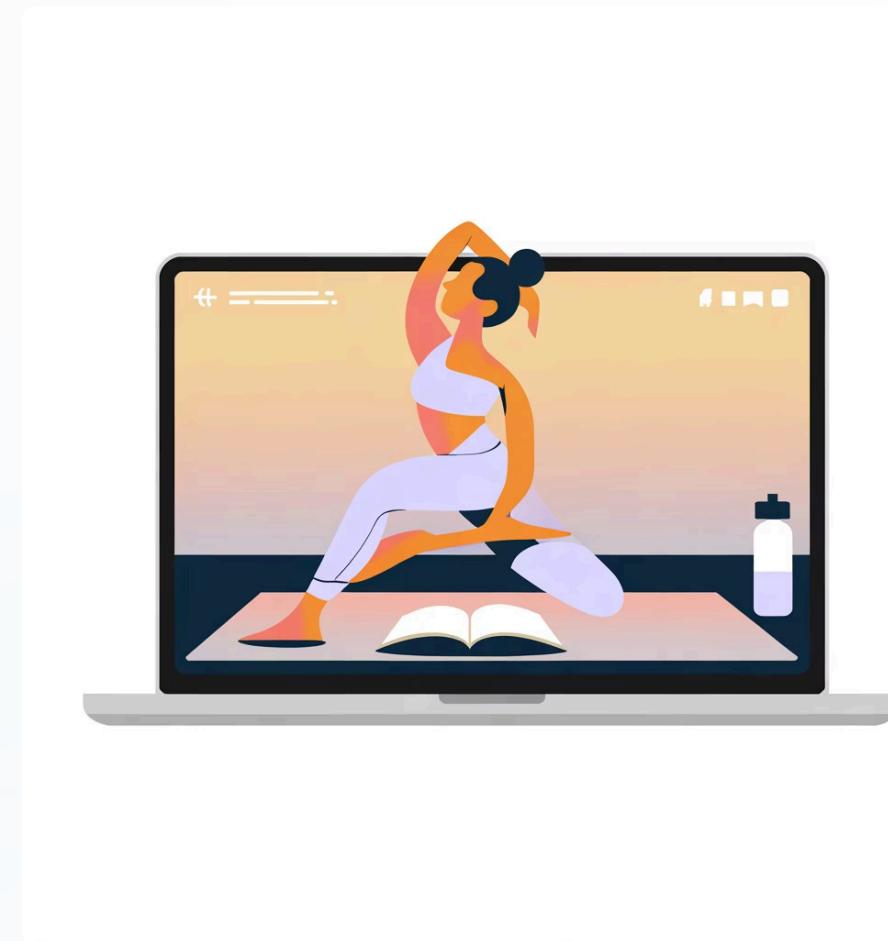
Certified Yoga Teachers for Asanas, Pranayama & Teaching Methodology

- Train with experienced, certified yoga teachers who will guide you through asanas, pranayama, and effective teaching methods.

Class Schedule

Mon–Fri

- **Live Classes** (Theory + Practice) 2.5 hours/day
- Sat Q&A / Workshops / Teaching Practice
- Mon to Fri | 2 batches | Morning & Evening
- Lifetime Access to recordings



Weekly Curriculum Breakdown

Our 7-week program is carefully structured to build your knowledge and practice progressively, from foundational concepts to advanced teaching skills.

Week 1 – Foundations

Philosophy & Ethics

Yogic lifestyle, Yamas & Niyamas

Body awareness & skeletal basics

Asanas

Basic standing & seated postures

Pranayama

Foundational pranayama practices

Practice Time

~75 mins/day + theory 75 mins/day

Week 2 – Strength & Alignment

Muscular system, posture, alignment



**Surya Namaskar A & B, Traditional
Suryanamaskar**



Standing series

Tadasana, Trikonasana, Warrior I-III, Parsvakonasana



Pranayama

Major pranayama practices



Yogic diet & routines

Practice Time: ~75 mins/day + theory 75 mins/day

Week 3 – Energy & Flexibility

Nervous system & spine

Seated postures + Twists

Paschimottanasana, Ardha Matsyendrasana, Gomukhasana, Total - 60+ asanas

Shatkarma

Jal Neti, Trataka

Pranayama

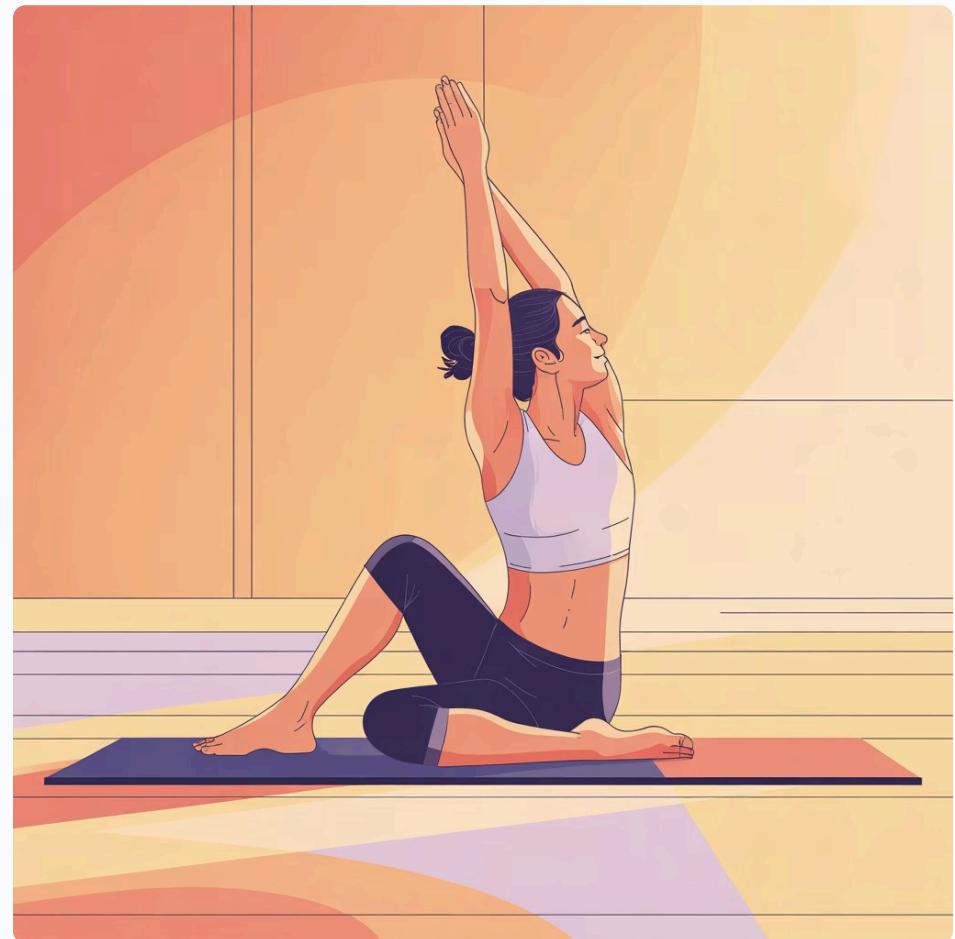
Ujjayi, Bhastrika, Bhramari + 7 advance pranayamas

Energy Systems

Understanding chakras, energy & kundalini

Practice Time

~75 mins/day + theory 75 mins/day



Weeks 4-5 – Deepening Your Practice

Week 4 – Backbends & Core

Injury prevention, joint health

- **Backbends:example:** Bhujangasana, Dhanurasana, Chakrasana
- Core strengthening: Navasana
- **Bandhas:** Mula Bandha, Uddiyana Bandha, Jalandhara Bandha (introduction, purpose, basic engagement).
- **Mudras:** Jnana Mudra, Chin Mudra, Anjali Mudra (introduction and significance).

Practice: ~75 mins/day + theory 75 mins/day

Week 5 – Advanced Practice

Endocrine + circulatory system

- **Balancing & Inversions:** Vrikshasana, Bakasana, Sarvangasana, Shirshasana
- Teaching skills & sequencing
- Yoga Sutras introduction
- Meditation & Yoga Nidra
- **Workshop:** Yoga Career & Business

Practice: ~75 mins/day + theory 75 mins/day

Weeks 6-7 – Teaching & Certification



Week 6 – Teaching & Integration

- Full guided practice flows
- **Teaching practicum + feedback**
- Yogic psychology
- Ayurveda & Sound healing sessions

Practice: ~75 mins/day + theory 75 mins/day

Week 7 – Exams & Certification

- Teaching demo
- Asana test
- Written & Viva
- Graduation

Extra Perks

- Lifetime recordings
- Personal mentorship
- Alumni support group
- Yoga business training

Asanas You Will Learn (60+)

Standing | Seated | Twists | Forward bends | Backbends | Inversions | Balancing | Restorative

Examples:

Tadasana, Trikonasana, Virabhadrasana I-III, Bakasana, Sarvagasana, Chakrasana, Balasana, Shavasana

Pranayama, Shatkriyas & Meditation

Pranayama

- Basic Techniques: Ujjayi, Nadi Shodhana (alternate nostril), Kapalabhati (skull shining breath).
- Other Techniques: Bhramari, Sheetali, Sitkari.

Shatkriyas

Jal Neti • Trataka • Kapalabhati

- Nauli (theory introduction)

Meditation Techniques

- Introduction to Meditation: What it is, why it's practiced, benefits.
- Techniques: Breath awareness, body scan, guided meditation, walking meditation, Trataka.
- Establishing a Personal Practice.