

A stylized illustration of a woman with dark hair in a bun, wearing a white t-shirt and dark pants, sitting in a meditative lotus position on a light purple mat. Her hands are resting on her knees in a mudra. The background features soft, abstract shapes in shades of orange, pink, and green, with some stylized plant leaves. The overall aesthetic is calm and modern.

# 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.



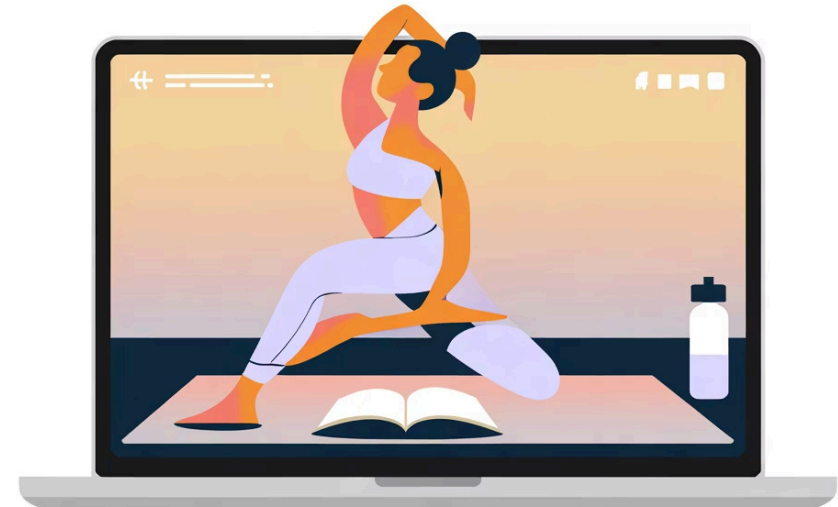
## Certified Yoga Teachers for Asanas, Pranayama & Teaching Methodology

- 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



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## Surya Namaskar A & B, Traditional Suryanamaskar



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## Pranayama

Major pranayama practices

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



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## Standing series

Tadasana, Trikonasana, Warrior I–III, Parsvakonasana



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## Yogic diet & routines

# 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, Sarvangasana, 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.