

Yoga Teacher Training Course

(Course will commence from 20 Jan 2024)

ACCREDITED UNDER



YOGA CERTIFICATION BOARD
MINISTRY OF AYUSH, GOVT. OF INDIA



KARNATAKA SAMSKRIT UNIVERSITY
GOVT. OF KARNATAKA



INDIAN YOGA ASSOCIATION
A SELF-REGULATORY BODY OF ALL YOGA ORGANISATIONS





YOGA TEACHER TRAINING COURSE 2024

200 Hour - YCB Level 1 (Yoga Protocol Instructor - YPI) &
800 Hour - YCB Yoga Therapist (YTh)

Join our Teacher Training Programme and learn how this ancient tradition of yoga is still relevant in Today's modern and changing world. Come learn yoga, come nurture yourself. Learn how to integrate your life and those around you, to a holistic and Yogic lifestyle.

ABOUT YOGA WELLNESS CENTER

The Yoga Wellness Center (YWC), Bangalore, was established by the brothers Raj Kamal (Atmamukhi), and Chandra Kamal (Devatma) with the blessings of Swami Satyasangananda Saraswati in 2012. Swami Satyasangananda Saraswati has named Yoga Centre as "YOGA WELLNESS CENTER".

Both the Kamal brothers received higher education at the Bihar Yoga Bharti, the world's first Yoga University, and continued to teach yoga all around Bangalore, for the last 20 years. They are both fully trained yoga masters, who are adept and knowledgeable teachers in yoga.

Everything that is taught and practiced at the YWC is true to traditional yoga. This is an integral, holistic yoga tradition in that it incorporates the best of several disciplines of Yoga, so that the aspirant experiences the best that Yoga has to offer.

MODE OF LEARNING



Classes will be available in both online and classroom mode. One can attend classes either online or in classroom or both.



HIGHLIGHTS OF YOGA TEACHER TRAINING COURSE

Duration

- ❖ Yoga Protocol Instructor (YPI)- 3 months / equivalent to 200 hour
- ❖ Yoga Therapist (YTh) - 7 months / equivalent to 800 hour (+ 2 Months for examination preparation + 2 Months of complementary practice class)

Theoretical Knowledge

A well designed program to experience Yoga Philosophy & Scriptures, Human Physiology & Well-being, Yoga Physiology and Applied Yoga from our Yoga Experts.

Practical Experience

Our teacher training program, covers a range of practices- yoga required for a teacher to know including regular Hatha Yoga, Meditations and Yoga Nidra. The course is designed to encourage every students to understand various needs of people and offer specific yoga practices that address those needs- individual, corporate, special needs, stress, therapy, prenatal and for specific age groups.

Teaching Skill

Teaching Skill is one of the most important highlight of this course. That includes understanding the ideal qualities of yoga teacher, communication and presentation Skill development, learning various teaching methods such as Instruction, Observation, Demonstration, Correction, teaching Yoga to an individual, small group and large group, Sequencing. Also students will be given one study asana, sadhana asana, assignment, projects and Its Presentation.

Valid Certification

We are accredited YOGA TRAINING AND THERAPY CENTER under **YOGA CERTIFICATION BOARD**. We are also accredited under **INDIAN YOGA ASSOCIATION** and **KARNATAKA SAMSKRIT UNIVERSITY**. Certificate will be provide form above authorities after assessment and examination process.

TIMINGS (IN IST INDIAN STANDARD TIME)

Saturdays

7 to 9 am: Hatha Yoga & Meditation

9.30 to 11 am: Theory Class

11 to 1 pm: Theory Class

Sundays

8 to 10 am: Hatha Yoga & Meditation

10.30 to 12 Noon: Theory Class

12 Noon to 1.30 pm: Theory Class

Monday to Friday: Hatha Yoga | **Timings:** either 6 am, 7.10 am and 6 pm



SYLLABUS

Our YTTC offers a unique blend of the vast knowledge of traditional yoga and draws from the syllabuses of Yoga Certification Board and Karnataka Samskrit University. This also allow participants to fulfill professional as well as academic needs.

Our Syllabus is divided into Six Modules

1. Yoga philosophy and scripture
2. Human physiology, disorders and wellbeing
3. Yoga physiology
4. Applied yoga
5. Teaching skills
6. Practicals

- **Note:** For Detailed YTTC Syllabus, please refer to YPI and Yth Syllabus

COURSE FEE FOR THE YOGA TEACHERS TRAINING COURSE

Course Fee - YCB Level 1 (YPI)

One installment: INR 30000

Course Fee - YCB Yoga Therapist (Yth)

There are 2 options for fee payment :

- ❖ One complete payment of INR 84,000 before the course starts.
- ❖ 3 installments of INR 29,000 each payable in the first week of Jan 2024, Feb 2024 and Mar 2024. Total payable INR 87,000.

Refund policy

Fee is not refundable or transferrable.

Note:

- ❖ **YCB Certification, Indian Yoga Association, and Karnataka Samskrit University enrollment and examination fee to be paid separately by Student.**

ELIGIBILITY

Must be 18 years or older to apply. Fluency in written and spoken English is required.

For Yoga Protocol Instructor (YPI): For admission in the course it is suggested/ desired that the candidate should have passed 10 th standard / secondary school certificate from a recognized board or equivalent. However, the Yoga Institutions can define their own eligibility.

For Yoga Therapist (Yth): Any Degree holder



YOGA CERTIFICATION PROCEDURE

Ministry of AYUSH, Govt. of India established Yoga Certification Board for accreditation of PrCBs / Yoga Institutions / Centres for certification of Yoga professionals to bring synergy, quality and uniformity in knowledge and skills of Yoga professionals across the world by training, prescribing syllabus for various types of Yoga trainers and other such activities that may be considered necessary for promotion of Yoga.

Here at Yoga Wellness Center, we conduct two certification course accredited under Yoga Certification Board

- ❖ **Yoga Protocol Instructor (YPI) - Duration: 200 Hours**
- ❖ **Yoga Therapist (Yth) - Duration: 800 Hours**

Assessment procedure for certification of Yoga Professionals.

- ❖ Assessment and skill test of Yoga professionals is based on the syllabus approved by YCB for various certifications.
- ❖ Assessment of Yoga Professionals will be in two stages – Theory and Practical.

Qualifying Certification Exam

The candidate has to secure qualifying marks both in theory and practical independently.

- ❖ The candidate has to secure 70% marks in each of the theory and practical separately to qualify/pass the assessment test. However maximum 5% of grace marks will be given either in theory or practical who can qualify/pass the exam. Percentage of grace marks will be calculated on total marks in each of the theory and practical separately. In case marks are in decimal figure, it shall be rounded off to higher number.
- ❖ Candidate absent in either theory exam or practical/skill test will be considered as fail. If a candidate is present in theory exam but is unable to attend or does not appear in practical/skill test, he/she has to inform the concerned institution for appearing in the practical / skill test in the next scheduled date & time well in advance with valid reason / unavoidable circumstances. If the candidate is unable to do so he/she will be considered as fail. The assessing institution may consider the request of the candidate in exceptional case on merit basis.



- ❖ If the candidates secures qualifying marks in practical test but fails in theory, he/she can reappear in theory exam only once within 3 month from the declaration of result.
- ❖ The candidate shall have to deposit the prescribed exam/assessment fee of the institution for appearing in the theory exam.
- ❖ If the candidate secures qualifying marks in theory but fails in practical, he/she will be considered as fail. The candidate shall apply for certification as fresh candidate. In such condition, the candidate shall pay full assessment fee as decided by the concerned institution. They do not have to pay enrolment fee for the particular types of certification. His/her unique enrolment no. shall be valid for life time.

Validity of Certificate

Validity of the certificate will be counted from the date of declaration of result.

- ❖ Yoga Protocol Instructor: 5 Years
- ❖ Yoga Therapist: 5 Years

Renewal of Certificate

The candidate, certified under different types of certification, has to appear in the Continuing Yoga Education (CYE) program for renewal of his/her certificate. Certified Yoga Professionals shall have to attend the CYEP before expiry of the certificate for its renewal.



आयुष मंत्रालय, भारत सरकार
Ministry of AYUSH, Govt. of India



Yoga Certification Board

Certificate



is hereby certified as

Yoga Wellness Instructor

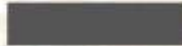
by

The Yoga Certification Board

under

**the voluntary certification of yoga professionals,
Ministry of AYUSH, Government of India**

Certificate No.:



Validity Period:

From 27-Jun-2021 to 26-Jun-2026

Evaluated by:

YOGA WELLNESS CENTER

(The validity of the certificate depends on the certified professional's continued compliance to prescribed competency standards and rules and regulations prescribed by the YCB for Yoga professionals.)

**Authorised Signatory
YOGA WELLNESS CENTER**

**RAJ KAMAL,
FOUNDER AND DIRECTOR,
YOGA WELLNESS CENTER,
#2C-112, 2nd Cross Road, East of NGEF, Kasturi Nagar,
Bangalore - 560 043. Karnataka, INDIA**



Issuing Date : 27-Jun-2021

**Authorised Signatory
Yoga Certification Board**

**Dr. I. V. Basavaraddi,
Head of Institution,
Yoga Certification Board,
Ministry of AYUSH, Govt. of India,
IRCS, 1 Red Cross Road, New Delhi - 110001**

Unique id:

Indian Yoga Association



CERTIFICATE

This is to Certify that

[Redacted Name]

has completed the Advance Certificate Course in Yoga from
Yoga Wellness Center, Karnataka (Bangalore)

The Certificate is accredited by the **Indian Yoga Association**
and has global recognition.

This certificate is issued on 13th June 2021

[Redacted Signature]

Founder, Yoga Wellness Center

[Redacted Signature]

CEO PrCB



KARNATAKA SAMSKRIT UNIVERSITY

PMK Road, Chamarajpet, Bangalore - 560 018.



Statement of Marks

Sl. No. [REDACTED]



Registration Number	[REDACTED]	Month & Year :	[REDACTED]
Name of the Student	[REDACTED]		
Program of Study	[REDACTED]		
Subject	YOGA SHASTRA		
Institute of Study	YOGA WELLNESS CENTRE		

Paper No.	Title of the Paper	Maximum Marks	Minimum Marks	Marks Obtained
1	PRINCIPLES OF YOGA AND SAMSKRIT GRAMMAR	100	35	[REDACTED]
2	HUMAN BIOLOGY (FUNDAMENTALS OF HUMAN ANATOMY AND PHYSIOLOGY)	100	35	[REDACTED]
3	HATHA YOGA AND YOGA PRACTICES FOR COMMON AILMENTS	100	35	[REDACTED]
4	YOGA PRACTICAL LEVEL - 1 (ASANA, PRANAYAMA, DHYANA AND MUDRAS)	100	35	[REDACTED]
5	YOGA PRACTICAL LEVEL - 2 (YOGA TEACHING AND THERAPEUTIC METHODS)	100	35	[REDACTED]
TOTAL		500		[REDACTED]

Total Marks in Words :

Result/Remarks: [REDACTED]

Date of Issue :

Registrar