



# UJJAYI YOGA FITNESS

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#28, Shree Durga Arcade, Behind Bata Show Room Sarjapur road, Kaikondrahalli Bangalore - 560035

## □ 200-Hours Yoga TTC – Summary & Benefits

Ujjayi Yoga Fitness, in collaboration with Omkara Yoga Shala, Rishikesh, offers a 45-days, intensive 200-hours Teacher Training Course designed for aspiring yoga teachers and passionate practitioners seeking to deepen their knowledge and skills in yoga.

### 📖 What You Will Learn:

- Ashtanga Yoga Primary Series: Including standing, sitting, arm balancing, inversions, backbends, and finishing postures.
- Multi-Style Asana Practice: Hatha Yoga, Vinyasa Yoga, Power Yoga, Iyengar Yoga, Cardio Yoga, and Theme-Based Yoga
- Pranayama & Meditation: Practical and theoretical training in yogic breathing techniques and various forms of meditation including mantra, chakra, and yoga nidra.
- Shatkarma (Yogic Cleansing Techniques): Jal Neti, Sutra Neti, Kunjal Kriya, Kapalbhathi, and more to purify the body and mind.
- Alignment & Adjustments: Learn safe, effective alignment techniques and how to guide and adjust students during practice.
- Yoga Philosophy & Anatomy: Study ancient yoga texts, Patanjali's Ashtanga Yoga, chakras, nadis, and gain foundational knowledge of anatomy and physiology relevant to yoga.
- Mudras & Bandhas: Understand and apply yogic energy locks and hand gestures for enhanced practice and inner focus.
- Teaching Methodology: Learn how to design and conduct yoga classes, develop your teaching voice, and manage students with clarity and confidence.

### 📅 Daily Schedule Highlights (4 hrs/day):

- 1 Hour Theory Pranayama & Shatkarma, Yoga Philosophy & Anatomy
- 1 Hour Practical Ashtanga Yoga, Alignment & Adjustments, Vinyasa Practice
- 1 Hour Group Class Vinyasa Flow
- 1 Hour Self-Practice / Teaching Practice

### 📅 Course Duration: 45 Days

Certification: Recognized 200-Hours TTC Certificate upon successful completion

### 💡 How This Course Will Help You Grow:

- Become a certified and confident yoga teacher
- Deepen your personal yoga journey
- Learn to practice and teach with clarity, alignment, and purpose
- Gain the tools to lead group or private yoga classes
- Build a strong foundation to start a professional yoga career

### 💰 Course Fee:

Regular Price: ₹35,000    Discounted Price: ₹32,000