



UJJAYI YOGA FITNESS

+91 9583340780, 9021968511 | ujjayiyogafitness@gmail.com | www.ujjayiyogafitness.com

#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



UJJAYI YOGA FITNESS

+91 9583340780, 9021968511 | ujjayiyogafitness@gmail.com | www.ujjayiyogafitness.com

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

□ 85-Hours Prenatal & Postnatal Yoga TTC – Summary & Benefits

Ujjayi Yoga Fitness, in collaboration with OM Yoga International, Rishikesh, offers a comprehensive 85-Hours Prenatal & Postnatal Yoga Teacher Training Course designed for yoga teachers and passionate practitioners who wish to specialize in maternal wellness.

📖 What You Will Learn:

- Pregnancy Yoga Philosophy – Ancient knowledge & yogic approach to motherhood
- Anatomy & Physiology – Scientific understanding of pregnancy changes
- Pregnancy Asanas – Safe trimester-wise practices
- Pranayama – Breathing techniques for balance & labor preparation
- Garbh Samskara – Ayurvedic prenatal care principles
- High & Low Risk Pregnancy Awareness
- Diet & Nutrition During Pregnancy & Postpartum
- Infertility Support Module
- Labor Preparation & Birthing Techniques
- Postnatal Recovery – PPD awareness & lactation support
- Teaching Methodology – Lesson planning & safety guidelines

UJJAYI YOGA FITNESS

📅 Daily Schedule Highlights (2-3 hrs/day):

- 1 Hour Theory – Breathing techniques for balance & labor preparation.
- 1 Hour Practical Prenatal Yoga – Trimester-wise asanas, safe alignment & modifications.
- 1 Hour Self-Practice / Teaching Practice.

📅 Course Duration: 30 Days

Certification: Recognized 85-Hours TTC Certificate upon successful completion

💡 How This Course Will Help You Grow:

- Become a certified Prenatal & Postnatal Yoga Teacher.
- Expand specialization in maternal wellness.
- Confidently guide expecting mothers safely.
- Create structured prenatal & postnatal classes.
- Open new career opportunities in maternity wellness

💰 Course Fee:

Regular Price: ₹18,000