



Yoga Alliance Ltd Registered Trade Marks

Courses Structure

1. Yoga Teachers Training Program

- 200 Hours
- 350 hours
- 500 hours
- 1000 hours
- 1500 hours

2. One to One Special Class

Class duration :Weekly 1hr 45min, time minimum 1 month

- Tourist
- Manager, company boss , unique person
- Who does not want to be a part of group

3. Yoga for special conditions

4. Class duration :Weekly 1hr 45min, time minimum 1 month, cost. Monday & Saturday 8- 9:45 am

- I: Yoga for pregnancy
- li: Yoga for Stress
- lii: Yoga for Anxiety
- Iv : Yoga for elders
- V: Yoga for kids

4: Yoga for special sickness

Each of the 'yoga for special sickness' courses includes ,yoga presentation , diet and habit .life style and the activities. The classes details



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Per subject Class time : 1 hr 45 min.

Duration :1 week

1 subject

Each of this

- **a : Yoga for Asthma,**
- **b :Yoga for Diabetes**
- **c : Yoga for Kidney problem**
- **d: Yoga for Memory Power**
- **e : Yoga for Memory Power Improvement**
- **f : Yoga for Sexual health**
- **g : Yoga for women health**
- **H : Yoga for Man health**
- **I : Yoga for digestion**
- **J : Yoga for Man Parkinson**
- **K : Yoga for Flu/Pneumonia**
- **L : Yoga for Dementia**
- **M: Yoga therapy for beauty**
- **N : Yoga for Allergies**
- **: Yoga for Man Cancer**
- **P : Yoga for Man heart health**
- **Q : Yoga for neuro system**
- **R: Yoga for eye**
- **S : Yoga for Man weight-loss**
- **T : Yoga for Arthritis**
- **U: Yoga for high blood pressure**
- **V: Yoga for low blood pressure**



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- **W : Yoga for Thyroid**
- **X : Yoga for Tonsillitis**
- **Z: Yoga for depression**

Yoga for groups

Special groups, School students , Office staffs and special elderly people.

Duration 1:45 hr

Time Wednesday & Saturday 12-1:30pm

Accredited course details

Whether you're looking for yoga teacher training to become a yoga teacher, yoga-based therapist, or want to heal sickness , healthy , fit or general practitioner, our courses will give you professional skills and extensive experience. You'll graduate with the qualifications for an excellent start to a career in the complementary health care industry. Our accredited yoga teacher training and other courses are truly among the best in the world.

1.Subject:10887NAT - Advanced Diploma of Therapeutic Yoga Teaching

2.Subject: 52792WA - Advanced Diploma of Holistic Classical Yoga Practices

3:Subject:10886NAT - Diploma of Yoga Teaching

4:Subject :10696NAT - Certificate IV in Yoga Teaching