



HARSIDDHI YOGA ASHRAM

CERTIFICATION COURSE IN YOGIC SCIENCES (CCY)

One-Month Ashram Lifestyle Crash Course

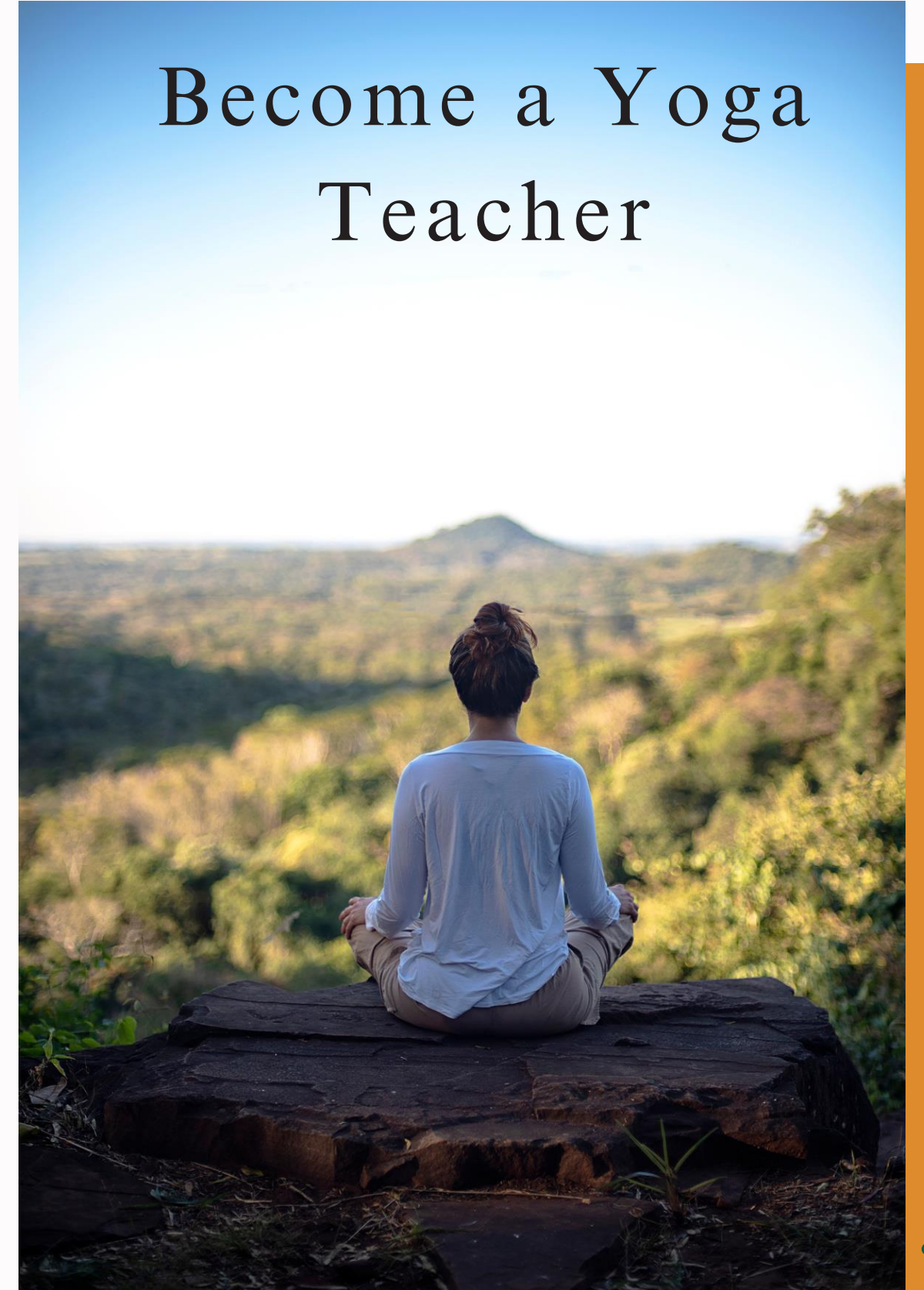




CONTENT

- Introduction
- Key Areas Of Study
- Theoretical Knowledge
- Practical Knowledge
- Anatomy and physiology
- Teaching Skills
- Career Prospects
- Ashram routine
- Fee structure

Become a Yoga Teacher





CERTIFICATION COURSE IN YOGA



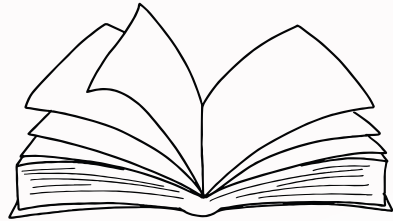
COURSE OVERVIEW

This is a 200-hour teacher training course. The Duration Of Course is 1 Months. The course covers basic concepts of Yoga and Swara Vigyan (Science of Breath). Regular practice of what is taught in this program can help maintain a healthy life.

This course will give you an opportunity to start your career as a Yoga Teacher. Harsiddhi Yoga Ashram is an offspring of Brahmavarchas International Yoga Academy .



KEY AREAS OF STUDY



Theoretical Knowledge

- Principles and Fundamentals of Yoga Philosophy
- Basic Yoga Texts
- Application Of Yoga



Practical Knowledge

- Sukshma Vyayam
- Yoga Asan And Surya namaskar
- Pranayama And Meditation
- Kitchen gardening
- Vedic cooking



Teaching Practice

- Presentation Techniques
- Seminars- PowerPoint Presentation
- Observation Classes
- One on One Practical Classes



THEORETICAL KNOWLEDGE

PRINCIPLES AND FUNDAMENTALS OF YOGA PHILOSOPHY

- History of Yoga
- Schools of Yoga
- Vedas, Upanishads and Puranas
- Ancient, Classical and Modern Yoga mentors
- Ashtanga yoga
- Method of Vedic cooking
- Pranayama and shatkarma
- Meditation and kundalini
- Shat chakras – Location and Importance





THEORETICAL KNOWLEDGE

BASIC YOGA TEXTS



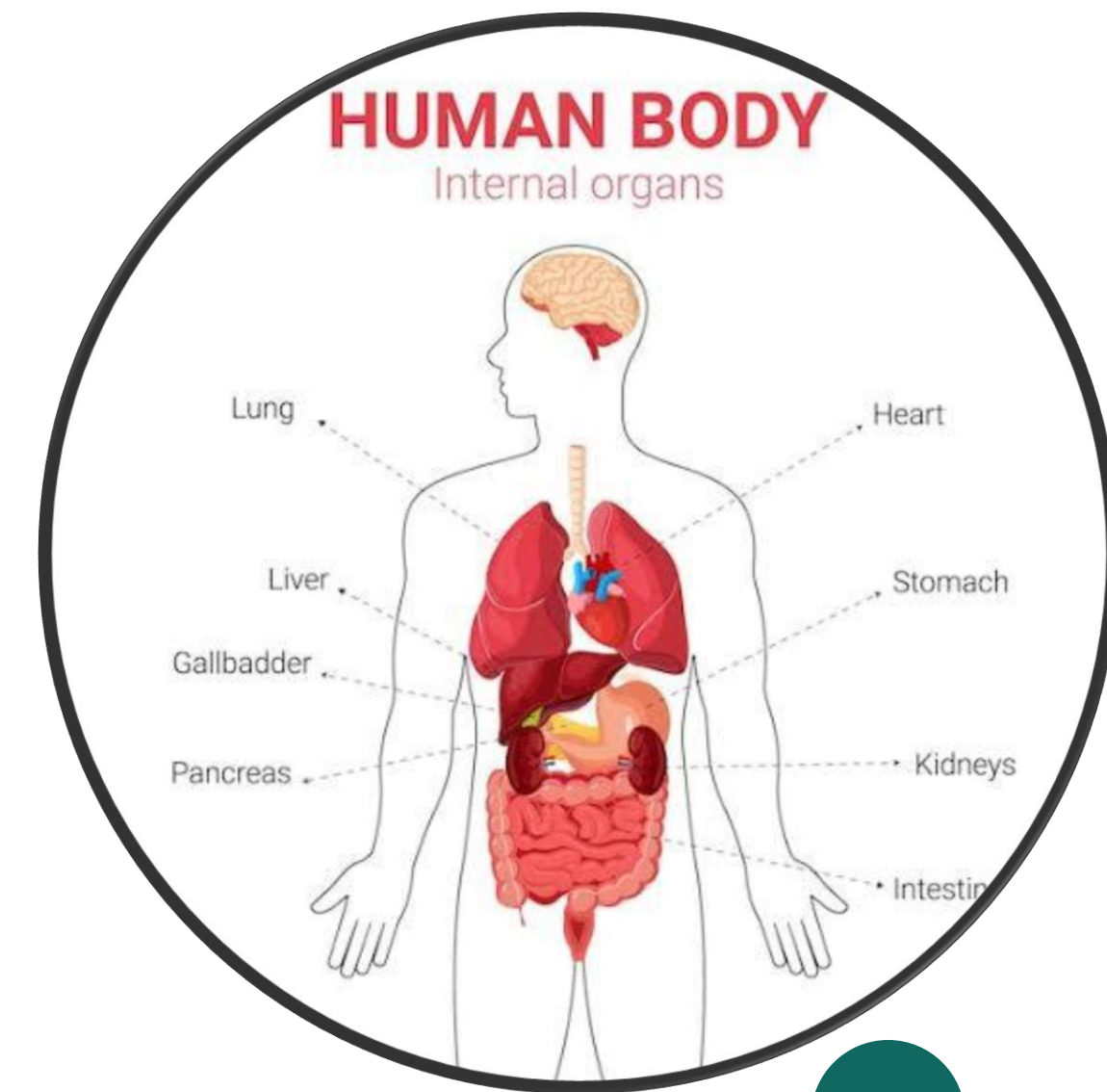
- Patanjali Yogsutras
- Shiv samhita and shiv purana
- Hat yoga Pradipika, Gherand samhita
- Bhagavad-Gita & Modern texts on Yoga





THEORY (ANATOMY AND PHYSIOLOGY)

1. Digestive System
2. Muscular System
3. Skeletal System
4. Nervous System
5. Cardiovascular System
6. Respiratory System
7. Endocrine System
8. Excretory System
9. Reproductive System
10. Integumentary System





PRACTICAL

**Learn Asanas, Pranayama,
Yogic diet, Mudras, Meditation.**



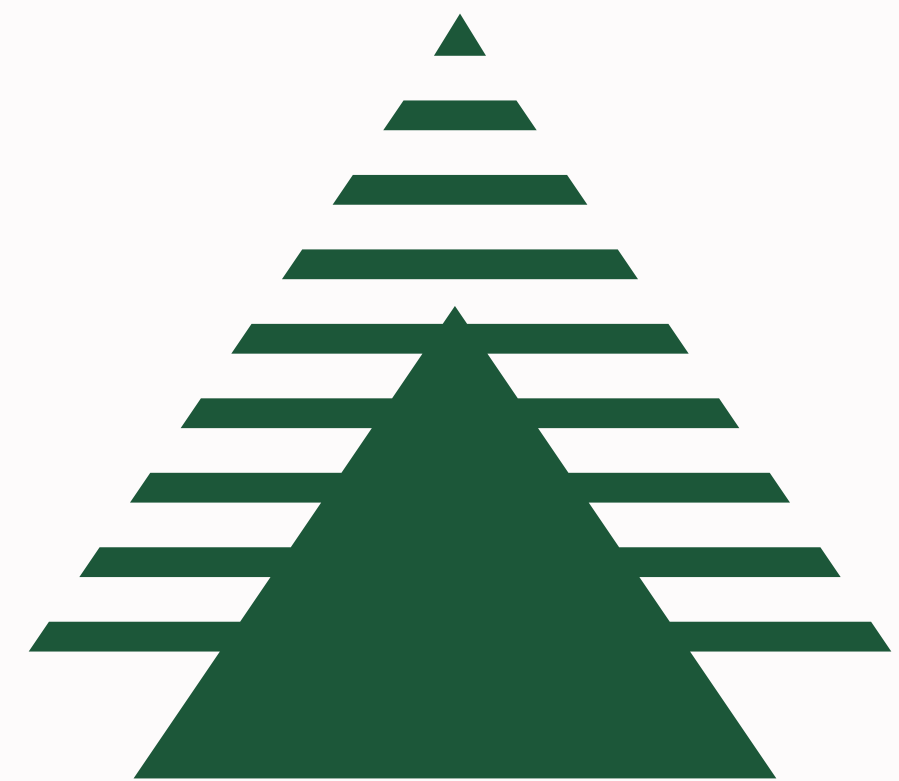


PRACTICAL KNOWLEDGE YOGASANAS



- Basic Yogasanas , Relaxation asanas & warm up
- 12 yogasanas - Digestive system
- 19 yogasanas- Muscular & skeletal system
- 6 Yogasanas – Cardiovascular system
- 4 Yogasanas – Respiratory system
- 7 Yogasanas – Nervous system
- 6 Yogasanas Endocrine system
- 4 Yogasanas – Excretory system
- 7 Yogasanas – Reproductive system
- 7 Yogasanas – Integumentary system
- Common diseases of each system and related asanas







LEARN TEACHING SKILLS



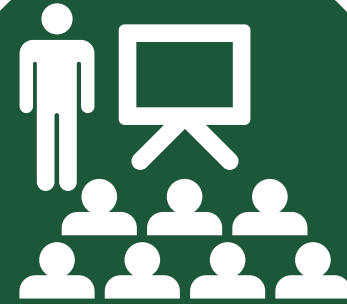
**1 on 1 Practical
Classes**



**Observation
Classes**



Kitchen gardening



**Seminars- Powerpoint
Presentation**



**Presentation
Techniques**



Career Prospects After completing 200 hr Certification in Yogic Sciences

**100% Job
Assistance**

**Career Counselling
by Experts**

**Start Earning
Min. 15K / Month as
a Yoga Teacher**

**Start Your Own Studio
or Work with other Yoga
studio**

**Earn Through online
classes/ Freelancing/
personal Yoga Trainer**



ASHRAM ROUTINE

Time	Activity
4.00 am	Wake up
4.00 am - 5.00 am	Personal Hygiene Routine (freshening up)
5.00 am - 8.00 am	Yoga practical class
8.30 am - 9.00 am	Sattvic breakfast
9.00 am - 11.30 am	Vedic cooking and farming class
11.30 am - 12.30pm	Sattvic lunch
12.30 pm - 02.30pm	Housekeeping and self work
02.30 pm - 04.00 pm	Theory class
04.00 pm - 06.00 pm	Yoga practical class
06.00 pm – 07.00 pm	Sattvic dinner
07.00 pm - 08.00 pm	Satsang
Sharp 08.00 pm	Go to bed



PROGRAM FEES

Activity	Amount
Admission fees	500/-
Seminars fees	3000/-
Faculty fees	30000/-
Lodging and fooding	10000/-
Examination fees	5000/-
TOTAL	48,500/-

Note – 1.Yoga props , uniforms will be charged separately.
2. Fruits and dry fruits will be charged separately (if required)



Harsiddhi yoga ashram

In a month of ashram
journey
The breath becomes
your song.
The body bends into
prayer
Scriptures echo through
the soul.
Silence becomes your
guide.
The ashram now lives
within you.



Thank you

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