

International Yoga Teachers' Training Course - Level I (IYTTC-I) NON-RESIDENTIAL

Introduction

There is a keen desire in many people living in the city, to learn more about yoga, practice it, and also learn to teach yoga. On the other hand, there is a huge and growing demand for trained yoga professionals, and now mandated by the Government of India.

Many people, at this time, cannot become a yoga teacher, because they are required to spend many months, sometimes years away from family to get a yoga teacher qualification.

The IYTTC courses taught by Sivananda Yoga Centre Gurgaon since 2011, have thus far been the four weeks residential course leading up to a 200 hours Yoga Alliance recognized certification. (www.yogaalliance.org)

To benefit many more people, who would like to become a yoga teacher, SYCG is pleased to introduce a weekend, non-residential international YTTTC Level I, yet again, the fourth in a row.

Course details

Yoga is a vast science. The practice of asanas, or postures, is the most commonly understood, but only one aspect of yoga.

We have designed the Yoga Teachers Training Course to give ordinary people a deeper experience of this ancient science. You can view the full daily schedule of the NON-RESIDENTIAL IYTTC - Level I on www.yogashowstheaway.com as well as below.



In the course, you will have an opportunity to practice yoga asanas, relaxation, cleansing techniques called kriyas, pranayama, or the science of breath, and breath control, and guided meditation. In addition to this, you will have an opportunity to practice selfless service and learn ancient scriptures.

While we all would like to arrive at the destination, we have to follow a process, and also undertake a journey before we can arrive there. For good health, or mental concentration, or a way of life which is satisfying and fulfilling, we have to take appropriate steps. First the body has to be cleared of impurities, and the mind has to be cleansed of disturbing thoughts. In the 11 weeks period, with special attention to diet, a relaxed and peaceful environment, mentally and emotionally aligned gathering of like-minded people, educative lectures on Vedanta and yoga philosophy, highly trained teachers and guides, and the practice of pranayama, asanas and relaxation, you slowly become meditative, your health improves, and you have perception of a better way of life.

The course gives you the methods, the knowledge and the understanding on how yoga can become a practical way of life.

This 11 weeks course offers a profound personal experience, designed to build a firm foundation of inner discipline and provide the proficiency to teach yoga to others. The essence of yoga is learned through a combination of repeated practice and inspirational lessons. The approach to teaching is personal, focusing on the individual student. Among the many benefits students report are increased strength and flexibility, greater spiritual awareness, improved power of concentration, enhanced self-esteem and a new found sense of self-discipline, proper breathing, proper relaxation, proper diet, positive thinking, and meditation.

Course Dates

11 January – 29 March 2025

11 January to 23 March 2025 (11 weekends at Vidya School, DLF Phase 3, Gurgaon)

25-29 March 2025 (Five days at Pops Hotel, Palampur)

Course Location

- ★ Sivananda Yoga Centre, Gurgaon – Vidya School, DLF Phase 3, Gurgaon, Haryana
- ★ Residential programme - Pops Resorts, Palampur, Kangra District, Himachal Pradesh.

Curriculum

1. **Yoga Asanas** • The sun salutation and the twelve basic yoga postures • Advanced variations • Effects of asanas on the physical and astral body • Proper posture alignment, deep relaxation, release of blocked energy • Benefits of Yoga Asanas
2. **Pranayama** • The basic practices: Kapalabhati, Anuloma Viloma (alternate nostril breathing) • Advanced pranayama exercises
3. **Kriyas** • The six classical exercises for purifying the body
4. **Hatha Yoga Theory** • The astral body • The nadis (energy channels) and chakras (energy centers)
5. **How to Teach** • How to teach the sun salutation and the twelve basic postures • Setting up a proper environment for class • The basic class • How to teach beginners and intermediate students • How to teach children, the elderly, and prenatal yoga • How to correct a student doing Asanas
6. **Yoga Philosophy and Psychology** • The four paths of Yoga: Karma Yoga (selfless service), Bhakti Yoga (the path of devotion, including attendance at devotional rituals); Raja Yoga (mind control), and Jnana Yoga (the path of wisdom and realization). • Psychology of the spiritual aspirant • The law of karma • Kundalini yoga
7. **Anatomy and Physiology** • The effects of hatha yoga practices on the major body systems
8. **Yogic Diet and Nutrition** • Influence of diet on the mind • Proper diet • Nutrition according to Ayurvedic guidelines • Ethical, health and spiritual reasons for vegetarianism
9. **Meditation** • Twelve-step guideline to meditation • The benefits of meditation • Mantras, mantra-initiation (if requested)
10. **Kirtan (Chanting)** • Positive effects of chanting on the emotions • Correct pronunciation and mental attitude • Learning classical Sanskrit chants
11. **Bhagavad Gita** • Study and commentary of the classical scripture

Daily schedule

7:00 am	Arrival at the venue
7:30 am	Asana and Pranayama class
9.30 am	Brunch
10:45 am	Bhagavat Gita, Chanting
12:00 noon	Lecture
1:00 pm	Tea
1:30 pm	Lecture
2:45 pm	Meditation, chanting and lecture or silent walk
4:00 pm	Asana and Pranayama class
6:00 pm	Aarti, Prasad and departure



- Attendance at all activities is mandatory. Changes in the programme may occur from time to time. It is possible that some sessions may extend beyond the time, in case discussions, or sections need to reach a conclusion. Students may make a note of this.

Recommended texts

- Sivananda Training Manual – by Sivananda Yoga Vedanta Centre
- The Complete Illustrated Book of Yoga – by Swami Vishnudevananda
- Bhagavad Gita (with commentary by Swami Dayananda Saraswati)
- Meditation and Mantras – by Swami Vishnudevananda
- The Sivananda Chant book - ISYVC

*The above mentioned texts are included in the course donation.

- Sivananda Companion to Yoga - by Sivananda Yoga Vedanta Centre
- Sivananda Beginners Guide to Yoga – by Sivananda Yoga Vedanta Centre
- Yoga Mind & Body – by Sivananda Yoga Vedanta Centre

*The above mentioned texts are available for purchase in the centre boutique

Assessment and Certification

The students are continuously assessed throughout the course at all levels. There will be a written exam at the end of the course to evaluate the understanding of the philosophy of Yoga and skills of the students.

Assessment is based on:

- Regular attendance of all classes – 90 per cent attendance is mandatory for certification
- Written summary of the main philosophy classes and hatha yoga theory classes
- Attitude and behaviour while attending the course
- Performance and attitude in the practical asana, pranayama, bandhas and kriya classes
- Hatha yoga teaching skills
- Karma yoga

Upon successful completion of the course students receive a Diploma/Certificate from the Sivananda Yoga Centre, Gurgaon.

This training course fulfills the requirements for the Yoga Alliance 200-hour certification, for which graduates of the course are invited to register.

Prerequisite

This course is open to all students who wish to deepen their knowledge and application of some of the highest teachings of yoga. Participants do not need to be yoga teachers. Mastery of any yoga practice is not necessary... only your sincere desire for knowledge and your commitment to personal growth.

Course fees

- Indian nationals - ₹ 80,000 plus GST
- Foreign nationals - \$ 2,124 (Inclusive of tax)

Of the fees stated above, 20% is a non-refundable deposit. Kindly apply only if you are completely sure of participating in the course. **THERE IS AN EARLY BIRD DISCOUNT OF 10%, IF YOU PAY 50% OF THE FEE, ON OR BEFORE 31 OCTOBER 2024.**

20% deposit is non-refundable.



If you cancel your participation after 28 December 2024, only 50% of the course fees will be refunded.

Any cancellation after 4 January 2025, the entire fee is non-refundable, under any circumstances.

Fees will also not be refundable under any circumstances, if you choose to leave the course after it begins on 11 January 2025. Under no circumstances will the fees be refunded, once the course has started.

The course fee includes the entire yoga tuition, two pairs of uniforms, the training manual, meals, and a five-day residential stay between 25 to 29 March 2025. **Cost of travel to and from the Ashram is not included.**

How to apply

Please ask us for an online application form.

Kindly also submit a minimum, non-refundable deposit of 20% of the course fee, to reserve your place in the course. **The balance can either be paid immediately, or latest by 14 December 2024.** (Please note that if the course gets filled up, the last date of payment for those already registered will shift to an earlier date. It is better to make the full payment to avoid disappointment).

Please note that submitting a valid application form does not guarantee a place in the course. All applicants have to go through an interview, where the staff of SYCG will seek to understand from the applicant the commitment towards participation, various probabilities and chances of missing classes and sessions, reasons for participation. Also SYCG staff will share information about what a participant can face during the course. Only after satisfying the interview criteria will an applicant be registered for the course.

Please also note that the payment of fees for the IYTTC Level I does not guarantee, in any way, that the participant will graduate from the course, and also be given the Diploma/Certificate. The granting of the Diploma/Certificate is subject to a strict assessment during the course, and the final examination, and cannot be negotiated. This is an international norm for the Registered Yoga Teacher 200 hours training, as required by Yoga Alliance. Please read the section on Assessment above, to be clear about this part.

Telephone/Use of computers

The use of mobile phones and computers and the Internet will be allowed only sparingly, and only during breaks, with permission from staff, outside the main hall. As such, it is to be assumed that there will be minimal interaction during the classes with the outside world. Use of mobile phones in all classes, meal time and also inside the hall are prohibited to respect each other's space.

SUMMARY

Dates – 11 January to 29 March 2025

Format

- 11 weekends, non-residential, Vidya School, DLF Phase 3, Gurgaon - 11 January – 22 March
- 5 days residential, Pops Resorts, Palampur, Himachal Pradesh - 25 – 29 March

Fees – Indians Rs 80,000 plus GST; Foreign nationals - \$2124 inclusive of tax

Certification – Yoga Alliance recognized RYT 200 hours training, valid internationally.

Schedule – Two asana classes, two hours each, every weekend and in the Ashram; training to teach others; theory of all yoga practices; Vedanta, Bhagawat Gita, chanting, kriyas, meditation and kirtan; saatvik (yogic) brunch at 10.00 am and dinner (only in the Ashram) at 6.00 pm.

Eligibility – Above 18 years; keen desire to practice and teach yoga

Opportunity – Sivananda Yoga Centre, Gurgaon does not provide jobs or employment opportunities to participants of the IYTTC. However, learning how to teach, taking care of students and growing in your practice of yoga – all is possible, once the course is over and you have certified. This happens as a volunteer at the Centre, in both online and offline classes.

Participants – From all over NCR, and even foreign nationals living in India.

Faculty – Senior teachers from Sivananda Yoga Centre, Gurgaon, senior medical doctor (for anatomy, and senior Vedanta teacher from Swami Dayananda's lineage. Drop in and meet us at the centre, and try out our classes, before the course!

Questions – Call, or message on the numbers given in this document.

RESIDENTIAL PROGRAMME

25 – 29 March 2025 (Graduation of the Non-residential IYTTC Level I)

Arrival - Tuesday 25 March 9.00 am; Departure - Sunday 30 March any time before noon.

Yoga is a tradition built around the gurukula system. As such, yoga cannot be experienced in a modern education format of school and college. It is a science best learnt by living with masters for a certain period of time, imbibing culture, yoga, tradition and knowledge, through direct experience.

The non-residential IYTTC Level I thus has a five-day component, to expose participants to a traditional gurukula way of life. This is mandatory for all participants and is a pre-requisite for getting certified.

The course fee already includes boarding and lodging for five days and nights, but does not include the travel.

Accommodation

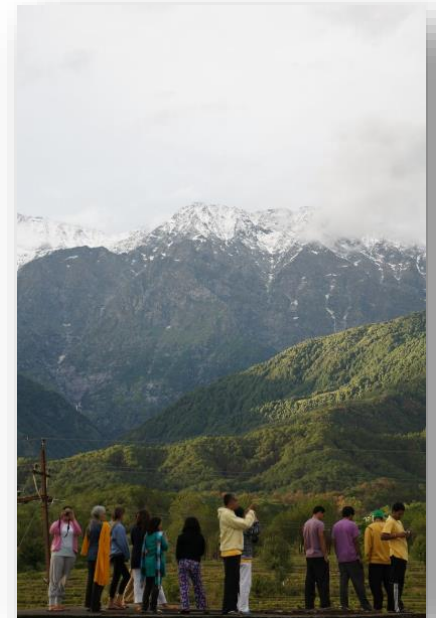
For the purpose of the non-residential IYTTC Level I, accommodation is on an as-is-where-is basis. An ashram is not a resort or a holiday destination. There may be two, or even three course participants in one room depending upon the number of people who need to be accommodated. Rooms may vary in construction and dimension. Rooms will be allotted by lottery so that it is fair. It is possible that some flexibility and adaptability will be required for an ashram stay by city dwellers. However, overall, the aim will be to have everyone be comfortable for a short stay of five days. To maintain the sanctity of the campus, we accommodate guests on the following conditions:

- No consumption of alcohol & non-vegetarian food
- No smoking either on campus or outside while undertaking the course.
- Should follow the yogic way of life while in the ashram.

Sivananda Yoga Centre, Gurgaon and Pops Resorts reserve the rights of admission.

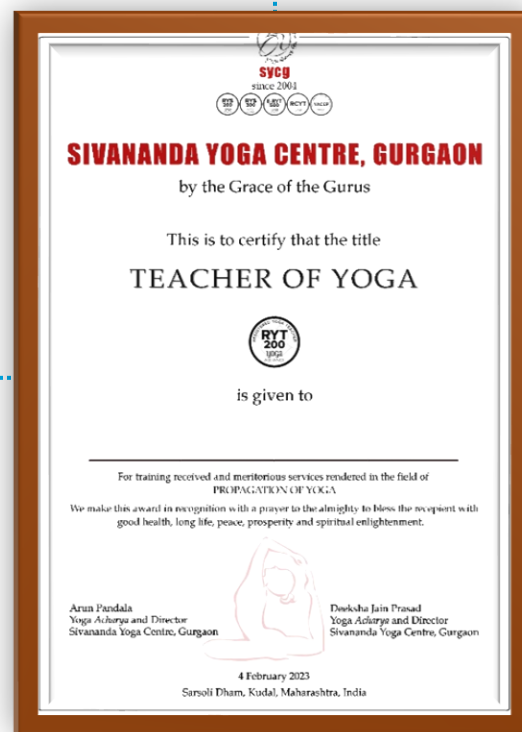
Anyone found not following the ashram rules, at any time during the course, will have to vacate the ashram property.

SYCG will help with the travel coordination, nearer the date.



Daily schedule

- 5:30 am Wake up
 6:00 am Meditation, chanting and lecture or silent walk
 7:30 am Tea time
 8:00 am Asana and Pranayama class
 10:00 am Brunch
 10.30 am Seva time – selfless service (60 mins)
 12:00 pm Bhagavad Gita/Chanting class
 1.30 pm Tea time
 2.00 pm Main Lecture on philosophy
 4:00 pm Asana and Pranayama class
 6:00 pm Dinner
 8:00 pm Satsang (meditation, chanting and lecture)
 9.30 pm Lights out



Sivananda Yoga Centre, Gurgaon

Sivananda Yoga Centre, Gurgaon (SYCG) was set up on 1 April 2004. Its main purpose is to spread the teaching and practice of an authentic and ancient system of yoga, thereby promoting health, well-being, freedom from stress and more balanced and visionary individual.

SYCG has daily yoga classes, special courses, annual programmes and retreats, yoga teacher training courses, advanced teacher training courses, yoga during pregnancy, and yoga classes for children and teenagers.

The classes are both online (on Zoom and YouTube), and onsite (in Gurgaon).

All the teachers at the Centre have taken an international residential or non-residential, or online teachers' training course (recognized by Yoga Alliance).

Each teacher goes through the same rigorous Gurukula system of training – learning by repetitive practice under the supervision of senior, more experienced teachers. They learn to have sensitivity, respect and a deep understanding of the human condition.

The yoga class and yoga system which we teach, is one of the most popular forms of yoga in the world today, easy to begin and to understand and to practice.

SYCG initiated its offsite programmes in October 2010, and has concluded many yoga retreats and teacher training courses over the past 14 years. More than 100,000 people have done yoga with SYCG.

More details about SYCG can be had from the website www.yogashowstheaway.com.

sivananda daily open class

ONLINE ON ZOOM (India Standard Time)




Monday, Wednesday, Friday
7.00 - 8.00 am
5.00 - 6.00 pm

Tuesday, Thursday
8.00 - 9.00 am
11.30 am - 12.30 pm
7.00 - 8.00 pm

Saturday, Sunday
8.00 - 9.30 am


*practice under the guidance of senior teachers.
two-way supervised class.
limited group size.
improve, enjoy & step up*

for zoom link, membership fee, and other details
call - +91 9878445850, 9818990014
email - yogashowstheaway@yahoo.com **book a free trial class**
SIVANANDA YOGA CENTRE, GURGAON



SIVANANDA YOGA

since 2004



health is wealth. peace of mind is happiness. yoga shows the way.

<p>M 13/23 DLF phase 2 mon, wed, fri 7.30 - 8.30 am 7.00 - 8.00 pm tues, thurs 8.00 - 9.00 am tues, thurs, fri 5.00 - 6.00 pm sat, sun 8.00 - 9.30 am advanced asana class sun 10.00 am - 12 noon prenatal yoga sat 10.00 am wed 5.30 pm meditation sat 7.15 - 7.45 am</p>	<p>H - 53, south city 1 mon to fri (daily) 8.00 - 9.00 am mon, wed, fri 7.00 - 8.00 pm tues, thurs 6.30 - 7.30 am sat, sun 6.30 - 8.00 pm advanced asana class sat 10.00 am - 12 noon</p>
<p>846, pocket (E), Sector 21 mon, wed, fri 7.00 - 8.00 am sat, sun 8.00 - 9.30 am</p>	<p>1545 B, sector 57 mon, wed, fri 7.00 - 8.00 am 7.00 - 8.00 pm tues, thurs 8.00 - 9.00 am sat, sun 8.00 - 9.30 am</p>

enjoy a good workout, increase your immunity, prevent pain & illness, get peace of mind. surya namaskar, asana, pranayama, relaxation.

SIVANANDA YOGA CENTRE, GURGAON

FREE TRIAL CLASS (call for details)
9811155549, 9818990014

www.yogashowstheaway.com
yogashowstheaway@yahoo.com

The Faculty

With over 20 years of full-time dedication to teaching practice and administration of yoga, Sivananda Yoga Centre, Gurgaon is blessed with very senior faculty.

They are led by **ARUN PANDALA**, Yoga Acharya (Master of Yoga), one of the senior-most Sivananda trained teachers in India. He has been practicing yoga since 1992 and teaching yoga since 1995. Arun holds an ERYT 500 and a continuing education provider YACEP certification from Yoga Alliance, USA. He is the joint Founder-Director and senior Acharya at Sivananda Yoga Centre, Gurgaon.

DEEKSHA JAIN PRASAD, Yoga Acharya (Master of Yoga) has been practicing yoga since 2002 and teaching yoga since 2003, and holds an ERYT 500 certification from Yoga Alliance, USA. She is the joint Founder-Director and senior Acharya at Sivananda Yoga Centre, Gurgaon.

DYUTIMA GOEL is ERYT 500, and RCYT. She has been practicing and teaching yoga since 2011. With over 10,000 hours of yoga practices over the last decade, she brings experience and expertise to all courses, classes and certification programmes.

They are assisted by some of the senior-most yoga staff in India, trained under a rigorous gurukula system. This formidable team sets out to teach, assist and help you certify in the course.



Contact us

If you have any questions about the course please contact

8.00 am - 8.00 pm Indian standard time - (international callers add +91)

Arun 9810645850; Dyutima 9811855855; Anita 9811155549

email - yogashowstheaway@yahoo.com

