

## International Yoga Teacher Training Course - Level I (IYTTC-I) **RESIDENTIAL**

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### Course Dates

- **20 April – 17 May 2025**
- **ARRIVAL 19 APRIL – DEPARTURE 18 MAY (PLEASE NOTE)**

### Course details

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

The International Yoga Teachers Training Course is designed to give ordinary people a deeper experience of this ancient science. You can view the full daily schedule of the IYTTC below.

In the course, you will have an opportunity to practice yoga asanas (yogic exercises), 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 one month, with a specially controlled diet, fresh air, serene surroundings, 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 yoga, 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 four-week 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.

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## **Course Location**

**Pops Resort, Village Chachian, Palampur Tehsil, (Dharamasala) District Kangra, Himachal Pradesh, Himalayas, (INDIA) PIN 176059**

Palampur, at a height of 1219 mts., is a main spot in the beautiful valley surrounded by tea gardens and pine trees, 30 kilometers from the popular tourist destination Dharamsala. It is surrounded by the Dhauladhar range - mountains and Himalayan peaks are visible in the foreground.

During the day it is pleasant but in addition to a simple tee shirt, you may need light woollens. Mornings and nights will be cold. It is advised to carry a jacket, shawl and cap.

## **Accommodation**

The ashram has about 25 twin sharing rooms for participants and staff.

Admission is on a first come first served basis.

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.

Pops Resort and Sivananda Yoga Centre, Gurgaon 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.

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## 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 Yogic 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

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## Teachers of SYCG

Sivananda Yoga Centre, Gurgaon has a teacher body of over 100 active teachers. Each of them has completed his or her International Yoga Teachers' Training course certified by Yoga Alliance to teach yoga anywhere in the world. This teacher body, growing and maturing as each day goes by, is one of the largest pools of qualified yoga teachers of the Sivananda system in the world, practicing and teaching together at one centre, online and onsite.

All the teachers at the Centre offer their time and teaching on a voluntary basis, making their work an act of seva, selfless service. The students therefore get a teacher who is not only highly trained and knowledgeable about yoga, but also one who is compassionate, gentle, caring and giving, without any inclination towards external reward. Each teacher leads by example, and it is a profound learning experience, just to be in their presence. Many of our yoga teachers teach on an average between 100 and 500 classes in a year.

*Our greatest assets are the faculty who teach the IYTTC. They are some of the very best in the world, vastly experienced, senior, wise, charismatic, articulate, passionate, and highly motivated in sharing knowledge.*

Many highly trained teachers will be faculty and assisting teachers for the IYTTC 2025.

## Teachers of the IYTTC

### YOGA ACHARYA ARUN PANDALA (MASTER OF YOGA - MY)

Arun is one of the senior-most Sivananda yoga teachers in India.

He started practicing yoga at the Sivananda Yoga Vedanta Nataraja Centre in New Delhi in 1992 (32 years ago).

He did his RYT 200 hours Yoga Teachers' Training Course from Sivananda Yoga Vedanta Dhanwantari Ashram, Kerala in January 1995.

([www.sivananda.org](http://www.sivananda.org)) In 1996, he did his Advanced Yoga Teachers' Training Course (RYT 300 hours) from the same venue. He has had an unbroken run of teaching yoga for the past 30 years.

Arun is an Experienced Registered Yoga Teacher (E-RYT) 500 hours as designated by Yoga Alliance USA, ([www.yogaalliance.org](http://www.yogaalliance.org)) the international certifying body for world standards in yoga. He is also registered as a Yoga Alliance Continuing Education Provider (YACEP).

Since the time he started teaching yoga in 1995, Arun has reached out to more than 500,000 people in India and abroad, through more than 20,000 hours of teaching and training.

In 2004, he set up Sivananda Yoga Centre, Gurgaon, ([www.yogashowstheway.com](http://www.yogashowstheway.com)) with purpose of spreading an authentic and traditional lineage of yoga and allied sciences.

In 2014, Arun was inducted as a Yoga Expert into the AYUSH mandated Yoga Certification programme, at the behest of the Prime Minister Shri Narendra Modi. He was part of the various Task Forces and Steering and Advisory committees to create world standards for both individuals (Personnel certification) and institutions (Institutional certification). The current standard Yoga Teacher Level 2 was originally drafted by him, and launched on 22 June 2015. Arun was also the lead examiner in many of the QCI led yoga examinations in Mumbai, Delhi, Pune, Kolkata and Tokyo, Japan, in addition to being part of the policy and strategy teams.

Since 2011, Arun has been leading the training of Yoga teachers. He has personally trained over 1000 yoga teachers in the Sivananda system in the past 30 years.

He also leads seminars on health and well-being, specialized courses on pranayama and meditation, therapy programmes for back problems, stress and lifestyle disorders, women's health issues and yogic management of pain. Under his leadership, Sivananda Yoga Centre, Gurgaon has successfully



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conducted since 2015, Yoga for reversing PCOS, a condition that affects many millions of women across the world, and for which modern medicine has no cure.

Arun specializes in teaching future generations of yoga teachers, and is especially good with asana and pranayama practice and theory; he is also an expert in the yogic management of diseases, and is a well-renowned expert on holistic health.

ARUN PANDALA (446, Sector 40, Gurgaon, Haryana, India)

Age 60

Working experience - 20 years in advertising, marketing, marketing communications, corporate communications, event management, and public relations

Yoga - practitioner for the past 32 years; Teacher since 1995

+91 9810645850

## **DYUTIMA GOEL (ERYT 500; RCYT)**

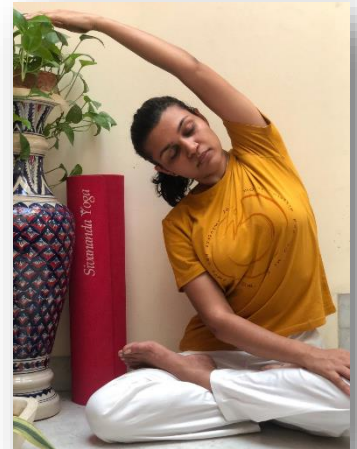
Dyutima represents the modern yoga teacher. She has graduated more than 300 yoga teachers by herself year, under eight teacher training courses recognized by the Yoga Alliance, presented by the Sivananda Yoga Centre, Gurgaon. Trained as a professional architect, Dyutima has preferred to pursue her passion, as a life occupation and career, since 2011, teaching yoga to literally thousands of people every year.

Dyutima has an ability and agility with yoga practice, which puts her in the top one per cent of the population. She is well versed with the simple and advanced practices, theory, the philosophy, and all round aspects of yoga, including selfless service, uncompromising work ethic and discipline, an extraordinary ability for caring for and teaching people and kirtan and satsang.

Dyutima independently manages the daily yoga classes, and operations of the Sivananda Centres in Gurgaon. She also teaches many of the courses which the Centre offers, including the yoga for kids programme, and the yoga beginners' courses for adults. She is operations head at the Centre, working on policy, administration, finance, logistics, and communications.

She is fun to be with, interesting, knowledgeable and funny in her presentation of yoga classes, and highly enthusiastic. She brings great charisma, as well as the fearlessness of youth, to her own personal practice, as well as the many hundreds of classes she teaches every year.

She provides deep insight into the spiritual aspects of yoga, as well as the intelligence she brings to adapt this ancient science to make it accessible to herself and her students. The combination of humour and cheerfulness, and a sense of gentleness and calm, and purpose makes Dyutima yogic and endearing to all those who meet her.





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## **FACULTY FOR VEDANTA, AND ANATOMY & PHYSIOLOGY**

The teachers for the specialized subjects of Vedanta and Anatomy & Physiology are experts in their fields. We usually have the direct disciples of Swami Dayananda in Swami Chinmayananda's tradition for teaching the subjects of Bhagawat Gita, Vedanta and Yoga Philosophy. They bring very deep subjects to life, with their pure and direct approach, even while making these ancient scriptures a pleasure to understand. For modern human biology and its relationship with yoga, we depend on medical doctors, either practicing Ayurvedic physicians or professors of Ayurveda, or allopathic doctors, who are also trained in yoga and allied sciences.

## 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
11.00 am	Seva time - selfless service (60 mins)
12.00 noon	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
7.30 pm	Satsang (meditation, chanting and lecture or special program)
9.30 pm	Lights out



- Attendance at all activities is mandatory. Changes in the programme may occur from time to time
- There is one day off in a week. On that day, students are required to attend morning and evening satsangs and to complete their seva duties. The rest of the day is free for their personal study and activities.

## Recommended texts

- Students' TTC Manual 2025 - SYCG
- Sivananda Training Manual - by Sivananda Yoga Vedanta Centre
- The Complete Illustrated Book of Yoga
- Bhagavad Gita (with commentary by Swami Dayananda Saraswati)
- Meditation and Mantras
- 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 Ashram 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:

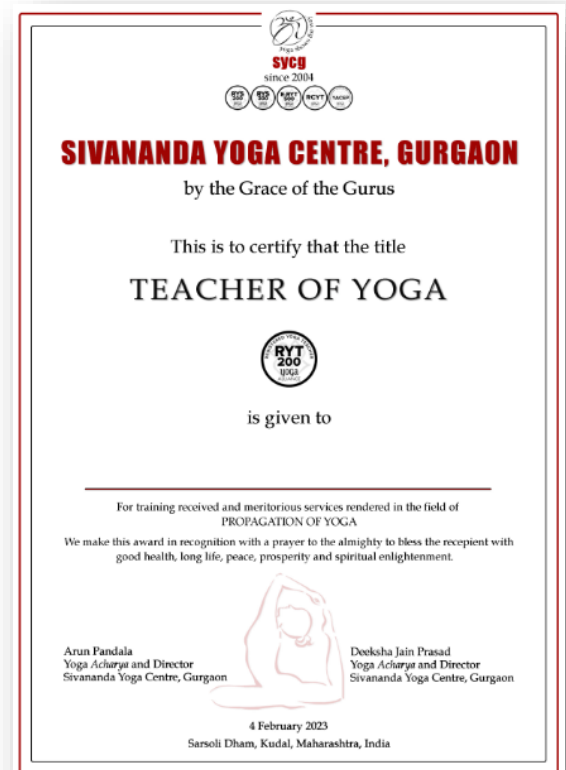
- Regular attendance of all classes
- Written summary of the main philosophy classes and hatha yoga theory classes
- Attitude and behaviour inside and outside of the ashram while attending the course
- Performance and attitude in the practical asana, pranayama, bandhas and kriya classes
- Hatha yoga teaching skills

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

This training course fulfills the requirements for the Yoga Alliance 200-hour certification, ([www.yogaalliance.org](http://www.yogaalliance.org)) for which graduates of the programme 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 donations

### A. Indian citizens living in India (plus 18% GST)

- ₹80,000 (twin)
- ₹1,28,000 (single)
- ₹62,000 (triple)

### B. Indians living abroad (all inclusive)

- \$1725 (twin)
- \$ 2775 (single)
- \$1325 (triple)

### C. Foreign citizens living in India or abroad (all inclusive)

- \$2450 (twin)
- \$3920 (single)
- \$1950 (triple)



### Included in the Course donation

The donation includes (for the four weeks of stay)

- ★ twin, or non-sharing rooms with attached bathrooms, and hot water
- ★ food at scheduled times every day
- ★ two pairs of SYCG - IYTTC uniforms
- ★ tuition for the entire yoga teacher training course
- ★ recommended books as mentioned above which forms part of the study material, including the Students' manual, and
- ★ internationally accepted yoga certification.

## How to apply

Please fill in our online application form. **Kindly also submit a minimum, non-refundable deposit of 25% of the course fee (plus 18% GST), to reserve your place in the course. The whole fee can either be paid immediately, or by latest 16 March 2025.**

There is a penalty for cancellation. 25% of the total fee is non-refundable and non-adjustable. **For cancellation after 16 March 2025, 50% of the total fee is non-refundable and non-adjustable.**

**For any cancellation on and after 30 March 2025, or if you leave in the middle of the programme, there will be no refund.**

**You can pay using the online link - it is displayed on the website or use net banking with the information given below.**

### **BANK DETAILS**

SIVANANDA YOGA CENTER

CURRENT ACCOUNT

017705500290

ICICI BANK

DLF CITY GURGAON BRANCH

DLF QUTUB PLAZA, DLF PHASE 1

GURGAON HARYANA 122002

IFSC CODE ICIC 0000177

## 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).

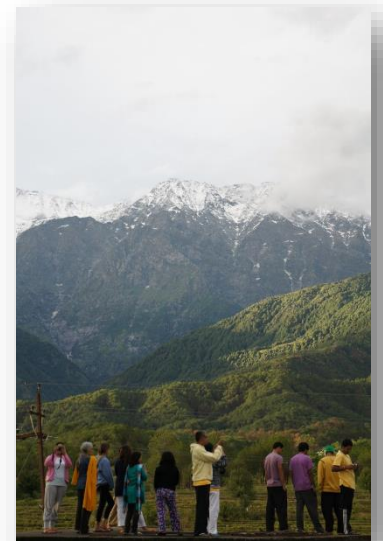
All the teachers at the Centre have taken an international residential or non-residential, or online teachers' training course (recognized by Yoga Alliance).

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 100000 people have done yoga with SYCG.

More details about SYCG can be had from the website [www.yogashowtheway.com](http://www.yogashowtheway.com)



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## How to reach here

Pops Resort, Palampur is well connected by road, rail and air.

The village Chachian, is 23 kilometers from the world famous Dharamsala, and 34 kilometers from Mcleod Ganj. Pops Hotel is 550 kilometers from New Delhi, the capital of India. Most foreign students are likely to fly into the International airport at New Delhi. From here you can drive 9 hours or take an overnight train to Pathankot or Amb Andaura. From the station one can take a taxi to the location in the morning. It is a drive of approximately 3 hours. The nearest domestic airport is Dharamsala. It will take an hour from the airport to Pops Resort.

Luxury and Volvo busses ply from all major nearby cities, including New Delhi, to Dharamsala. Take a cab to Pops Resort, from the bus stand. It will take an hour to reach.

Cab services are easily available from Dharamsala airport and bus stand and the railway stations.

**Local taxi operator: Monu +91 98163 97580**

**Sivananda Yoga Centre, Gurgaon does not provide any support or planning for travel.**

Participants may please plan their travel as appropriate.

Please plan and book your travel early. All other planning can come later.

## Other matters

### Food

The main meals are provided daily at 10.00 am and 6.00 pm. The food is based on the Indian tradition. Menus are vegetarian, simple, nutritious... and good tasting! Prepared with love and care according to yogic dietary principles, two buffet style, lacto-vegetarian meals are served daily. Absent from the menu are meat, fish, chicken, egg, garlic, onion and mushroom.

A cup of tea is available at 7.30 am and 1.30 pm.

### Boutique

The boutique has spiritual books, yoga mats, yoga style clothing, toiletries and cosmetics, batteries, and simple snack foods.

### Internet and mobile network

The internet and mobile network inside the Ashram, except on the terrace, is poor. Guests must keep communications to a minimum, anyway, since the course requires a focus and hard work. Mobile phone signals from companies – **Jio, BSNL, Vodafone and Airtel** are available in the ashram compound. Use of mobile phones in all classes and dining areas is prohibited.

### Laundry Service

An independent laundry service is available at a nominal cost

### Safe Keeping

We suggest that you do not bring high value items to the ashram as we cannot guarantee the facilities to secure them. The rooms are safe, as long as they are kept locked when not in use.

### Health Hut/Canteen

The Health Hut provides a relaxed atmosphere to enjoy fruit salads, juices and snacks outside the class schedule, for a nominal cost. This is open at some specific times during the day.

All the above facilities are closed during classes, satsang times and after 8.00 pm.

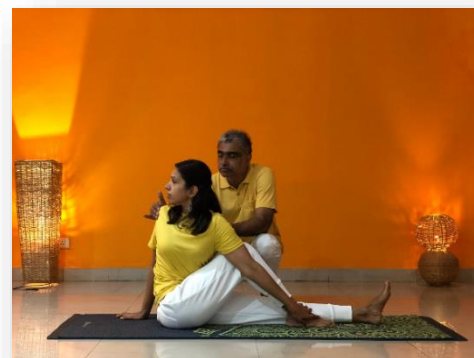
### Before you come

#### Visas

Check whether you are required to arrange a visa before you enter India. Be careful to apply for a tourist visa, whilst you will be studying yoga here, a student visa is a very different visa and you will require supporting information which only academic establishments like universities can provide. Your reason for visiting should be stated as a tourist.

#### Vaccinations

If you are travelling from out of India, please also do contact your local medical centre regarding any necessary vaccinations or medicines for your trip.





If you have any questions about the course, please contact

8.00 am – 8.00 pm Indian Standard Time

**(+91) 9810645850; 9811855855; 98189 90014**

email – [yogashowstheaway@yahoo.com](mailto:yogashowstheaway@yahoo.com)



# A pictorial glimpse of the IYTTC

# SYCG



