



# SHREE HARI YOGA

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# CERTIFICATION

## Earn Your Yoga Alliance Teaching Certification in India

Our Yoga Teacher Training Courses in India are registered with Yoga Alliance USA. When you graduate from our school you will be eligible to register with Yoga Alliance as an RYT, Registered Yoga Teacher, in your respective categories. You will be prepared to teach anywhere in the world with this globally recognized certification. Whether you wish to establish a strong teaching foundation through our 200 hour program or expand your capabilities through 300 hour, 500 hour, or Yoga Alliance Continuing Education (YACEP) courses, we have certification options to support your teaching path and career.



**Consider our Ayurveda Teacher Training in our Brochure and dont mentioned Price, Dates and duration we need to change that.**

<https://shreehariyoga.com/30-days-ayurveda-teacher-training-course/>

- Certificate in ayurvedic food science and cooking
- Diploma in ayurveda lifestyle coach
- Diploma in ayurvedic massage and treatment
- Diploma in panchakarma & Massage Therapy



## Courses Offered:

- 50 hour course: Yin/ Aerial/Yoga Nidra
- 100 hour courses: Yin/ Aerial/Yoga Therapy/Restorative/Multistyle/Hatha/Vinyasa/Ashtanga/Kundalini
- 200 hour courses: Yin/Yoga Therapy/Restorative/Multistyle/Hatha/Vinyasa/Ashtanga
- 300 hour courses: Yin/Yoga Therapy/Restorative/Multistyle/Hatha/Vinyasa/Ashtanga





## Difference 200 / 300 / 500 hr YTTC and the possibilities of the 50 & 100 hour courses:

- If you want to get registered and work officially as a yoga teacher, you must complete a 200-hour basic course first. The 200-hour course is a basic course that covers all the fundamentals of yoga in terms of practice, theory, anatomy, teaching practices, and philosophy.
- Completing two 100-hour courses does NOT count as a 200-hour course. You cannot get a certification from a 200-hour course by doing two 100-hour courses. We recommend completing the entire 200-hour basic course first.
- The 50-hour and 100-hour courses are only YACEP courses (Yoga Alliance Continuing Education Program) where you can deepen your knowledge in one style.
- If you just want to do the 100-hour course for yourself, then you don't need to complete a 200-hour course first.
- The common and basic course is a 200-hour YTTC in whichever style you prefer. We offer Ashtanga, Hatha, Multistyle, Restorative, Therapeutic, Vinyasa, and Yin.





- To attend a 300-hour course, you must first complete a 200-hour YTT. The 300-hour course is an advanced yoga course, also known as the second level of yoga teacher training. It is suitable for those who have already finished the first level (200-hour YTT) and want to enhance their skills and abilities as a yoga teacher.
- The 500-hour YTT course is a combination of a 200-hour YTT course and a 300-hour YTT course. The 500-hour course allows you to learn from the basics to the advanced level in a single program.
- Switching from a 200-hour to a 300-hour course midway is not possible because they are two different courses.



# LOCATIONS

## DHARAMSALA & GOA TEACHER TRAINING LIFESTYLE: A HARMONIOUS JOURNEY OF SELF-DISCOVERY

Embark on a transformative adventure in the serene ambiance of Dharamsala & Goa, where each day is crafted to enhance your mind, body, and soul. Our teacher training lifestyle is designed to immerse you in the essence of yoga, fostering a holistic approach to your well-being.

**Daily Routine:** From Monday to Saturday, embrace a fulfilling schedule that spans from 7:00 am to 6:30 pm. Your days will be filled with multiple practice sessions, engaging practical and theory classes, and ample open time for self-study and collaborative teaching with your fellow trainees.

**Saturdays:** Enjoy a leisurely half day of coursework, allowing you the space to absorb and integrate the week's learnings.

**Sundays:** Embrace the tranquility of your surroundings as Sundays are dedicated to rest, relaxation, personal study, and the joy of simply being in the moment.



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## OPENING & CLOSING: YOUR GATEWAY TO TRANQUILITY AND TRANSFORMATION

Arrival in Goa & Dharamshala: Please feel free to check-in any time from 6 am on the day before your course's start date. This early arrival day is dedicated to allowing you to settle in and become acquainted with your new surroundings. As the sun sets, an orientation session will unfold, paving the way for the transformative journey ahead. The evening will culminate in a warm welcome dinner, fostering connections and setting the stage for a harmonious learning experience.



# TYPICAL DAILY SCHEDULE:

**06:15 am - 7:15 am:** Dive into the serenity of Pranayama, meditation, or cleansing (Kriya) to set a harmonious tone for the day.

**07:30 am - 09:00 am:** Immerse yourself in the practice of Asanas and the culmination of the week's practicum.

**09:00 am - 10:00 am:** Enjoy a peaceful silent breakfast, savoring the nourishment for your body and mind.

**11:00 am - 12:00 am:** Explore the Art of Teaching, honing your skills to share the wisdom of yoga.

**12:00 am - 01:00 pm:** Delve into the intricacies of Anatomy & Physiology, understanding the profound connection between body and spirit

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**12:00 am - 01:00 pm:** Delve into the intricacies of Anatomy & Physiology, understanding the profound connection between body and spirit.

**01:00 pm - 02:00 pm:** Relish a wholesome lunch, fuelling your body for the enriching journey ahead.

**02:00 pm - 03:00 pm:** Engage in self-study, a sacred time for personal reflection and growth.

**03:00 pm - 04:00 pm:** Delve into the depths of Philosophy, expanding your understanding of the profound philosophies that underpin yoga.

**04:00 pm - 05:30 pm:** Return to the practice of Asanas and conclude the week's practicum with newfound confidence.

**05:30 pm - 05:45 pm:** Embrace the spirit of Karma Yoga, contributing positively to the community and environment.

**06:00 pm - 07:00 pm:** Enjoy the sunset.

**07:00 pm - 08:00 pm:** Share the joy of dinner with your fellow trainees, fostering connections over wholesome meals.

**08:00 pm - 05:00 am:** As the day concludes, allow yourself to guide you into a restful night's sleep. 8:00 PM Embrace a tranquil night's rest, letting your body and mind absorb the day's wisdom. Sweet & big dreams on your transformative journey.



## FEES & DISCOUNTS

### 50 HOUR YOGA TEACHER TRAINING COURSES IN INDIA – 7 DAYS

- Shared room € 550
- Private room € 675
- Instruction Language: English

Transfer your deposit 2 months in advance. Secure your spot early. Receive a special discount of 50 € on your total payment.

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### 100 HOUR YOGA TEACHER TRAINING COURSES IN INDIA – 13 DAYS

- Shared room € 800
- Private room € 925
- Instruction Language: English

Transfer your deposit 2 months in advance. Secure your spot early. Receive a special discount of 50 € on your total payment.

### 200 HOUR YOGA TEACHER TRAINING COURSES IN INDIA – 26 DAYS

- Shared room € 1500
- Private room € 1750
- Instruction Language: English

Transfer your deposit 2 months in advance. Secure your spot early. Receive a special discount of 100 € on your total payment.



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## 300 HOUR YOGA TEACHER TRAINING COURSES IN INDIA – 31 DAYS

- Shared room € 2100
- Private room € 2350
- Instruction Language: English

Transfer your deposit 2 months in advance. Secure your spot early. Receive a special discount of 150 € on your total payment.

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## 500 HOUR YOGA TEACHER TRAINING COURSES IN INDIA – 56 DAYS

- Shared room € 3300
- Private room € 3600
- Instruction Language: English

Transfer your deposit 2 months in advance. Secure your spot early. Receive a special discount of 200 € on your total payment

### Ayurveda Teacher Trainings:

- Certificate in ayurvedic food science and cooking,
- Diploma in ayurveda lifestyle coach
- Diploma in ayurvedic massage and treatment
- Diploma in panchakarma & Massage Therapy





## RETREATS:

# “Soulful Sojourns in India: Awaken and Renew on Your Yoga Journey”

### Retreat Packages

“Discover Bliss in Our 5-Day Refreshing Retreat 350 €”

Embark on a Blissful 7-Day Yoga Enjoy & Relax Retreat 490 €

14 Day Unlock Body Freedom:  
Asana Retreat 880€

7 Day Pause & Reflect:  
Self Love Ayur Yoga Balance Retreat only in Goa India



## “Who might find solace in this Yoga Retreat?”

Embark on a Holistic 10-Day Yoga Harmony Retreat 690€

21 Day Radiant Living Retreat 1200 €



14 Day Unlock Body Freedom:  
Asana Retreat 880€

- **New Me package: 3-day retreat with Ayurveda & Yoga: discover a new you. 265€**
- **Inner Harmony Package: Revitalize Your Being in 5 Days, a Fusion of Ayurveda, Yoga 365 €**
- **7 Days of Ayurvedic Rejuvenation and Mind Detox”:  
“CHAITANYA RETREAT “550€**
- **Renew, Cleanse, Thrive: Your Journey to Total Well-being in 14 days: Panchakarma treatments 1175€**
- **21 Days to Radiance: Total Detox and Rejuvenation:  
RASAYAN CHIKITS 1800 €**



# PANCHAKARMA TREATMENT

## About Panchakarma Treatment & How to Explore the Benefits of Panchakarma in Ayurveda

Panchakarma is an essential component of Ayurveda, an ancient Indian holistic system of medicine. Derived from Sanskrit words meaning “five actions,” Panchakarma is a detoxification and rejuvenation treatment therapy designed to restore balance to your body, mind, and spirit.

## Why Choose Panchakarma for Your Health:

- **Detoxify:** Remove harmful toxins (ama) from your body, enhancing its natural healing abilities.
- **Balance Doshas:** Restore harmony among the three doshas (Vata, Pitta, and Kapha) for overall well-being.
- **Boost Digestion:** Improve digestion, absorption, and metabolism, leading to increased vitality.
- **Reduce Stress:** Calm your nervous system and find relaxation through soothing massages and herbal treatments.
- **Rejuvenate:** Enhance skin, energy levels, and well-being for a refreshed you.
- **Prevent Diseases:** Maintain equilibrium and strengthen immunity to ward off illnesses.
- **Personalized Care:** Tailored treatments cater to your unique constitution and health needs.

**Note:** Panchakarma should be administered by qualified Ayurvedic practitioners, considering individual factors like constitution, age, and health status. Not suitable for everyone.

- **Duration:** Depends on your availability 1 Session 2 hours a day
- **Cost:** Shared Room 78€ a day /Night, Private Room 95€ a day/ Night
- **Panchakarma Treatments Only:** 45€ a day





## IMPORTANT: ENSURING A SMOOTH AYURVEDA JOURNEY AT SHREE HARI YOGA SCHOOL

Are you preparing to embark on your Ayurveda educational journey at Shree Hari Yoga School? To facilitate a seamless experience, we have implemented a new payment requirement: 50% advance payment due 1.5 months before the commencement of your course.

The Reason? This advance payment is essential to allocate 50% of your course fee to BSS Institute of India. The processing of this payment to BSS Institute of India takes approximately 1.5 months, ensuring that your certificate is secured for our highly anticipated traditional ceremony upon the successful completion of your course.

Seize this opportunity to secure your spot, make the necessary prepayment, and eagerly anticipate the celebration of your accomplishments at our prestigious certificate ceremony.

Should you have any inquiries or require further assistance, please do not hesitate to contact our team at Shree Hari Yoga. Prepare yourself for a profoundly enriching Ayurveda experience at Shree Hari Yoga School, where your success is our priority!





## THE ABOVE PRICE INCLUDES:

### ACCOMMODATION

Airport Transfer Complimentary airport transfer service is provided exclusively for bookings of 14 days or longer

All Meals Breakfast/ Lunch/ Dinner

All Yoga classes including Pranayama/two Asana classes a day/ Meditation/Sound healing ect:

Free wi-fi

## HOW TO BOOK YOUR RETREAT, YOUR TEACHER TRAINING COURSE & HOW TO REACH TO YOGA SCHOOL:

Please make sure you have a valid visa to travel to India or at least have required arrangements in place for the visa.

To ensure your seat in the course, please transfer the deposit of 300 Euros/person

Please go through the [Terms & Conditions](#) before you make the payment.

For the payment we have the following option.



# PAYMENT BY USING TRANSFERWISE

- Step 1:** Please use the following link for the payment: [The above price includes:](#)
- Step 2:** Fill out your details, and confirm your phone number (Please check that you use your currency to INR India Rupee)
- Step 3:** Fill out our data using the “someone else” field, not business
- Step 4:** Fill out our data with the email address: [shreehariyogateam@gmail.com](mailto:shreehariyogateam@gmail.com)

## HARISH SINGH PAWALI

- IFSC code: UTIB0002871
- Swift code: AXISINBB077 Account No: 916010068215023 Address of
- Bank: Axis Bank LTD Sanman /C/512 Nh 66581343, Kumta-581343 Our
- Address: Om Beach Rd, Gokarna, Karnataka 581326, India

**Note:** Once you have made the payment, please take a screenshot and send it to us, so we can follow up with the bank.

## WHAT ELSE IS INCLUDED:

- Yoga Course Tuition
- Doctor's Ayurvedic consultation focusing on doshas. only in Goa!
- Course Handbook
- 3 Vegetarian Meals on Full Teaching Days, 2 Meals on Saturdays\*\*
- Wi-Fi\*\*
- T-shirt, Bag



## WHAT IS NOT INCLUDED:

- Airfare
- Visa Fees
- Dinner on Saturday, Meals on Sunday\*\*
- Excursions
- Airport Pickup (available at an additional fee)
- Laundry (available at an additional fee)

We provide taxi service with additional cost. The nearest airports and the cost are mentioned below:

### Locations: Goa

**Airport 1:** GOI 1.5 hours away from the school 2100 INR

**Airport 2:** GOX 45 minutes away from the school 1100 INR

### Locations: Dharamshala

**Airport:** DHM 45 Min away from the school 1200 INR

We look forward to having you to our yoga classes and supporting you in your yoga practice.



**For the Dates Kindly Contact us here or visit our Website**

 <https://shreehariyoga.com>

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