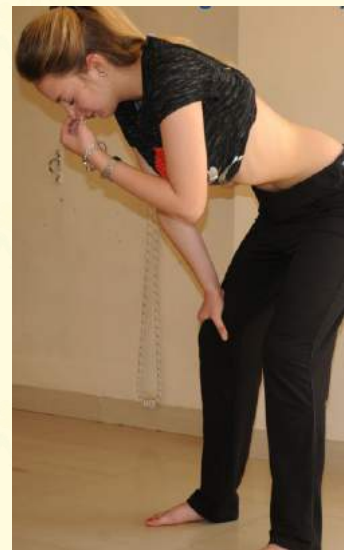


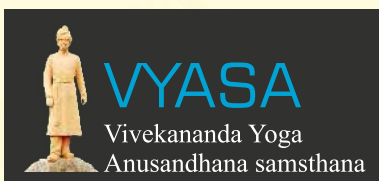


KSHITIJ YOG CENTRE

Yog Teachers Training Course & Certificate Course In Yog Therapy



AFFILIATED TO



Yog Teacher's Training Course

Certification:

- Yoga Instructor Course Certificate (VYASA)
- YCB - Level 1 / QCI Level 1 Coaching (Indian Govt. Exams)
- YTTC - Certificate from Kshitij Yog Centre

Highlights of the Course

- Conceptual And Practical Approach in Training
- Experienced Team of Teachers
- Integrative Approach

Syllabus

Theory

- Introduction of Yog
- Streams of Yog
- Indian Culture and Its Foundation
- Spiritual Masters
- Human Anatomy and Physiology (11 Systems)
- Human Psychology
- Patanjali Yog Sutra (Selected Sutras)
- Introduction to Ayurved Basic Principals

Practical

- Loosening Exercise
- Suryanamaskar
- Asanas
 - Standing Postures
 - Sitting Postures
 - Prone Postures
 - Supine Postures
 - Inverted Postures

Pranayam

- Breathing Exercise
- Mudra
- Meditative Poses
- All Major Types of Pranayama

Kriyas (Cleansing Techniques)

- Eye Exercises
- Tratak, Neti, Dhouti, Shankhaprakshalan
- Kapalbhati, Agnisar, Nauli

Meditation

- Simple Dhyan
- Om Dhyan
- Cyclic Meditation
- Devotional Music And Mantra Chanting

Centre Address

No.1, Crystal Castle Soc. Opp. Sungrace High School, Salunkhe Vihar Rd. Wanowrie, Pune 411040
Contact Nos.:7775019164, 97881057711, 9822520549, 7387262905

Yog Teacher's Training Course

- Eligibility:** ➡ 12th Pass (Minimum)
- Medium Of Course:** ➡ English (Instructions in Hindi/Marathi Optional)
- Medium Of Exam:** ➡ English
- Course Fees:** ➡ Rs.58,000/-
➡ One Time Full Payment Rs.55,000/

**Installment Facility Available

Course Duration: ➡ 15th June 2019 - October 2019

Education Hours:

Therapy	100 hours
Practical	200 hours
Total	300 hours

Timing:

Tuesday - Thursday	3pm to 7pm
Mon-Wed-Fri	5pm to 7pm
Saturday	9.30am to 1.30pm

Exams:

YIC -VYASA: ➡ Theory -1 100 marks
➡ Practical -1 100 marks

YTTC: ➡ Theory -2 200 marks
➡ Practical -2 200 marks

Payment Mode: Cash/Credit Card/Cheque/ Online Transfers
To Kshitij Yog Centre

**Get Bank Details from Kshitij Centre

Certificate Course in Yog Therapy

Certification :

- Yoga Instructor Course Certificate (VYASA)
- CCYT Certificate from Kshitij Yog Centre

Coaching in

- QCI - Level 1&2 / YCB - Level 1&2
- PGDYT (SVYASA)
- M.sc Yoga (SVYASA) covers almost 80% of their Syllabus

Highlights of the Course

- Experienced team of Yog teachers and Doctors
- 3D Approach in training -conceptual, practical, clinical (hands on dealing with medical patients).
- Integrative approach
- Unique combination of yoga knowledge from different yoga schools.
- Yoga therapy with various props.

Syllabus

Sem 1

Covers the entire portion of YIC and YTTC

Sem 2

- Common Ailments
- Introduction to Ayurved & Naturopathy
- Patanjali Yog Sutras & Bhagwad.Geeta
- Yogtherapy principal & Application
- Advance yog techniques
- Research Methodology.

Sem 3

Internship - 100 case studies at Kshitij Centre

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Contact Nos.:7775019164, 97881057711, 9822520549, 7387262905

Certificate Course in Yog Therapy

Eligibility:

- 12th Pass (Minimum) Graduate Diploma from any stream, Medical, Paramedical ,physical trainers, physiotherapist , science or biology students, those who wants to do career in yog.
 - YIC (VYASA) & YTT (Kshitij Centre) Certificate holders
- **Attractive Offers & Discounts for those who have done YIC (VYASA) or YTTC (Kshitij Center)**

Medium Of Course:

- English

Medium Of Exam:

- English

Course Fees:

- Rs.90,000/- (Sem 1,2 and 3)
- One Time Full Payment Rs.85,000/

****Attractive Discounts for those who have done YIC (VYASA) or YTTC (Kshitij Center)**

Course Duration:

- 15th June 2019 - February 2019 + 3 months internship
100 case studies

Education Hours:

Theory	200 hours
Practical	400 hours
Total	600 hours + Internship hours

Exams: Sem-1

YIC -VYASA:

- Theory -1 100 marks
- Practical -1 100 marks

YTTC:

- Theory -2 200 marks
- Practical -2 200 marks

Sem-2:

- Theory -5 500 marks
- Practical -2 200 marks

Sem-3:

- Submission of 100 case studies at Kshit Centre

Payment Mode:

Cash/Credit Card/Cheque/ Online Transfers
To Kshitij Yog Centre

****Get Bank Details from Kshitij Centre**