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We can't control what goes on the outside. But we can always control what goes on the inside. Yoga is not about being good at something. It is about being good at yourself.

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200 HOUR YOGA TEACHER TRAINING COURSE

Contact Us

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Certification

Upon successful completion of the course, students will receive:

- 200 Hour Yoga Teacher Training Certificate
- 200 CYT Certification (Yoga Alliance International India)
- Yoga Alliance USA Registration Pathway*

*Available through our collaborating Yoga Alliance Registered School.

Why Join This TTC

- Internationally recognized certification
- Small batch personalized learning
- Comprehensive training manual
- Experienced faculty and mentorship
- Practical teaching experience
- Hybrid learning options (online & in-person)

What You Will Learn

- Foundations of Yoga
- Yoga Philosophy & Lifestyle
- Asana Practice & Alignment
- Anatomy & Physiology
- Pranayama Techniques
- Meditation Practices
- Teaching Methodology
- Class Sequencing & Planning
- Yoga Ethics & Professional Development
- Practice Teaching
- Assessment & Certification

Course Highlights

- Traditional Yoga Practices
- Alignment & Safe Teaching Principles
- Classical Pranayama & Meditation
- Yoga Philosophy & Yogic Lifestyle
- Anatomy for Yoga Teachers
- Hands-On Teaching Experience
- Class Planning & Sequencing
- International Certification

Who Can Join?

- Applicants must be at least 18 years of age.
- Aspiring yoga teachers
- Yoga practitioners seeking deeper knowledge
- Wellness and fitness professionals
- Healthcare and healing practitioners
- Individuals looking to deepen their personal practice



About the Course

Yoga is more than physical postures—it is a holistic practice that integrates the body, breath, mind, and spirit. This 200 Hour Yoga Teacher Training Course provides a comprehensive foundation in yoga philosophy, asana, pranayama, meditation, anatomy, and teaching methodology. Students will deepen their personal practice, develop confidence as teachers, and gain the knowledge and skills to guide safe and effective yoga classes.

Benefits of this Course

- Deepen your personal yoga practice
- Build confidence as a yoga teacher
- Develop a strong understanding of yoga philosophy
- Learn safe alignment and modifications
- Enhance physical, mental, and emotional well-being