For the students who completed 200 hours of teacher training and already having some experience of teaching yoga, this retreat helps you to the next level. This Advanced Yoga Teacher Training at our Ashram includes many advanced asanas, pranayamas, kriyas, yoga nidras etc. to empower both self-practice and ability to teach advanced poses and sequences, which are not covered in 200 hours yoga teacher training certification courses around the world.  
  
Practically, we prefer the students who completed 200 hours teacher training with us to come for this course. However, if you have completed your previous training in a different school or style, please send us your certificate and syllabus of what you learnt, to ensure that you are prepared for our highly challenging Advanced Teacher Training, in both self-practice and teaching careers.   
  
ABOUT THIS RESIDENTIAL YOGA TTC COURSE:  
The following is a brief detail of the syllabus for a Diploma in 300-hour yoga instructor certification course (300 hrs. YTTC).

Module - 1: Concept and meaning of yoga therapy, History of yoga therapy Characteristics of yoga therapy, Principles and basis of the yoga therapy Integrated approach of yoga therapy.  
Module - 2 : Concept of health and disease and Mechanism of disease according to yoga, Development and reversal of disease according to soul, mind, body approach.  
Module - 3 : Physiology of stress and how stress leads to psychosomatic ailments. Stress management through yoga.  
Module - 4 : Soul, mind and body approach and its use in the understanding development of disease and reversal of disease.  
Module - 5 : Yoga for common psychosomatic ailments like back pain, Yoga for Sciatica Yoga for Diabetes, high blood pressure, Asthma, yoga for IBS, constipation and many other diseases, yoga in pregnancy, prenatal yoga and post-natal yoga.  
Module - 6 : Concept and meaning of Multi-style yoga, rope yoga, chair yoga for treatment Physiological basis of dynamic and static forms of yoga Power Yoga, Flow Yoga, Hatha Vinyasa, Sivananda yoga, Ashtanga Vinyasa yoga, Restorative yoga, Iyengar Yoga, Vinyasa flow yoga, Pranayama, Meditation, Teaching Methodology.  
Module - 7 : Teaching Methodology and principles of teaching, teaching practice.  
Module - 8 : Ayurveda- basic knowledge of Ayurveda which can help in healthy living, how to use Ayurveda according to dosha and to diagnose and cure, use of Ayurveda for sequencing and practice of yoga of one own kind.  
  
All our courses are registered with Yoga Alliance USA/Canada. Students who are certified from our school will be able to register with Yoga Alliance as RYT 300 (Registered Yoga Teacher).  
  
  
Included in course:  
• Yoga course fee.

• Yoga certification fee.  
• Private/shared accommodation.  
• Three meals with tea.  
• Teaching material, Official T-Shirts, Bags, Note Pads, Pens.  
• WI-Fi / internet.  
• Ayurveda courses.  
• Airport pick up service(not included)  
  
  
For more information please visit [https://shreehariyoga.com/](https://shreehariyoga.com/wp-admin/edit.php?post_type=pricedisplayertable)

or Whatsapp at +91 8351068174