



200 HOUR YOGA TEACHER TRAINING

**FIRST Registered Yoga Teacher
Training School (RYS) in Nepal**



Nepal Yoga
Academy

<https://nepalyogaacademy.com>

YTT COURSES

BOOK NOW



THE COURSE

Are you someone who wants to experience life in a profound way? Well, then you are exactly where you have to be. If you are someone who knows there is more to life than just what we have been shown in the world, you may be on an inner journey. And what is the best way to facilitate this journey other than [Y-O-G-A](#)? Through yoga, you may not only bring profoundness to your life but also to the lives of others. It helps you to regain balance, build strength and go beyond your limitation at all levels, be it physical, mental, emotional, or energetic. You can transform into a completely new human being, or rather say, a more evolved being. So what's holding you back? Let's get started with what's in Nepal Yoga Academy for you.

Among many streams of yoga practices, two of them are quite popular - Hatha Yoga and Ashtanga Yoga. Hatha Yoga stems from the traditional form of Sanatan Yoga and it is based on seven limbs, whereas Ashtanga Yoga is a blessing from Rishi Patanjali and is based on eight limbs. Nepal Yoga Academy has award-winning teachers who have expert know-how of these forms of Yoga. They are the pioneers of [Yoga Teachers Training \(YTT\) courses](#). So if you are aspiring to become a yoga teacher or even want to learn it for your own well-being, then we have the necessary platform and ambience for you to attain this knowledge and skills.

200 Hour YTT Course Upcoming Batches

We enroll a maximum of 15 students in a batch for the Yoga Teacher Training 200 Hours Course. A batch starts on the **15th DAY of EVERY MONTH** in a YEAR. In case you have missed enrolling in a batch this month, relax, we have a batch every month.



If you have applied & approved for a batch in a particular month, and due to some reasons, you are unable to come, we have a solution for you. You can join the approved course within 3 months of the application.

WHY CHOOSE US?

- High Quality Service
- Unforgettable Experience
- High quality yoga teachers
- Dedicated friendly staff
- First Yoga alliance registered school
- Traditional authentic school
- Unforgettable yogic food
- Naturally peaceful environment
- Constructive teaching practice



YOGA RETREAT



CORPORATE
YOGA



YOGA TEACHER
TRAINING

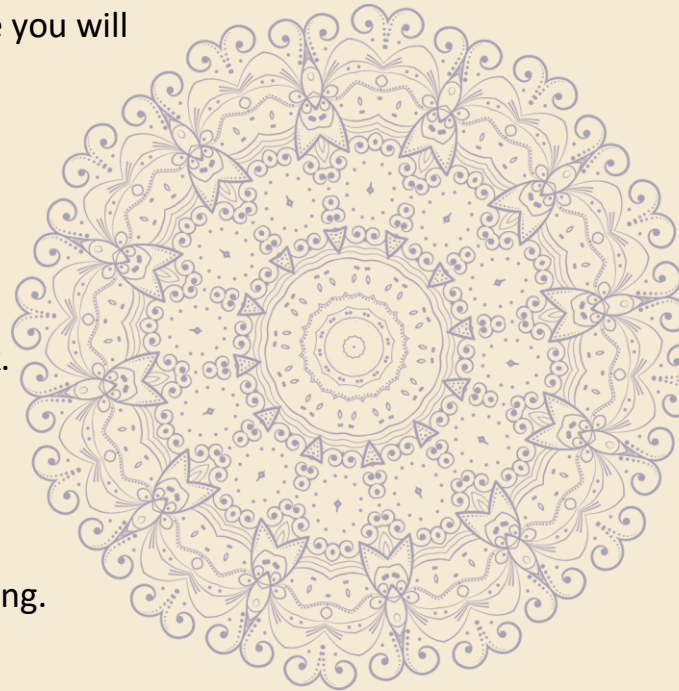


MEDITATION &
WELLNESS

COURSE HIGHLIGHTS

During our 200-hour yoga teacher training course you will

- Basic Principles of Yoga.
- Theory of Yoga.
- Asanas or Postures / Practical Yoga.
- Yogic Diet.
- Yogic Lifestyle for a Practitioner or Sadhak.
- Sadhana Sequence.
- Anatomy & Physiology.
- Traditional Yoga Knowledge & Wisdom.
- Utilizing Yoga for your own overall wellbeing.
- Developing Personal Sadhana.
- Skills and wisdom to become a Guru with necessary qualities.
- Developing resilience to deal with various life situations using the yogic method.
- The stillness of mind, emotional balance, physical strength & flexibility, and generating energy (Prana).



TOPICS COVERED

PRACTICE & TEACHING

- Prayer and Mantra Chanting
- Satkarma (cleansing technique)
- Asana (Postures)
- Mudra and Bandha
- Body alignment and its importance in yoga
- Yoga safety guidelines
- Pranayama (breathing)
- Dhyana (Meditation)



TEACHING METHODOLOGY

- Principles of demonstration
- Instruction-cueing & Teaching styles
- The student's process of learning
- Business skills
- Setting up classes
- Communication skills
- Observation, assisting and correcting



Anatomy & Physiology

- Physical anatomy & physiology
- Spiritual anatomy & physiology

Yoga Philosophy

- Studying yoga philosophies and traditional texts Spiritual anatomy & physiology
- Yogic diet, lifestyle and ethics

ACCOMMODATION

We are very mindful of the trainees' living experience here. Since they will be occupied with vigorous learning throughout the day, we want them to have a comfortable sleep and a good ambience.

We have beautiful & spacious accommodation facilities for our students. There are three options:

- Bamboo cottages
- Traditional rooms in a building
- Deluxe rooms



All the cottages are Sanku valley facing making the beautiful outside view available to you. The rooms are equipped with all the necessary amenities such as two large single beds, clean bedsheets, wash & hand towels, along with attached western style bathrooms containing all the essentials including running hot water.

During the course duration, the rooms will be provided on a twin-sharing basis (two people in one room). You can also opt for a single room with an extra charge for any of the three options mentioned above. The deluxe rooms are more equipped; hence, its price is slightly higher than the rest.

PRICE & DURATION

The course fee for the YTT 200 hours Course is USD \$1400. An advance deposit is required for \$200 during the time of booking which is non-refundable in case of any cancellation later. However, this deposit is valid for 3 months, hence you may come within 3 months and pay the rest of the course fee ($\$1400 - \$200 = \$1200$) to attend a batch.

The duration of the YTT 200 hours course is 28 days (4 weeks). The course starts 15th day of every month. The maximum number of students enrolled in one batch is 15.

BOOK NOW! Choose your batch here.

CERTIFIED YOGA TEACHER (RYS 200)

Our YTT 200 Hours is recognized by the US Yoga Alliance, and on completion of the YTT 200 course with us, you will be recognized as a Certified Yoga Teacher all over the world. Also, if you want to be registered with any Yoga Alliance in the world, you are qualified for that. All of our instructors are Certified Yoga Instructors who will guide you through the course. All you have to do is learn yoga devotedly for 200 hours and be an expert in it.



PAYMENT METHODS

Apart from regular bank transfers, online payments can also be made via Credit cards, Master Card, VISA. The complete details will be sent to you after you have been accepted.



- Download, fill and email the appropriate application form or fill in the [online application form](#).
- We will review your application and reply to you within 2 working days.
- Once you are accepted, we will make a provisional registration for you. You will be required to deposit USD \$200 immediately to confirm your registration.



NepalYoga
Academy

POST COURSE SUPPORT
OPPORTUNITIES

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