



# 300 HOUR ADVANCED YOGA TEACHER TRAINING COURSE IN NEPAL

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



<https://nepalyogaacademy.com>

YTT COURSES

BOOK NOW



**Nepal Yoga Academy & Retreat Center** is nestled in beautiful and peaceful surroundings in the eastern part of Kathmandu valley. It offers an ideal atmosphere for learning and practicing yoga. The tranquil atmosphere of the place pours in positive energies and spiritual vibes to make practice lively.

YTT courses can help you improve your spiritual, mental, physical, and energy well-being as well as develop methodical & effective teaching skills. The Yoga taught at Nepal Yoga Academy is based on Classical Hatha Yoga, particularly, Sanatan and Ashtanga styles. These practices incorporate all that is helpful in uplifting your life in a holistic way.

Yoga has been a popular practice across the world in recent years, but its true core has been lost due to its excessive commercialization. Authentic yoga isn't an exercise; it's a way to improve your experience and perception while moving you closer to liberation.

## **300 Hour YTT Advanced Course Upcoming Batches**

We enroll a maximum of 15 students in a batch for the Yoga Teacher Training 300 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?

- Nepal Yoga Academy is a pioneer in teaching internationally accredited yoga courses in Nepal.
- Authentic Classical Hatha Yoga and Practices, in-depth knowledge of classical Hatha and Patanjali's Ashtanga tradition.
- Advanced posture and breathing techniques.
- Unique and well-structured Yoga Teaching Techniques.
- Live and lead a well-balanced yogic lifestyle
- The batch size is kept small in order to make it qualitatively interactive and engaging.
- Develop a deeper awareness of physical, mental, and emotional aspects of human life and deal accordingly.
- Get a better knowledge and skills of teaching yoga to practitioners of all levels.
- A perfect blend of Yoga Philosophies and Practical aspects of it is taught.
- Ways to groom yourself into a Yoga practitioner and teacher.
- Conducive Natural and beautiful surroundings and stays for an enhanced experience in practicing yoga.



YOGA RETREAT



CORPORATE YOGA



YOGA TEACHER  
TRAINING



ASANS &  
PRANAYAM

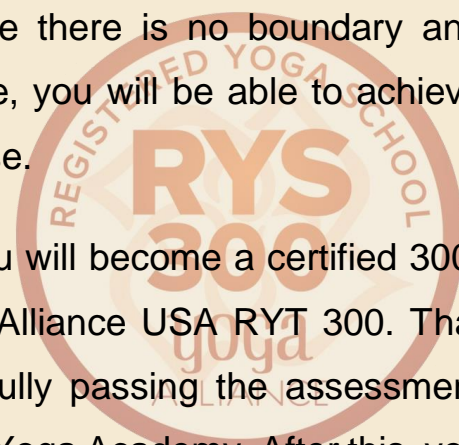
Nepal Yoga Academy is headed by **Dr. Chintamani Gautam**, who is a highly knowledgeable and experienced Yoga Guru and has been in this field for the past 22 years. He has a Ph.D. in Yoga, a master's degree in Human Consciousness & Yogic Science, a master's degree in the Sanskrit language, a diploma in Yoga & Naturopathy, a diploma in Massage Therapy, has studied various Ancient Scriptures, Vedas, Upanishads, Gita, Eastern Philosophies, has in-depth of Mantras, etc. He has won many awards for his exemplary work.



## VALUE OF CERTIFICATION

Our academy is the pioneer in Nepal which has several YTT Courses including 300 Hours YTT course that has validity worldwide. While there is no boundary and limitation for the knowledge that you can acquire here, you will be able to achieve some important certification after completing this course.

As we are a Yoga Alliance USA registered school, you will become a certified 300-hour teacher who will be eligible to become a Yoga Alliance USA RYT 300. That means after completion of this course and successfully passing the assessment process, you receive YTT 300 Certification from Nepal Yoga Academy. After this, you



can apply to any alliance to be registered as RYT 300 or RYT 500 if you have previously completed 200-hour teacher training too.

# TOPICS COVERED

## YOGA PHILOSOPHY

- Philosophy of Hatha Yoga for Hatha Yoga Pradipika
- Major parts of Patanjali's Yoga Sutra
- Yoga Sutras from Bhagvad Geeta
- Lifestyle and ethics of a yoga teacher
- Obstacles and supporting elements for a transformative practice of yoga

## ASANA PRACTICE

- Advanced asanas and process
- Alignment and adjustment
- The sequence of asanas



## Pranayama Techniques & Practice

- All about Prana according to Vedic science
- Pranayama Niyama
- Prana Sadhana
- Panchkosha and Prana Shakti
- Flow, regulation & channelization of energy
- Importance & benefits of Pranayama

## Meditation Techniques & Forms

- Different methods of meditation
- Yoga Nidra
- Nada Yoga & mantras
- Guided meditation
- Shoonya meditation
- Stages of mind & meditateness
- Raising consciousness & awareness



## Teaching Methodology

- design, plan and implement effective classes and workshops
- create effective asana sequence for practitioners of all levels
- learn and practice hands-on adjustments of asanas and alignment
- be aware of the dos and don'ts during asana practice

## Anatomy

- The musculoskeletal system of the human body
- common areas of injury and its prevention
- spinal movement and its health
- contraindications and avoiding of movements at specific conditions

## Classroom Management

- Optimum number of students
- Conducive ambiance of the classroom

- Necessary accessories, tools & items
- Interactive space
- Q&A sessions

## Required Communication Skill & Terminology for Teaching

- Clarity in communication
- Intention of well-being & self-expression
- Conscious interaction and engagement
- Verbal, behavioral & body language
- Specific terminology of yoga
- Attending questions of the students
- Deepening the knowledge of yoga & imparting it effectively

## Conduct

- Conscious Behavior & sensitivity towards life
- Operating through awareness
- Maintaining the sanctity of yoga
- Living in the depth of core yoga

## 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.

## PRICE & DURATION

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.

The course fee for the YTT 300 hours Course is USD \$1700. An advance deposit is required for \$300 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 ( $\$1700 - \$300 = \$1400$ ) to attend a batch.



The duration of the YTT 300 hours course is 35 days (5 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 300)

Our YTT 300 Hours is recognized by the US Yoga Alliance, and on completion of the YTT 300 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 300 hours and be an expert in it.



## PAYMENT METHODS

Apart from regular bank transfers, online payments can also be made via Credit cards, MasterCard, 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 \$300 immediately to confirm your registration.



**Nepal** Yoga  
Academy T &

POST COURSE SUPPORT  
OPPORTUNITIES

+977 9851092635

yogichintamani@gmail.com

+977 9851092635