

FIRST Registered Yoga Teacher Training School (RYS) in Nepal



500 HOUR ADVANCED YOGA TEACHER TRAINING (YTT) COURSE IN NEPAL



<https://nepalyogaacademy.com>

YTT COURSES

BOOK NOW



Spiritual life is an ongoing journey to liberation. The more you indulge in scientific practice like Yoga, the more you realize the significance and impact of it on your life. Many people start as a student and transition into a phase of teaching others, hence they play an important role in uplifting everyone's life. If you are one of those who have prior experience of yoga and want to take it to an advanced level, then here we are. With our advance 500 hours of Yoga Teacher's Training Course, which is imparted with utmost sensitivity for this ancient and sacred science.

500 Hours YTT course taught in Nepal Yoga Academy is an intensive Classical Hatha Yoga practice based on Sanatan and Ashtanga Yoga practices. It helps you to improve your spiritual, mental, physical, and energy well-being as well as develop methodical & effective teaching skills. 500 Hours YTT course is a well-planned and organized program for advanced yoga practitioners. This program is designed not only to strengthen your basic learning about yoga but also to create a strong foundation, assisting in step by step transitioning into core yoga practices along with all the possible skills needed to make you an exemplary yoga teacher.

We offer you the most intense and transformational 500 hours yoga course which adheres to international compliance and standards of the USA alliance.

500 Hour YTT Advanced Course Upcoming Batches

We enroll a maximum of 15 students in a batch for the Yoga Teacher Training 500 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.

500 Hours YTT Course is for you if?

- You want to learn core classical hatha yoga.
- You aspire to become a yoga teacher with authentic practice and wisdom.
- You aim to get registered as a RYT 500 and become eligible to teach globally.
- You want to get into the right networking by connecting to the community of yoga teachers and trainers.
- You prefer an interactive and engaging training course in a peaceful setting.
- You want to develop the right approach of teaching methodologies, incorporating yogic lifestyles and speed up your quest for self-discovery.

This 500 hours YTT course is an amalgamation of 200 hours and 300 hours courses along with more intensive and in-depth practices, skills and philosophy. If you are not yet a yoga practitioner, then also you can apply for this long course as we take you towards mastering hatha yoga step by step.

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 500 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 yoga teacher who will be eligible to become a Yoga Alliance USA RYT 500. That means, after completion of this course and successfully passing the assessment process, you will receive 2 certificates - 200 YTT and advanced 300 YTT Certifications from Nepal Yoga Academy. After this, you can apply to any alliance to be registered as RYT 500.

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



- Focus on breath
- Flow, regulation & channelization of energy
- Importance & benefits of Pranayama

Meditation Techniques & Forms

- Yoga Nidra
- Various methods of meditation
- Guided meditation



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

- Conducive ambiance of the classroom
- Necessary accessories, tools & items

Effective Communication Skills for Teaching Yoga

- Clarity & Intention based communication
- Conscious interaction and engagement
- Verbal, behavioral & body language

Conduct

- Conscious Behavior
- Awareness and sensitivity
- Maintaining the sanctity of 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.

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 500 hours Course is USD \$2800. An advance deposit is required for \$400 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 ($\$2800 - \$400 = \$2400$) to attend a batch.

The duration of the YTT 500 hours course is 56 days (8 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 500)

Our YTT 500 Hours is recognized by the US Yoga Alliance, and on completion of the YTT 500 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 500 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 \$400 immediately to confirm your registration.



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