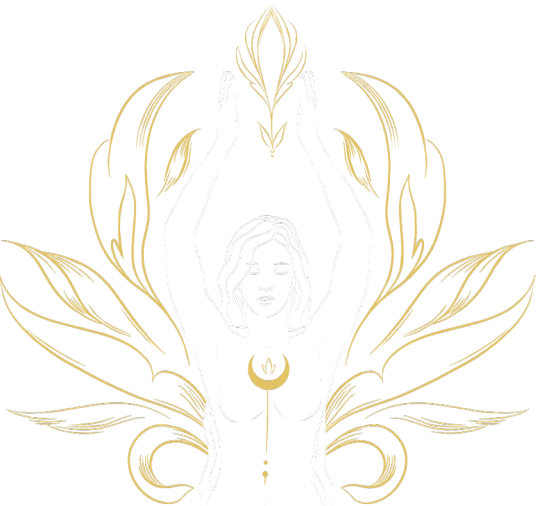


# Namaste Yoga India

**100 Hours Offline Yoga  
Teacher Training Course**

[www.namasteyogaindia.com](http://www.namasteyogaindia.com)







# About 100 Hours Yoga Course

Our 100-Hour Yoga Teacher Training in Rishikesh is designed for both beginners and intermediate practitioners looking to deepen their practice. This program introduces you to the core principles of yoga, helping you find joy and mindfulness through every session. Perfect for those with limited time, it's an ideal way to start your yoga journey in a short-term format.

The 100-Hour course is part of a full 200-Hour Yoga Teacher Training. If you're unable to complete the entire 200 hours at once, you can begin with the 100 hours and complete the remaining hours at a later time, within the year, to finish the full certification.

This course offers more than just physical practice. It's a chance to explore yoga's philosophy, lifestyle, and spiritual depth. Whether you're looking to teach or simply enhance your personal practice, this training is the perfect blend of learning and experience. You'll be welcomed into our warm, comfortable environment, ensuring this journey marks the beginning of your transformation.



## NAMASTE YOGA INDIA





# Our School in Rishikesh – World Capital of Yoga



Rishikesh is a city located in the northern state of Uttarakhand in India. It is situated on the banks of the Ganges River and is known as the "Yoga Capital of the World." Rishikesh is a popular destination for spiritual seekers and yoga enthusiasts from all over the world, as it is home to many ashrams, temples, and yoga schools. There are none other places like Rishikesh that fulfill all the demands of yoga. The place is also known as "World's Yoga Capital". One can gain a memorable and completely unique experience here. Rishikesh is a chakra of the earth that nestled between the sacred river Ganga and almighty Garhwal Himalayas. Coming to Rishikesh you will be returning to the source of yoga, and from the roots, you will grow a strong and beautiful practice because your foundation will be unshakable.



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# Course Syllabus And Curriculum

## **Yoga Philosophy**

- Patanjali Yog Sutras
- Introduction of Yoga
- Ashtanga yoga (8 limbs)
- Hatha Yoga

## **Human Anatomy And Physiology**

- Human Anatomy
- Physiology of Yoga Asana

## **Asana And Pranayama Practice Session**

- Cleansing Practice
- Standing yoga postures
- Inverted Yoga postures

## **Mantra Chanting**

- Ganesha Mantra
- Gayatri mantra
- Guru Mantra
- Shanti Mantra
- Om Chanting

## **Yoga Teaching Methodology And Yoga Alignment**

- Back bend yoga postures
- Forward bend and yoga postures
- Twisted toga postures



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# Daily Schedule

06:00 AM. - Wake Up

06:30 AM. - Herbal Tea

06:45 AM. - Yogic cleansing

07:00 AM. - Chanting and Pranayama

07:30 AM to 09:00 AM. - Yoga Asana

09:00 AM. - Breakfast

10:00 AM. - Yoga Anatomy

11:30 AM - Yoga philosophy

01:00 PM. - Lunch

03:00 PM to 04:00 PM. - Yoga methodology and alignment

04:30 PM to 06:00 PM - Yoga Asana

06:00 PM to 07:00 PM - Meditation

07:00 PM - Dinner

10:30 PM. - Lights off



# NAMASTE YOGA INDIA







# Week Program Highlight + Inc & Exc

Yoga orientation ceremony will be a day prior to the commencement of the course duration  
-12 Days

**Week 1:** Introduction to yoga

**Week 2:** Deepening the yogic practices

## Inclusions

- 12 Nights Accommodation
- Daily nutritious vegetarian meals and herbal tea
- Weekend excursions
- Course Material will be provided (Note Book, Yoga Mat, Cleansing Kit)

## Exclusions

- Airfare is not included
- Air Conditioner: 100 USD extra
- Laundry service is not included



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# Our Yoga Gurus



## **Minakshi Dhankhar (Founder)**

**Hatha yoga, Pranayama, Ashtanga yoga**  
***(E-RYT 500 Hours, PGD Yoga, MBA)***

She has completed her 500 Hours from Rishikesh which is the world yoga capital. She has topped the Uttarakhand Sanskrit University, Haridwar. She started her career in an MNC as an HR professional. She was always suffering from her sinus and allergies. So joined yoga to cure herself. When she recovered with yoga, she found it a miracle and started learning yoga from the core depth. She switched her profile completely. She has worked in few countries like Thailand, Maldives, Dubai, Sri Lanka and some parts of India. She has transformed thousands of lives with their different physical issues like bursitis, Sciatica, back pain, covid-19, knee pain etc. She was telecasted in UK TV series- Billie Diaries. She has been interviewed by Spotify Music as an influencing woman. She is working as a social media influencer, working with some Apps as a stress management coach. She has won many national level competitions.



# NAMASTE YOGA INDIA



Mr. Aatm Gaurav carried an insatiable urge and enquiry about the meaning of life. Since his very young age, he used to be engaged in deep philosophical discussions with friends. Over the last 20 years, Aatm Gaurav, initiated into neo- sanyaas by Swami Prem Samdarshi, an enlightened mystic, and named as Swami Aatm Gaurav, has conducted several meditation retreats across the country. He constantly uses his inner creativity in finding newer ways and dimensions that help people in having a holistic attitude towards life which is a complete life affirmative approach.



**Mr Aatm Gaurav**

**Meditation and Philosophy**  
*(M.A. Yoga, E-RYT 500)*



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## Ajay Pandey

**Ashtanga yoga, Vinyasa Yoga**  
(E-RYT 500 Hours, Masters in Yogic Science)

Yogi Ajay was inspired to explore his own personal yoga practice after realizing the transformative benefits he could develop mentally, spiritually and physically. He began teaching yoga after higher studies in many different institutes in rishikesh, with a strong desire to share his knowledge with others, he first started teaching small yoga programs in schools in rishikesh and later began teaching Hatha, ashtanga yoga - primary series, ashtanga yoga- secondary series, vinyasa yoga, Pranayama, mantra chanting, shatkarma around India. He completed his 200-hour and 300-hour teacher training from Rishikesh, India. Yogi Ajay's strong foundation in teaching making him one of the great yoga teacher in rishikesh he is very good in explaining things in his classes.



# NAMASTE YOGA INDIA



She has completed her Master's degree from Uttarakhand Sanskrit University, she has gained expertise in Hatha yoga , Iyengar, Vinyasa . Her passion lies in guiding individuals toward holistic well-being through the practice of yoga.

She has 5 years of experience in teaching diverse groups, she has developed a deep understanding of body alignment, breath control, and mindfulness techniques. Her teaching approach integrates traditional yoga wisdom with modern techniques, ensuring an enriching experience to her students.



**Anjali Mittal**

**Hatha and Iyengar Yoga**



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**Meera(Ayushi)**  
**Meditation**

Meera is a born meditator, molded by her early immersion in spiritual practices, guided by her mother and visits to ashrams. Her true transformative journey began at age 21 when a migraine diagnosis became the catalyst for her healing. Through dedicated self-practice, she overcame the ailment and discovered her life's mission: To share the life-altering power of meditation and yoga.

With over 8 years of teaching experience, Meera has become a leading Meditation Teacher & Healer. Her teachings are rooted in the principles of holistic well-being, blending ancient wisdom with modern practices. Trained in some of India's most esteemed institutions- Kaivalyadhama Lonavala, Morarji Desai National Institute of Yoga, and Uttarakhand Sanskriti University-Meera is also certified by Yoga Alliance through a 200-HR Multi-Style Yoga Teacher Training Course.

She is not just a teacher but a mentor, nurturing future instructors through TTCs, Specializing in guided meditations, mindfulness, mantra & sound meditation, energy healing, and relaxation techniques. Meera's mission is to empower others, particularly women, to cultivate inner peace, resilience, and self-awareness.



**NAMASTE YOGA INDIA**





Dr Nivedita has a dynamic and charismatic approach to Anatomy and Physiology training who has taught hundreds of students around the world. In her educational career she has done many research for International and National centers. her vast experience in various aspects of Yoga Anatomy & Ashtanga Yoga allow her to captivate her students' attention as she eloquently imparts the knowledge she has gained over the years. After acquiring a Masters degree in Biology, she completed the RYT500 from Rishikesh India. She has been awarded the star of the year in the Akasha Medical Institute, Dehradun in 2014.



**Dr Nivedita Singh**  
**Anatomy Teacher, Ashtanga Yoga**  
*(Phd. M.sc. in Biology)*



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# Upcoming Course Dates (100hrs yttc)

**Every Month from**  
**2nd to 14th on wards**

**Fee : Shared Room - 499 USD**

**Private Room - 699 USD**

**with food & Accommodation**



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### **Is It Necessary To Know Yoga Before Joining Certification Course?**

The basic knowledge is necessary. But still we teach from the very root of yoga so its easy for you to understand that. The teachers are dedicated to share their knowledge with the students.

### **Which Type Of Certification We Provide?**

We provide you a certificate recognised by the USA alliance which is valid all over the world. After the successful completion of the course you will become the certified yoga trainer.

### **What Is Included In The Stay During The 200 Hours Yoga Teacher Training Course?**

The stay includes 23 nights of accommodation with daily meals (Breakfast, Lunch and dinner), study materials, 2 Excursions. There will be a manager who will look after your comfortable stay.



# NAMASTE YOGA INDIA





## **What Is The Yoga Teacher Training Refund Policy?**

The Course deposit as well as course fees are non refundable. In case you have booked a course but unable to arrive, Your deposit cannot be returned but you can move your date to another batch and attend it without having to pay a deposit once again. In case of an emergency where you have to cancel the course after joining it, you can, but the fees you have submitted will not be refunded.

## **How Can I Become A Certified Yoga Trainer?**

A yoga alliance certificate allows you to become a certified yoga teacher. It makes you eligible to create your own dream yoga studio.

## **Do You Offer Vegan Free Or Gluten Free Food?**

Special arrangement are made for the people who have some health concern. only just you need to inform this. The food quality is kept in mind as it is the main source of energy.



# NAMASTE YOGA INDIA





# Yoga School Registration Certificate



भारत सरकार  
Government of India  
सूक्ष्म, लघु एवं मध्यम उद्यम मंत्रालय  
Ministry of Micro, Small and Medium Enterprises

**UDYAM  
REGISTRATION CERTIFICATE**

Our small hands to make you LARGE

UDYAM REGISTRATION NUMBER	UDYAM-HR-18-0013590				
NAME OF ENTERPRISE	M/S NAMASTE YOGA INDIA				
TYPE OF ENTERPRISE *	MICRO				
MAJOR ACTIVITY	SERVICES (Trading)				
SOCIAL CATEGORY OF ENTREPRENEUR	GENERAL				
NAME OF UNIT(S)	S.No. Name of Unit(s) 1 M/S NAMASTE YOGA INDIA				
OFFICIAL ADDRESS OF ENTERPRISE	Flat/Door/Block No.	WARD NO 10	Name of Premises/ Building	NEAR JAGDISH SWEETS	
	Village/Town	GANOUR	Block	GANOUR	
	Road/Street/Lane	BADSHAI ROAD	City	DEEP NAGAR	
	State	HARYANA	District	SONIPAT, Pin 131101	
	Mobile	8864849450	Email:	nkassociates1955@gmail.com	
DATE OF INCORPORATION / REGISTRATION OF ENTERPRISE	22/03/2022				
DATE OF COMMENCEMENT OF PRODUCTION/BUSINESS	01/03/2022				
NATIONAL INDUSTRY CLASSIFICATION CODE(S)	S.No.	NIC 2 Digit	NIC 4 Digit	NIC 5 Digit	Activity
	1	85 - Education	8549 - Other education n.e.c.	85499 - Other educational services n.e.c.	Services
	2	86 - Human health activities	8690 - Other human health activities	86909 - Other human health activities n.e.c. (including independent ambulance activities)	Services
DATE OF UDYAM REGISTRATION	23/03/2022				

\* In case of graduation (upward/reverse) of status of an enterprise, the benefit of the Government Schemes will be availed as per the provisions of Notification No. S.O. 2119(E) dated 26.06.2020 issued by the M/o MSME.  
Disclaimer: This is computer generated statement, no signature required. Printed from <https://udyamregistration.gov.in> & Date of printing - 23/03/2022

For any assistance, you may contact:

1. District Industries Centre: SONPAT (HARYANA)

2. MSME-DI: KARNAL (HARYANA)

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# Course Sample Certificates

  
**NAMASTE YOGA INDIA**  
Certificate of completion  
This is to certify that  
.....  
has successfully completed online 200 Hours Multi style- Hatha, Ashtanga and Vinyasa  
yoga teacher training course  
from ..... to .....  
which comes under CE (Continuing Education), As per the guidelines and standard set by Yoga Alliance USA.

 Director of Education/ Minakshi Dhankhar

  
**NAMASTE YOGA INDIA**  
CERTIFICATE OF COMPLETION  
This is to certify that  
.....  
has successfully completed 300 Hours Multi style- Hatha,  
ashtanga and vinyasa yoga teacher training course from  
..... (Date/month/year) to ..... (Date/month/year)  
As per the guidelines and standard set by Yoga Alliance USA, this  
involved intensive Practice and study of yoga.

 Director of Education/ Minakshi Dhankhar



## NAMASTE YOGA INDIA





# Guidelines & General Rules

- Smoking and alcohol are strictly prohibited.
- Inform the kitchen well in advance if you going to skip a meal so that food doesn't get wasted. Respect the teachers and be attentive during
- classes. Maintain timeliness and avoid getting late to class so that you don't have to miss out
- on important sessions. Return all library books or anything else you have borrowed before the departure. Actively participate and try to be
- present in all scheduled programmes even in weekend outings. During stay if you have any
- other visitor, that is chargeable.
- Regular home work should be completed
- Silence should be maintained after 10 PM till morning.
- All yoga classes are mandatory to attend unless you are ill.
- As a part of the evaluation procedure there will be an assessment for certification
- Eating and drinking is not allowed during yoga class. Only water is allowed.
- Namaste yoga reserves the right to disqualify any student at anytime during the course for misconduct.
- Use of electronic gadgets (i.e mobile phone,laptop,tablets) during lectures is strongly prohibited
- During Asana practice leave all jewelry, books, extra clothing, purse, books, bag in your room.
- Management expects all students to clear your practice space immediately after your practice.



**NAMASTE YOGA INDIA**







# Get in Touch



(+91) 8864849450 (+91)  
9654224059 (Administration)



info@namasteyogaindia.com  
namasteyogarishikesh@gmail.com



Namaste Yoga India 218, Nirmal bag block-b,  
street no-10, near the tea temple Pin Code: 249203



**www.namasteyogaindia.com**



# NAMASTE YOGA INDIA



# Thank you

For more details  
scan below  
QR-Code

