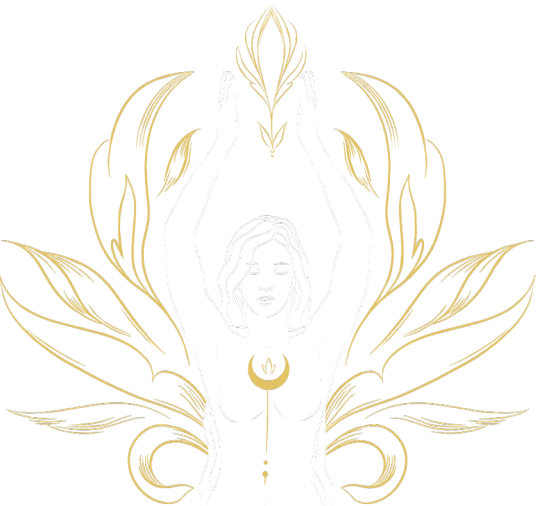


Namaste Yoga India

**300 Hours Offline Yoga
Teacher Training Course**

www.namasteyogaindia.com





About 300 Hours Yoga Course

Namaste Yoga India offers 200 hours, 300 hours & 500 Hour yoga alliance certified courses. This 300 Hour Yoga teacher training in India is curated with all the basics of teaching methodology like preparation of classroom, sequencing of class, demonstration techniques, and describing the purpose and benefits of practicing Yoga. In addition, you will also learn how to adjust and adapt poses and make the necessary changes for difficult poses. Through this investment of your 300 hours, you will master adjustment and alignment techniques for a flawless and injury-free yoga practice. It is designed to take you to the path of yoga and is a rewarding way to develop a deep understanding of Yoga practice. Namaste yoga school is the perfect place for you to immerse yourself and grow further in this journey. Mark the beginning of your yoga journey with our delicately designed yoga syllabus as per the Yoga Alliance standards. With help from our mastery in the ageless scriptures and time tested techniques, We can guide you towards attaining proficiency in your perseverance of attaining the position of a Yoga trainer.



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.



NAMASTE YOGA INDIA





Course Syllabus And Curriculum

Yoga Philosophy

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

Human Anatomy And Physiology

- Human Anatomy
- Physiology of Yoga Asana

Asana And Pranayama Practice Session

- Detoxification(Shatkarma)
- Mudras, Bandhas, & Kriyas
- Complimentary Sessions for Iyengar Yoga, Acro Yoga, Etc..
- Restorative Yoga
- MultiStyle - Hatha, Ashtanga and Vinyasa

Mantra Chanting

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

Yoga Teaching Methodology And Yoga Alignment

- Learn the Posture Correction
- Practice as a Yoga Teacher



NAMASTE YOGA INDIA





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

-28 Days

Week 1: Introduction to yoga

Week 2: Deepening the yogic practices, temples and ganga arti etc..

Week 3: Focus on deepening the practice, Adjustments and Corrections

Week 4: Assessment, Evaluation and certification

Inclusions

- 27 Nights Accommodation
- 3 Daily nutritious vegetarian meals
- 2 Weekend excursions
- Course Material will be provided (Note Book, Yoga Mat, Cleansing Kit)

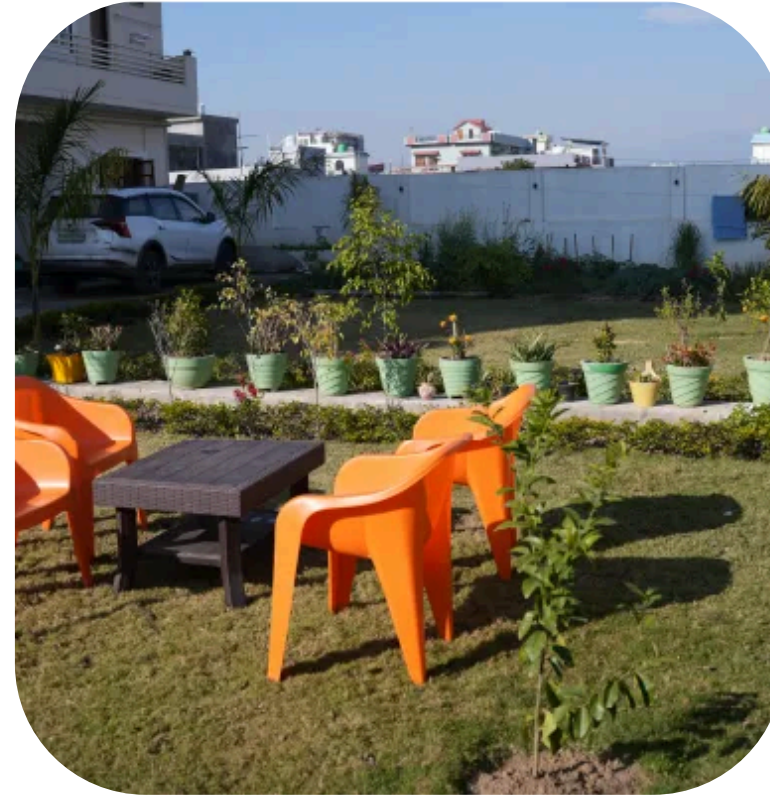
Exclusions

- Airfare is not included
- Air Conditioner charges extra
- Laundry service is not included



NAMASTE YOGA INDIA







NAMASTE YOGA INDIA





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)



NAMASTE YOGA INDIA





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



NAMASTE YOGA INDIA





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)



NAMASTE YOGA INDIA





Upcoming Course Dates (300hrs yttc)

Every Month from **2nd**

Fee : Shared Room - 1199 USD

Private Room - 1399 USD

with food & Accommodation



NAMASTE YOGA INDIA





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 300 Hours Yoga Teacher Training Course?

The stay includes 28 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

MSME
सूक्ष्म, लघु एवं मध्यम उद्यम
MICRO, SMALL & 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 GANAUUR Block Road/Street/Lane RADSHAI 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 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 Mo 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: SONIPAT (HARYANA)
2. MSME-DI: KARNAL (HARYANA)

Visit : www.msme.gov.in ; www.dcmsme.gov.in ; www.champions.gov.in

Follow us @minmsme & @msmechampions

BE A CHAMPION with the Ministry of MSME


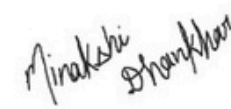





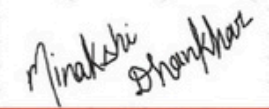

NAMASTE YOGA INDIA





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) 9068965994 (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

