



# BECOME A CERTIFIED YOGA TEACHER IN 30 DAYS

200 HOUR  
YOGA TEACHER  
TRAINING COURSE



AURA YOGA STUDIO  
INDIA

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

APPLY NOW



# THE COURSE

## 30 DAYS INTENSIVE YOGA TEACHER TRAINING IMMERSION

This intensive training program runs for 30 days, aimed at melding you into a certified yoga instructor recognized worldwide. Our sole aim is to cultivate your confidence as a yoga teacher. Delve deeply into Classical Yoga through our 200-Hour Yoga Teacher Training, tailored to provide comprehensive knowledge.

Whether you aspire to teach professionally or deepen your yoga practice, this course is crafted for you. Immerse yourself in authentic teachings from Indian instructors, either at our Aura Yoga Studio in India or through our online platform.

With 21 years of refinement, this tried-and-tested course ensures your ability to confidently teach yoga upon completion, backed by proper certification. That's our promise.

“

I loved the teaching style throughout the course. Every day, I could see myself improving and growing. It was intense yet enjoyable, filled with good moments and laughter. The teachers were outstanding—they made learning easy and clear. Now, I feel confident to start teaching my own classes.

I highly recommend this course if you want to learn how to teach yoga!

SOPHIA T. – RUSSIA

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# COURSE HIGHLIGHTS

## DURING OUR 200-HOUR YOGA TEACHER TRAINING COURSE YOU WILL:

- ❖ Explore a comprehensive and time-tested curriculum covering 170 Hatha Yoga asanas, profound yogic philosophy, extensive yoga anatomy, daily pranayama, meditation, and more;
- ❖ Build confidence through 60 hours of teaching practice;
- ❖ Develop expert teaching skills, mastering clear instructions and effective correction and modification techniques;
- ❖ Master the art of sequencing yoga postures and crafting classes with specific goals and themes;
- ❖ Learn to teach individuals of various ages, backgrounds, and body types;
- ❖ Earn a globally recognized yoga teacher certification in just 30 intensive days;
- ❖ Receive guidance on launching your own yoga school or studio.

**APPLY NOW**





# CERTIFICATION & ACREDITATION

The Aura Yoga Studio teacher training is spread over four weeks of intensive yoga training covering 240 hours in total. Therefore our teacher training courses exceed the international standards of a 200-Hour yoga teacher certification.

Our teacher certification is accredited by Yoga Alliance, World Yoga Association, Shah Yoga Foundation and ISO. After completion, you can also follow our 300-Hour Yoga teacher training to get your 500-Hour certification.



## COURSE CURRICULUM

### YOGA ASANAS: PRACTICE & TEACHING

Receive 60 hours of teaching practice directly supervised by our instructors. This special feature of our courses will empower you to begin teaching yoga immediately. Hence, our 200-Hour Hatha Yoga certification course is perfect for aspiring teachers. However, it also provides excellent value for those seeking to establish a strong foundation in yoga and enhance their personal practice.

- ❖ 150+ classical Hatha Yoga poses covered;
- ❖ Detailed instruction on teaching 84 classical poses and 21 foundational Hatha Yoga poses;
- ❖ Comprehensive understanding and instruction on Sun Salutations;
- ❖ Structuring beginner's courses and open yoga classes;
- ❖ Variations of yoga asanas for beginners and elementary levels;
- ❖ Modifications of yoga asanas for elderly individuals and those with limited mobility;
- ❖ Yoga for pregnant women;
- ❖ Techniques for modifying asanas as needed;
- ❖ Guided deep relaxation sessions and Yoga Nidra;
- ❖ Yoga for children and corporate Yoga.





## COMMUNICATION & TEACHING METHODOLOGY

- ❖ Communication Expertise;
- ❖ Creating an optimal Class Environment;
- ❖ Professional Duties and Qualities of teachers;
- ❖ Teaching Skills and Psychological Dynamics;
- ❖ General Guidelines for Class Instruction;
- ❖ Yoga Course Timetable;
- ❖ Teaching Yoga Methodology;
- ❖ Management Strategies of Yoga Class;
- ❖ Yoga Teaching Approaches;
- ❖ Motivation and Engagement Techniques.



## YOGA PHILOSOFHY

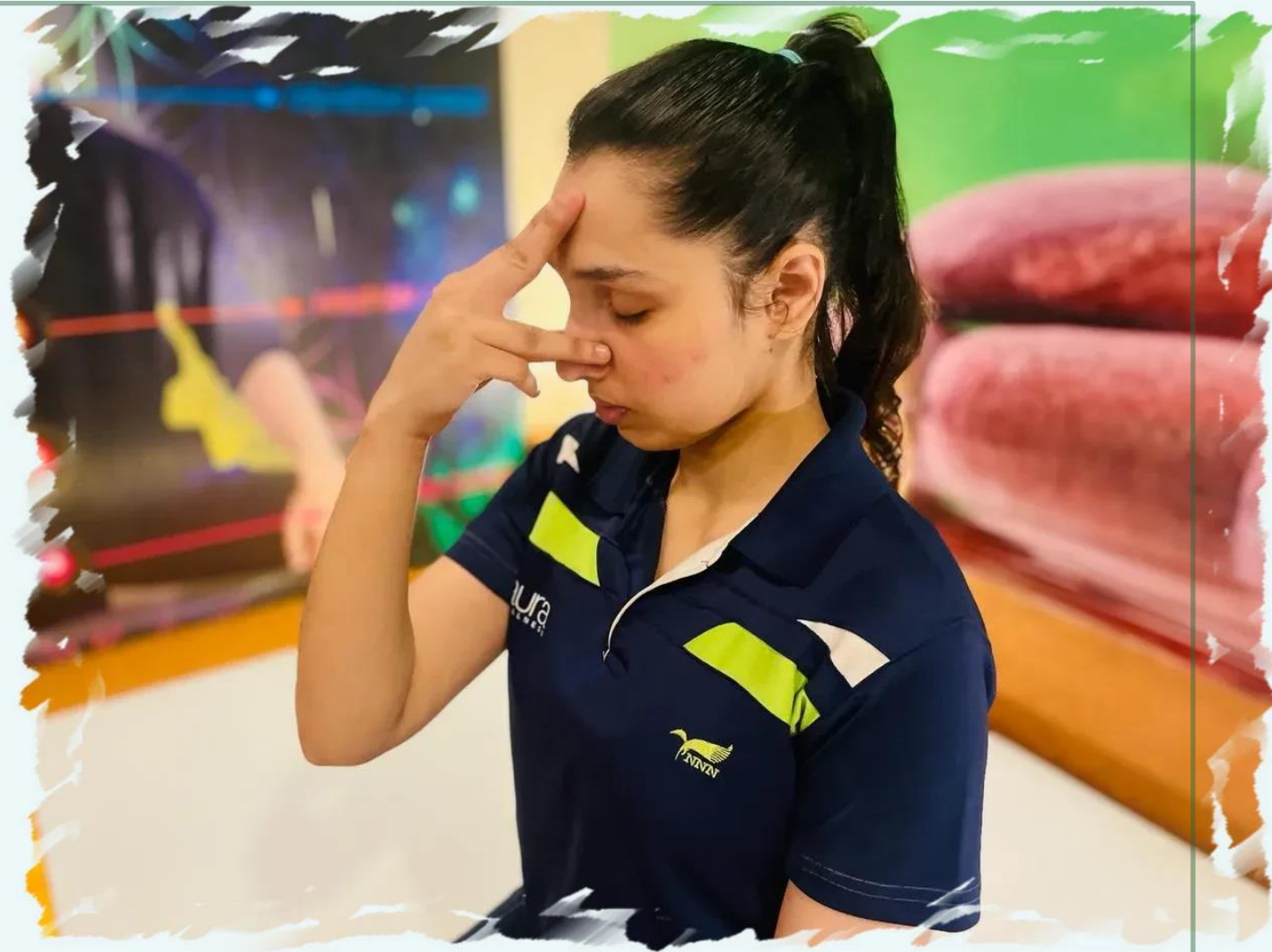
- ❖ Etymology of Yoga;
- ❖ History and Development of Yoga;
- ❖ Aim and Misconceptions of Yoga;
- ❖ Karma, Bhakti, Jnana and Raja Yoga;
- ❖ Ashtanga Yoga;
- ❖ Hatha Yoga;
- ❖ Kundalini Yoga;
- ❖ 3 Gunas: Sattva, Rajas and Tamas;
- ❖ 3 Main Nadis: Ida, Pingla and Sushumna;
- ❖ Purushartas;
- ❖ 5 major and 5 minor Pranas;
- ❖ Panchkosh.





## PRANAYAMA

- ❖ Introduction to Pranayama;
- ❖ Abdominal Breathing;
- ❖ Diaphragmatic Breathing ;
- ❖ Chest or thoracic Breathing;
- ❖ Understanding of Bandhas;
- ❖ Different types of Pranayamas.



## MEDITATION

- ❖ Concept of Meditation;
- ❖ Meditation versus Concentration;
- ❖ Benefits of Meditation;
- ❖ Guide to proper Meditation;
- ❖ Practical Techniques of Meditation;
- ❖ Mantra, Mudras and Chanting;
- ❖ Simple Meditation for Beginners.

## YOGA ANATOMY & PHYSIOLOGY

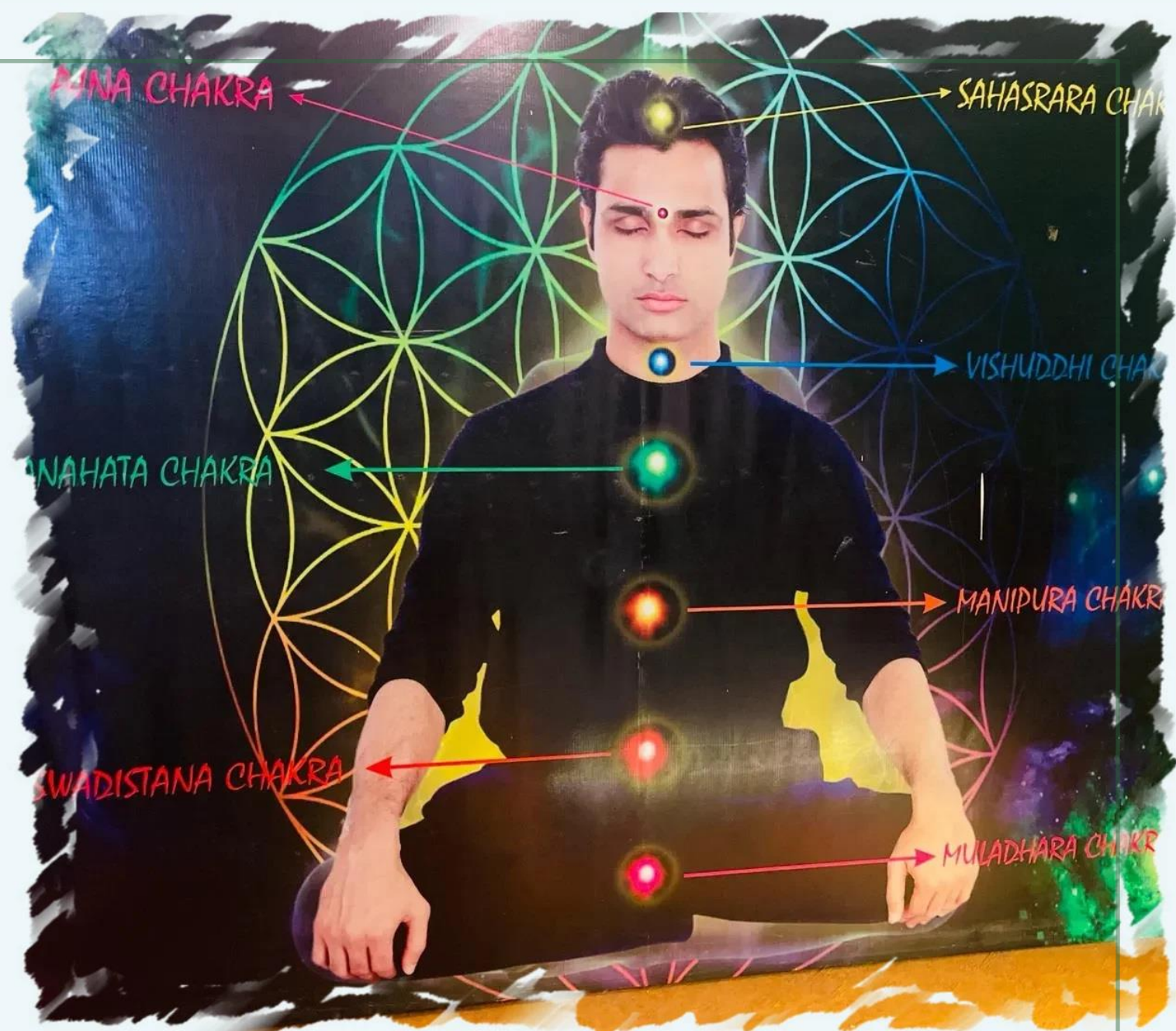
- ❖ System of Human Body;
- ❖ Exercise Physiology;
- ❖ Asanas and their benefits;
- ❖ Homeostasis;
- ❖ Injury prevention and Cures;
- ❖ Limitations and Cautions in Yoga Practice.





## CHAKRAS

- ❖ Concept of Chakras;
- ❖ Function of Chakras;
- ❖ Benefits of Chakras.



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## YOGA AS A CAREER

- ❖ Establishing your Yoga School or Studio;
- ❖ Finding the ideal Location, Advertising, Promoting, and Securing renewals;
- ❖ Identifying common Pitfalls and Strategies to avoid them;
- ❖ Practical Advice for the efficient Operation of a Yoga School / Studio;
- ❖ Seeking Employment as a Yoga Teacher.





# THE TEACHERS



**DR. N.A. SHAH**

Dr. Shah, a venerable figure in the realm of yoga, stands as the head teacher and director of Aura Yoga Studio.

For over two decades, he has immersed himself in the practice, beginning his journey in his native India at the age of 10. Since then, his dedication to yoga has been unwavering, earning him a Ph.D. in the field and a gold medal for his contributions.

Dr. Shah's expertise extends beyond the mat; he is a captivating speaker who has shared his knowledge at universities worldwide.

Furthermore, as the author of "Yoga Therapy for Diseases", Dr. Shah showcases his deep understanding of the healing potential of yoga.

With his wealth of experience and profound insight into yoga philosophy, Dr. Shah has touched the lives of thousands of people, guiding them towards physical and spiritual well-being.

Filipa, a senior yoga teacher and creative director at Aura, was born and raised in Portugal.

From her early adolescence, she has been captivated by Indian culture. This passion led her to India, where she further immersed herself in the practice of yoga.

Additionally, she has delivered speeches on yoga and well-being at several universities across India. She is determined, organized, and methodical, qualities that combine with a deep passion for discovery and life.

Alongside co-writing the book "Yoga Therapy for Diseases," she has a knowledge of philosophy and yoga physiology.



**FILIPA GOMES VIANA**



**MUSKAN**

Muskan, an experienced yoga teacher trainer with over 5000 hours of teaching experience, is a key asset to the team. Born and raised in India, she embodies traditional values. Specializing in advanced yoga postures and movement techniques, her classes cater to students of all levels, blending fun with challenge.

Muskan's teaching style, characterized by focus, discipline, and humor, fosters comprehensive learning, nurturing confident teachers.



## FEE & PAYMENT METHODS

The course fee includes Aura Yoga Teacher training course manual and all taxes.

**Total Fees (Inc. Taxes)**

**€ 600**

### PAYMENT METHODS

- ❖ Regular bank transfer, online payment via credit card and Paypal;
- ❖ The complete details will be sent to you after your registration.

## HOW TO APPLY

### TO REGISTER FOR ANY OF OUR COURSES, PLEASE FOLLOW THESE STEPS:

- ❖ Submit the online application form;
- ❖ Once your application is received, we will review it and reply within two working days;
- ❖ Upon acceptance, we will provisionally register you;
- ❖ A deposit of 200 euros is required to confirm your registration.





# AFTER COURSE GUIDANCE & OPPORTUNITIES

## QUESTIONS AND SUPPORT:

We offer after-course support to all our students. Our teachers are readily available via phone or email to address any inquiries about teaching, philosophy, or your individual yoga practice.

## TEACHING / ASSISTING OPPORTUNITIES:

We extend two internship options to our students to enhance their teaching skills and confidence. You can join us as a volunteer for 1 to 3 months or as a trainee for 3 to 6 months. Both opportunities offer valuable experience within our team.

## STARTING YOUR TEACHING CAREER:

Every student receives guidance in securing a yoga teacher position or launching their own yoga studio. Benefit from our extensive experience in operating yoga centers. We will provide expert advice on essential steps including market research, setup, promotion, and effective renewal systems.



CONTACT US AT:



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