



**AYM YOGA SCHOOL**

Become a Certified  
**YOGA TEACHER**

**\$499**



**200 HOUR**

Yoga Teacher  
Training Course



**AYM**

Yoga School

Arambol, North  
Goa

**APPLY NOW**

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

# THE COURSE



## 23 DAYS OF INTENSIVE YOGA TEACHER TRAINING

The 200-hour Yoga Teacher Training course at **AYM YOGA SCHOOL** is designed to develop Yoga Teaching skills by understanding the root principles of ancient yoga traditions. The course is ideal for those who aim to take Yoga teachings as a profession and those who want to experience and follow yoga as a path of holistic living.

We are committed and focused on imparting authentic teachings of traditional yoga with a combination of modern-day tools to enhance and improve your knowledge and skills to become an inspiring **yoga teacher**. After completing the 200-hour teachers' training course, you will receive our internationally recognized yoga teachers' training certificate and be fully prepared to teach yoga worldwide.

"AYM Yoga School has been incredible and truly an experience of a lifetime! I have learnt so much here that I will take home with me and use throughout my teaching! I would certainly come back here again!"



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# COURSE HIGHLIGHTS

**COMPLETING YOUR 200-HOUR YOGA TEACHER TRAINING AT AYM YOGA SCHOOL IS A SPECIAL EXPERIENCE.**

- ✿ **Highly Trained Yoga Teachers:** Learn genuine yoga practices directly from seasoned masters in India (in perfect English)
- ✿ **Small class size:** AYM limits the number of students per yoga teacher training to a maximum of 20-22 students.
- ✿ **Train in Hatha yoga:** We have chosen to focus on Hatha yoga because it gives you a strong foundation in yoga knowledge.
- ✿ Students receive ongoing personalized mentoring, feedback, direction, and support.



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# CERTIFICATION & ACCREDITATION

The course is fully accredited by Yoga Alliance. Graduates will be eligible to register their complete Continuing Education hours towards their RYT registration.

Before applying to a Yoga Alliance Professionals accredited teacher training course, you must have at least **two years' experience in practicing yoga**.



# TRAINING INVESTMENT

Residential 200-hour Yoga Teacher Training course fee

# \$499

including shared accommodation, 3 sattvic meals, usage of props, study materials, access to the pool, beach yoga and much more

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# COURSE CURRICULUM



## YOGA PHILOSOPHY & YOGA HISTORY

- ✿ Yamas & Niyamas
- ✿ Yoga Sutras
- ✿ Styles of Yoga
- ✿ Ancient Texts

## YOGA ANATOMY

- ✿ Body Systems
- ✿ Anatomical Terms
- ✿ Skeletal Systems
- ✿ Muscular Systems

## SAFETY & ADJUSTMENTS

- ✿ Safe & Smart Hands-On Adjustments
- ✿ Preventing Injuries



# COURSE CURRICULUM



## PRANAYAMA

Benefits of Pranayama ✪

Cues for Teaching Pranayama ✪

Various Pranayama Practices ✪

Purpose of Pranayama ✪

## ASANAS

100+ Asanas Covered ✪

Modifications, Benefits and  
Contraindications Included  
for Every Asana ✪

## MANTRA AND MEDITATION

Benefits of Mantra and Meditation ✪

Om ✪

Gayatri Mantra ✪

Guided Meditations ✪

# COURSE CURRICULUM

## TEACHING METHODOLOGY

- Self-Care
- Home Practice
- Qualities of a Yoga Teacher
- Cueing, Ethics, Boundaries

## SEQUENCING

- Sequence Principles
- Class Themes
- Develop Safe and Smart Sequences

## SANSKRIT

- Root Words of Your Favorite Poses
- Basic Sanskrit



# LOCATION & ACCOMMODATION

## ACCOMMODATION

Our rooms are elegantly designed, with every detail focusing on protecting the environment. Our rooms have ceiling fans, air conditioning, and beautiful views.



## LOCATION

We are located in **North Goa, Arambol, India**. Arambol is a hub for studying yoga, meditation, and alternative therapies.





# YOUR TEACHERS



## YOGI CHETAN MAHESH JI (DIRECTOR)

**Yogi Chetan Mahesh Ji** was born in a Vedic family, a family in which all the members used to chant Vedic mantras and practice yoga daily. In childhood, he was greatly influenced by his father and brother, who initially taught yoga to him. In 1984, he won **gold medal** and became the **champion of yoga** sports in Haryana Province while studying.

## YOGI SACHIN

Sachin started Yoga in 2008, which has been a remarkable journey for him. He has been through a lot with Yoga. Practising asanas for the body is exciting, and practising Yoga for the mind has influenced him the most.



## SWAMI JI

He is inspired by evolution, tranquillity, people, and the environment. He believes in a non-arbitrary way of yoga, continually exploring ways to make it available to everyone. He wishes to encourage deeper self-love and an increase in his students.



# HOW TO APPLY



Follow the below steps to register your spot today

## STEP 1: FILL THE FORM

Fill the online application form Fill in the necessary information (Your full name, course date, the course you are applying for, your Address, etc.)

## STEP 2: CONFIRMATION

Your form will be reviewed, and you will get a confirmation email within 24 hours.

## STEP 3: ADVANCE FEE

After confirmation, you must deposit an advance fee to secure your spot.

# CONTACT US



**CALL/WHATSAPP:**

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**EMAIL:**

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**WEBSITE:**

**[www.yogateachertraininggoa.com](http://www.yogateachertraininggoa.com)**