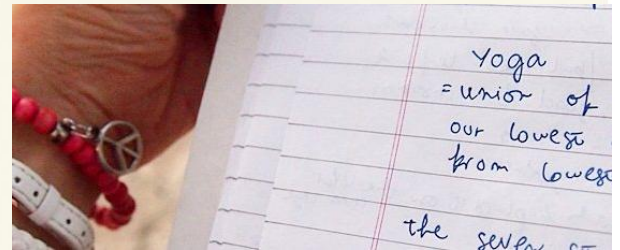


# YOGA TEACHER TRAINING INDIA



Arhanta Yoga Ashrams provide internationally certified, 26 days residential **200 hour Yoga teacher training in India**. More than 600 students have graduated from our Ashrams since 2009. Our courses are accredited by **Yoga Alliance, International Yoga Federation, and European Yoga Association**. By the end of this intensive Hatha Yoga teacher training you will have a strong foundation for teaching Hatha Yoga, a strong and disciplined self practice of Yoga and Meditation and an increased awareness and deeper understanding of the Yogic philosophy and lifestyle.



## COURSE HIGHLIGHTS

- **Training at authentic** Yoga Ashram in India.
- **Personal guidance and supervision** for intensive Asana and Meditation practice.
- **Highly experienced** and dedicated teachers.
- **Most detailed and well rounded Curriculum** covering 170 classical Hatha Yoga Asanas and extra 40 contact hours of teaching practice.
- **Exclusive Asana correction** and modification techniques.
- **Principles of Ayurveda, Reflexology / Massage** as additional lectures / workshops.
- **Membership to AYA Teachers Registry** for continual guidance and mentoring, via Skype, telephone, email etc.
- **Yoga business support**, complete guidance and mentoring in setting up your own center / studio.
- **Yoga Alliance & International Yoga Federation** recognized internationally accredited 200 hour certification.

## UPCOMING DATES

2015	
January 12 – February 6	Available
February 16 – March 13	Available
September 20 – October 25	Available
November 2 – November 27	Available
December 4 – December 29	Available

*The fees are €1450 with double shared accommodation or €1650 with single room. Fees include all tuition, accommodation, all meals, teacher training manual, 2 pairs of uniforms, complementary pick up and drop.*

"The Arhanta Yoga teacher training has really surpassed my expectations. This course has everything required to prepare anyone interested to become a qualified Yoga teacher. No matter what your age or experience levels are, all that is required is an open mind and enthusiasm to learn. There was a lot of variety in the course along with excellently planned schedule, the curriculum is very well rounded with excellent coverage of Yogic philosophy, Yogic way of lifestyle and well challenging Yoga asana classes. The countryside setting is ideal for the course as it is peaceful and located in an area surrounded by diverse nature. I met so many wonderful people from around the world. I would highly recommend this course for anyone thinking of becoming a Yoga teacher. It is an experience never to be forgotten!" **Blathnaid, Ireland**

## ESPECIALLY BENEFICIAL FOR

- Those who want to become a certified Yoga teacher.
- Advanced Yoga practitioners.
- Existing Yoga teachers
- Beginners looking for proper foundation and knowledge of Yoga & Meditation.

## ELIGIBILITY CRITERIA

We welcome students from all age, background and beliefs. The most important factors you should consider before applying are:

- You should have a sincere desire to work hard, adapt and grow beyond your comfort zone.
- You should be mentally and physically fit to follow the course.
- You should have at least some basic understanding of English language.
- You should not be pregnant.
- There is no age limit.

## HOW TO SIGN UP

To register please fill and send the [Application form](#) by email. Once you are accepted you will need to pay a deposit of Euros 200 to confirm your reservation.

Please note that our courses fill up well in advance, please apply in time to secure your seat.

## LOCATION

The Arhanta Yoga teacher training takes place at Arhanta Yoga Ashram in India. The Ashram is spread over 17 acres of green land and situated in peaceful location near ancient city of Khajuraho in Central India. The Ashram is easily reachable by direct flight or direct train from Delhi, Varanasi and Agra. The Khajuraho airport is 14 kms and the train station is 12 kms from the Ashram.



## QUICK LINKS

- [TTC Curriculum](#)
- [Testimonials](#)
- [Arhanta Yoga Ashram India](#)