



IYO[®] International Nutritionist 150-Hour Teaching Programme Course Index

Comprehensive 150-Hour specialized training program, covering essential texts, physiological sciences, preventative lifestyle, and metabolic nutrition.

Module 1: Yogic Philosophy of Nutrition & Purity (15 hours)

- You are the City of God
- Branch of Yoga called "Purity"
- Nine Gates of the Body
- The Call from Within

Module 2: Fundamentals of Nutrition Science (35 hours)

- Dietary Guidelines & Food Pyramid
- Carbohydrates, Proteins, Fats
- Fiber, Salt
- Vitamins, Minerals, Calcium & Iron

Module 3: Practical Nutrition Skills (25 hours)

- Decoding Nutrition Labels
- Shopping Smart
- Restaurant Survival
- Holidays & Fasting

Module 4: Yogic Cleansing Practices (20 hours)

- Shatkarmas: Mouth, Nasal, Sinus, Colon & Intestinal Cleansing
- Amaroli – Urine Therapy & Inner Rejuvenation

Module 5: Nutrition for Special Needs & Life Stages (30 hours)

- Diet & Cancer, Diabetes, Heart Disease
- Food Allergies, Vegetarianism, Herbal Remedies
- Pregnancy, Parenting, Children
- Weight Management & Eating Disorders

Module 6: Exercise, Sports Nutrition & Yoga Integration (15 hours)

- Getting Physical, Gym Scene
- Sports Nutrition, Fluids & Supplements
- Integration with Yoga Asanas & Pranayama

Module 7: Integration, Teaching Methodology & Certification (10 hours)

- Putting It All Together: Ecstatic Body
- Self-Pacing & Stillness in Action
- Ayurveda Guidelines • Practicum, Assessments & Certification

Total: 150 Hours | Theory • Practical • Teaching Practice