

IYT
300
HOURS

IYO
Registrations

IYT[®]

INTERNATIONAL YOGA TEACHER 300 HOURS (ADVANCE LEVEL)

INDEX PROGRAMME



**DEEPEN YOUR PRACTICE...
ELEVATE YOUR TEACHING. TRANSFORM LIVES.**

An Advanced Path for Dedicated Yoga Teachers & Seekers



300 HOURS

ADVANCED TRAINING

GLOBAL RECOGNITION

300 HOURS TEACHING MODULES



1. ADVANCED ASANA

Advanced postures, variations, transitions, sequencing & teaching methodology.



2. PRANAYAMA & KRIYA

Advanced breath practices, cleansing techniques & their therapeutic applications.



3. MEDITATION & YOGA NIDRA

Advanced meditation techniques, concentration practices & deep relaxation.



4. YOGA PHILOSOPHY

Deep study of Yoga Sutras, Bhagavad Gita, Upanishads & traditional yogic scriptures.



5. ANATOMY & PHYSIOLOGY

Advanced anatomy, functional movement & the science behind postures and breath.



6. YOGIC LIFESTYLE & AVURVEDA

Dinacharya, seasonal routines, doshas, diet, herbal wisdom & holistic well-being.



7. TEACHING METHODOLOGY

Advanced adjustments, class management, assist techniques & teaching principles.



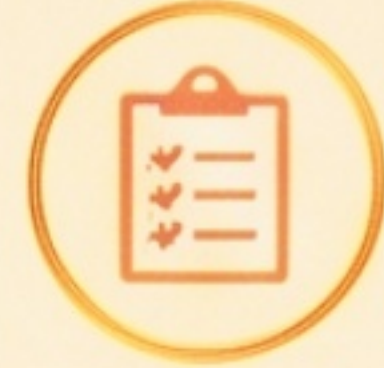
8. PRACTICUM & TEACHING PRACTICE

Guided teaching practice, feedback, observation & mentoring.



9. YOGA THERAPY & MODALITIES

Therapeutic applications of Yoga for common ailments, stress relief & holistic healing.



10. ASSESSMENT & CERTIFICATION

Written exam, practical assessment, teaching evaluation & 300-hour certification.

WHY CHOOSE IYT[®]?



INTERNATIONALLY
RECOGNIZED
CERTIFICATION



EXPERT FACULTY
WITH DEEP TRADITIONAL
KNOWLEDGE



HOLISTIC LEARNING
BODY, MIND, BREATH
& SOUL



TRANSFORMATIVE
EXPERIENCE &
COMMUNITY



TEACH ANYWHERE,
INSPIRE
EVERYWHERE

**BE THE TEACHER THE WORLD NEEDS.
ENROLL NOW & BEGIN YOUR JOURNEY!**

LIMITED SEATS | TRANSFORM TODAY