



IYT® – INTERNATIONAL YOGA TEACHER

50 HOURS TEACHER TRAINING PROGRAMME

By IYO® International Yoga Organisation



PROGRAMME HIGHLIGHTS



Traditional Yogic
Knowledge



Vinyasa Flow
Techniques



Yoga Philosophy &
Lifestyle



Pranayama &
Meditation



Personal Growth &
Self Awareness



Asana Practice
& Alignment



Teaching Skills
Development



Practical Teaching
Experience



Internationally
Recognised



Lifetime Support &
Yoga Community

WHO CAN JOIN?



Yoga Enthusiasts



Fitness Professionals



Wellness Coaches



Everyone Who
Wants to Teach Yoga



IYO® INTERNATIONAL YOGA ORGANISATION

Yoga For All • Health For All • Happiness For All