



IYT® STUDIES

IYT®-INTERNATIONAL YOGA TEACHER 100 HOURS

Upon completing this course, IYO® International Yoga Organisation provides IYT®-International Yoga Teacher 100 hours, 8 certificates, which is beneficial in getting Yoga faculty, International Lead Yoga trainer jobs in Govt sector and also in Private sectors. Also, IYT® certification is valid in 195 countries.

For more information, please read the IYT® benefit presentation manual from IYO® International Yoga Organisation.

IYT® Course Curriculum

The History of Yoga
The Philosophy of Yoga

Getting Started with IYT®100hours

Choosing the Right Style of Yoga for You
Finding a Yoga Class
Chapter 6 Props and Clothes
Preparing for Your First Session

Elements

Standing and Balancing Asanas
Lying Prone and Inverted Asanas
Sitting Asanas
Breathing: Pranayama
Meditation



Want more support? Contact our Member Support Team at yoga@iyoworld.com or at +91 9964029333

