



IYT® – INTERNATIONAL YOGA TEACHER

50 HOURS TEACHER TRAINING PROGRAMME



COURSE HOURS DISTRIBUTION

SUBJECT	HOURS
 Introduction to Yoga & Philosophy	5 Hours
 History & Yogic Concepts	4 Hours
 Asana Practice & Alignment	12 Hours
 Vinyasa Flow Techniques	5 Hours
 Pranayama & Breathwork	5 Hours
 Bandhas & Drishti	3 Hours
 Meditation & Relaxation	3 Hours
 Personal Practice Development	3 Hours
 Teaching Methodology	5 Hours
 Practical Teaching Sessions	3 Hours
 Assessment & Certification	2 Hours

TOTAL TRAINING HOURS



50 HOURS

