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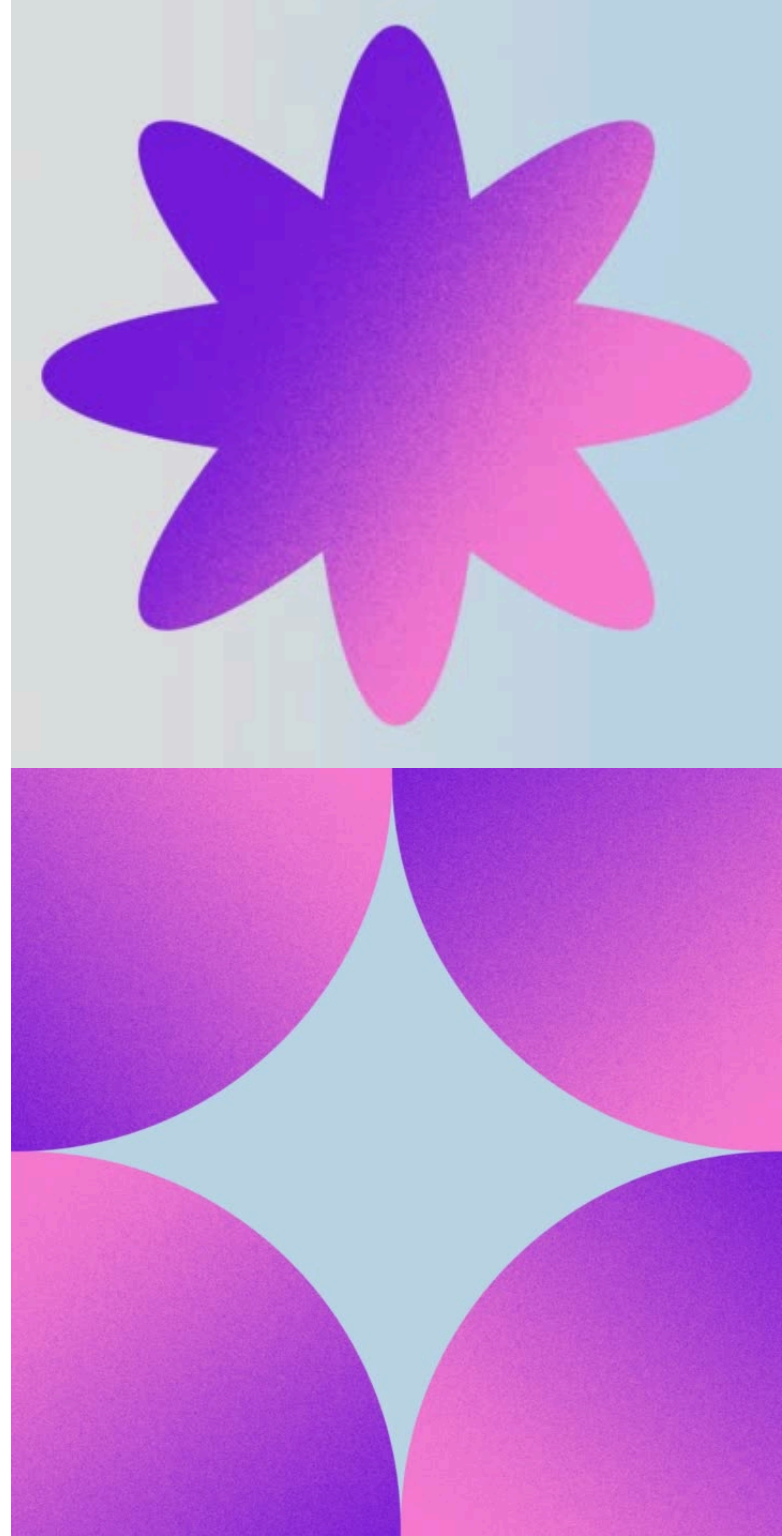


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IYO® INTERNATIONAL YOGA ORGANISATION

STAY CONNECTED TO THE GLOBAL YOGA COMMUNITY: THE IYO® WEEKLY NEWSLETTER

WHETHER YOU ARE A CERTIFIED YOGA TEACHER, A DEDICATED STUDENT, OR A SCHOOL DIRECTOR LOOKING TO KEEP YOUR FINGER ON THE PULSE OF THE INTERNATIONAL YOGA COMMUNITY, STAYING INFORMED IS VITAL. THE IYO® WEEKLY NEWS LETTER, OFFICIALLY PUBLISHED BY THE IYO® INTERNATIONAL YOGA ORGANISATION, IS YOUR PREMIER SOURCE FOR ALL THINGS RELATED TO THE GLOBAL YOGIC NETWORK.



VED YOG SHALA REGISTERS WITH IYO® INTERNATIONAL YOGA ORGANISATION AND STARTING THE IYT®-INTERNATIONAL YOGA TEACHER COURSES. THIS EXCITING DEVELOPMENT MARKS A SIGNIFICANT MILESTONE FOR VED YOG SHALA, OPENING UP NEW OPPORTUNITIES FOR ASPIRING YOGA INSTRUCTORS. PROFESSIONAL EXPERTISE. WHETHER YOU'RE A SEASONED PRACTITIONER OR NEW TO YOGA, THESE COURSES PROMISE TO ENHANCE YOUR SKILLS AND BROADEN YOUR HORIZONS IN THE EVER-EVOLVING WORLD OF YOGA.





What's Inside the IYO® Weekly Newsletter?

What's Inside the IYO® Weekly Newsletter?

The IYT®-International Yoga Teacher Courses are designed to equip students with a deep understanding of yoga philosophy, techniques, and teaching methodologies. Participants will benefit from a comprehensive curriculum that blends traditional practices with modern insights, fostering personal growth and enhancing teaching skills. Each course module is crafted to provide a holistic learning experience, incorporating elements such as asana, pranayama, meditation, and anatomy, alongside workshops on effective communication and class management. With guidance from experienced instructors, students will explore the rich tapestry of yoga traditions while developing their unique teaching styles. The supportive learning environment encourages collaboration and self-reflection, ensuring that graduates are well-prepared to inspire and lead their own classes with confidence and compassion.



VISIT THE WEBSITE: HEAD OVER TO THE OFFICIAL IYO® WEBSITE EVERY WEEK MORNING.



HOW TO ACCESS THE NEWSLETTER

READ ONLINE OR DOWNLOAD: READ THE WEB-OPTIMIZED VERSION DIRECTLY ON YOUR BROWSER, OR CLICK THE PDF DOWNLOAD BUTTON TO SAVE A HIGH-QUALITY, FORMATTED COPY TO YOUR DEVICE.



IYO® International Yoga Organisation

- ✓ **Yoga Classes:** The studio specialises in a variety of styles, including Hatha Yoga, Ashtanga Yoga, Power Yoga, and Vinyasa Yoga.
- ✓ **Specialised Training:** They offer sessions for specific needs such as weight loss, flexibility, and yoga for pregnant women.
- ✓ **Meditation & Pranayama:** Their content often focuses on mental well-being, featuring guided meditation and breathwork (pranayama) techniques.
- ✓ **Instruct:** This highlights the teaching of Ved Sir, who is recognised for providing personal attention to students and focusing on proper alignment and posture



Ved Yog Shala, 316-17 Fortune High Street near Madhuvan Circle, Adajan, Surat, Gujarat 395007, India

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THE IYO WEEKLY NEWSLETTER!



IYO® International Yoga Organisation

THE TRANSFORMATIVE POWER OF YOGA

April Edition

18.04.2026

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April Edition

18.04.2026

**WELCOME TO THE IYO WEEKLY
NEWSLETTER!**

**BY COMBINING THE IYT® (INTERNATIONAL YOGA TEACHER)
DESIGNATION WITH THE NICHE SCIENCE OF SWARA YOGA,
ANWAAR IS OFFERING A CURRICULUM THAT GOES FAR BEYOND
STANDARD FITNESS-BASED YOGA.**

[READ MORE](#)

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YOGA WITH ANWAAR, SYED ANWAAR IS OFFERING A CURRICULUM THAT GOES FAR BEYOND STANDARD FITNESS-BASED YOGA.

WHAT MAKES THIS COURSE DISTINCT?:

The Focus: Swara Yoga

The IYO® Certification Edge

Secret Science of Breath

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WHILE MOST COURSES FOCUS ON PRANAYAMA (BREATH CONTROL), SWARA YOGA IS THE "SECRET SCIENCE OF BREATH." UNDER ANWAAR'S GUIDANCE, STUDENTS LEARN:

#01

NADI ANALYSIS

Understanding the dominance of Ida (left nostril/lunar), Pingala (right nostril/solar), and Sushumna (central) channels

#02

COSMIC ALIGNMENT

Learning how to time daily activities (starting a business, eating, or meditating) with the flow of breath to ensure success and health.

#03

TANTRIC ROOTS

Swara Yoga is often considered the crown jewel of Tantric practices, focusing on the manipulation of life force energy (Prana).

ESSENTIAL YOGA ASANAS FOR EVERYDAY WELL-BEING

CHAKRASANA

चक्रासन



MARJARIASANA

मार्जारियासाना



SHISHUASANA

शिशुआसन



ADHO MUKHA
SVANASANA

अधो मुख श्वानासन



BADDHA
KONASANA

बद्ध कोणासन



[VIEW COMPLETE ROADMAP](#)

IYO® INTERNATIONAL YOGA ORGANISATION

JOIN THE MOVEMENT:

READY TO TRANSFORM YOUR LIFE? ROLL OUT YOUR MAT, START WITH THESE FIVE SIMPLE ASANAS, AND FEEL THE DIFFERENCE. STAY TUNED FOR NEXT MONTH'S IYO NEWSLETTER, WHERE WE WILL DIVE INTO THE POWER OF YOGA, AND IYO® CERTIFIED SCHOOLS.

