



55 Hours Therapy Yog Teacher's Training course by Yog Shala,

The Yog Circle initiative

Starting from 26th June to 30th August

(Every Mon & Wed – 10:30 am to 12.30 pm (some days till 1:30pm))

Module: 1

Musculoskeletal (26th June – 21st August) | Mondays – 10:30am – 12:30/1:30pm

- Anatomy (Joints and muscles)
- Movements and Alignments
- Causes of misalignments
- Pain Management of Neck&Shoulder, Spine, Knee and ankle, Hip and SI Joint

Module: 2

Lifestyle Disorders (28th June – 30th Aug) | Wednesdays – 10:30am – 1:30pm

- Anatomy and the Physiology of the disorder
- Yogic Remedy to Manage:-
 - Respiratory disorders
 - Cardiovascular disorders
 - Hormonal disorders
 - Psychological and Psychiatric disorders
 - Neurological disorders
- Role of diet and nutrition

Teaching Skills

- Qualities of a therapist
- Sequencing & session planning

Fees :

Musculoskeletal (25 hours) – Rs.10000

Lifestyle Diseases (30 hours) – Rs. 13000

Both together (55 Hours) – Rs. 20000