

kavaalya

INTERNATIONAL YOGA TRAINING CENTER

NICOLETTA INGUSCI

has successfully completed 200-hour Hatha and Ashtanga Vinyasa Yoga Teacher Training Course which includes: Asana, Meditation and Pranayama Techniques, Philosophy, Anatomy & Physiology and Teaching Methodology and is therefore awarded this

CERTIFICATE OF GRADUATION

Issued in Pune, India on **24-07-2021**

Certificate No. **2021-10373**



Kamil Pawlowicz
Director of School

Kamil Pawlowicz

Prashant Pandey
Lead Teacher

P. Pandey

200 H YOGA TEACHER TRAINING CURRICULUM

1. YOGA HUMANITIES

- A. HISTORY OF YOGA
- B. VEDIC TRADITION OF YOGA
- C. SANATAN CULTURE
- D. BRANCHES OF YOGA
- E. COMPONENTS OF YOGIC PRACTICES
- F. INTRODUCTION TO AYURVEDA

2. TECHNIQUES, TRAINING & PRACTICE

- A. HATHA YOGA ASANAS
- B. ASHTANGA VINYASA FLOW
- C. PRANAYAMAS
- D. MUDRAS & BANDHAS
- E. YOGA NIDRA
- F. MEDITATION

3. ANATOMY & PHYSIOLOGY

- A. INTRODUCTION TO ANATOMY & PHYSIOLOGY OF HUMAN BODY
- B. YOGIC HEALTH MANAGEMENT

4. PROFESSIONAL ESSENTIALS

- A. TEACHING METHODOLOGY
- B. TEACHING PRACTICE
- C. THE BUSINESS OF YOGA
- D. ORATORY FOR YOGA TEACHERS
- E. SOCIAL MEDIA

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