

Namaste

Greetings from Govardhan School of Yoga at Govardhan Ecovillage

Govardhan Eco village, a spiritual oasis that illustrates the principles of 'Simple Living & High Thinking' is situated amidst the lush green Sahyadri mountain ranges in Wada district, just a two hour drive from Mumbai is a perfect place to find inner peace and is recognised by UNWTO for promoting sustainable tourism

TEACHER TRAINING COURSE LEVEL 1 (200 HOURS)

We thank you for your interest in our fully residential 200 hours Yoga Teacher Training certification. Our participants enrol in Yoga programs to learn the finer nuances of yoga and its benefits leading to an overall enriching life. Also this certified course entitles you to teach Yoga in any part of the world.

This scientifically designed course offers expert information on how to live a healthier, happier, more fulfilling life both on and off the mat; engaging the students with top teacher insights and in-depth understanding of asanas, breathing, meditation, philosophy, nutrition and health. We present the pristine teachings of Yoga based on ancient scriptures like Yoga Sutras & Bhagavad Gita

The course is not just restricted to the physical postures and breathing exercises but exposes our students to a wide range of experiential learning sessions to internalize the teachings of yoga and create an inner transformation.

This is what a yoga teacher in the making needs the most.

Course content:

- Daily Asana and Pranayama practice
- Cleansing: Jala Neti, Vaman & Kapalabhati
- Yog Nidra & Yogic Meditation
- Anatomy Classes
- Introduction to Bhagavad Gita & Yoga Philosophy
- Yoga Teaching Classes
- Mantra Meditation, Kirtans & Goseva
- Visit to Shiva Temple, Trimbakeshwar (3 hours from GEV & free of charge)

Daily Schedule

06:30 hrs	ASANA CLASS
08:30 hrs	BREAKFAST
09:00 hrs	KARMA YOGA
10:00 hrs	THEORY CLASS-1
11:30 hrs	YOG NIDRA
12:00 hrs	THEORY CLASS-2
13:30 hrs	LUNCH BREAK
16:00 hrs	ASANA CLASS (TEACHING CLASS)
18:00 hrs	BREAK
17:45 hrs	DINNER
18:30 hrs	YAMUNA AARTI AT VRINDAVAN FOREST / KIRTAN AT MAIN TEMPLE/NATURE WALK
19:30 hrs	DINNER
20:00 hrs	SATSANG

Govardhan School of Yoga (GSY) is affiliated to Yog Vidya Gurukul Institute, Trimbakeshwar and is a Registered Yoga School (RYS) with Yoga Alliance(USA)

Batches in 2023

-Feb 5 to march 2

-May 6 to June 1

-June 28 to July 24

-September 10 to Oct 6

-November 27 to Dec 23

Please note*

YTTC Level 1 (200hours) is primarily focused on extensive asana practice with beginner level teaching techniques, cleansing practice and thorough introduction to Patanjali Yog Sutras & Bhagavad Gita.

Course Fees (Per Person)

NON AC Room (3 in a room with two Attached bathrooms) **Subject to availability**

- Rs 49000 (Inclusive of all Taxes, Course Fee, Stay & Food)

- \$625 (Inclusive of all Taxes, Course Fee, Stay & Food)

NON AC Room (Twin Sharing Room with Attached Bathroom) **Subject to availability**

- Rs 59000 (Inclusive of all Taxes, Course Fee, Stay & Food)

- \$750 (Inclusive of all Taxes, Course Fee, Stay & Food)

NON AC Room (Single Occupancy Room with Attached Bathroom) **100% availability**

- Rs 79000 (Inclusive of all Taxes, Course Fee, Stay & Food)

- \$1000 (Inclusive of all Taxes, Course Fee, Stay & Food)

AC Room (Twin Sharing with Attached Bathroom) **Subject to availability**

- Rs 99000 (Inclusive of all Taxes, Course Fee, Stay & Food)

-\$1250 (Inclusive of all Taxes, Course Fee, Stay & Food)

Course fees are all-inclusive (No additional charges for food, stay & tuition)

For any more details & further clarification please feel free to contact me anytime. Thank you

Ria

Govardhan School of Yoga at GEV

+91 9704055217

Email- yoga@ecovillage.org.in

TEACHER TRAINING COURSE LEVEL 2 (300 HOURS)

Course content:

- Advanced Pranayama practice
- Daily Asana Teaching Practice
- Detailed Technique Classes
- Asana Anatomy
- Advanced Bhagavad Gita Classes
- Advanced Patanjali Yoga Sutra Classes
- Narada Bhakti Sutras
- Hatha Yoga Pradipika
- Cleansing: Jala Neti, Vaman Dhouti, Kapalabhati, **Master Cleanse**, Sutra Neti
- Yog Nidra
- Mountain Hikes & Nature Walks
- Mantra Meditation, Kirtans & Goseva
- Vrindavan & Rishikesh Yatra followed by the course (optional and self-paid)

Daily Schedule

05:30 hrs	ADVANCED PRANAYAMA PRACTICE
06:30 hrs	ASANA TEACHING PRACTICE
08:30 hrs	BREAKFAST
09:00 hrs	KARMA YOGA
10:00 hrs	THEORY CLASS-1
11:30 hrs	YOG NIDRA
12:00 hrs	THEORY CLASS-2
13:30 hrs	LUNCH BREAK
16:00 hrs	ASANA TECHNIQUE CLASS
18:30 hrs	YAMUNA AARTI AT VRINDAVAN FOREST / KIRTAN AT MAIN TEMPLE/NATURE WALK
19:30 hrs	DINNER
20:00 hrs	TRATAK MEDITATION

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Batches in 2023

July 24 to Aug 20

Please note*

YTTC Level 2 is primarily focused on developing yoga asanas teaching skills & understanding technical aspects of asana practice (like anatomy and physiology {muscles & joints involved, organs impacted}, variations, props, do's & don'ts, benefits, therapeutic applications etc.) + in-depth and exhaustive study of Patanjali Yog Sutras, Bhagavad Gita, Hatha Yoga Pradeepika.

YTTC Level 2 (300 hours) is for those who have completed YTTC (200 hours) from any recognized yoga school

Course Fees (Per Person)

NON AC Room (3 in a room with two Attached bathrooms) **Subject to availability**

- Rs 49000 (Inclusive of all Taxes, Course Fee, Stay & Food)

- \$625 (Inclusive of all Taxes, Course Fee, Stay & Food)

NON AC Room (Twin Sharing Room with Attached Bathroom) **Subject to availability**

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Course fees are all-inclusive (No additional charges for food, stay & tuition)

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Please note*

The TTC Level 1 & 2 is physically & mentally very demanding yet rewarding in nature. It may push you out of your comfort zone. The culture in Govardhan School of Yoga Ashram is different from a holiday resort or retreat centre, please come prepared with this mind-set to make the most out of this TTC experience. And if you are only expecting modified versions of physical exercises in the name of Yoga or are averse to following a disciplined lifestyle then this is not the school for you.

Payment formalities

For Indians and Foreign Nationals with Indian Bank account,

Please deposit the course fees in the following bank account or use the QR code

Account Name -

ISKCON

Bank Name -

SBM BANK INDIA LIMITED

Account Number No. -

20071021001134

Branch -

GALTARE, PALGHAR

IFSC Code -

STCB0000065

SWIFT Code -

STCBINBX

For Foreign Nationals without Indian Bank account

Payment on ARRIVAL - 3 options

- Cash- we accept all currencies

- Card

- Pay pal link

Foreign nationals are requested to submit their flight ticket details by Whatsapp- + 91 9769436934 confirm their presence for the course

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paytm
Accepted Here



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paytm से UPI



UPI & Wallet



Paytm Postpaid



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