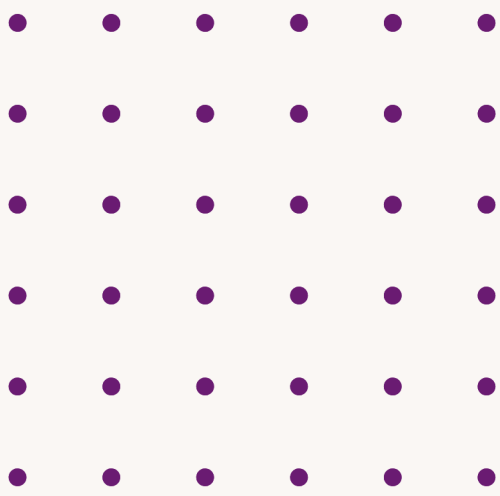




**SANKYA YOGA
& WELLNESS**

Spread Happiness, Health & Wellness



namaste
YOGA



YOGA

TEACHERS TRAINING



+971 50 488 1963 & +91 9995 305 808



We are thrilled to welcome you to our comprehensive Yoga Teacher Training Program, where you will embark on a transformative journey of self-discovery, growth, and learning. This program is designed not only to deepen your practice but also to equip you with the knowledge and skills needed to inspire and guide others on their yoga path.

Our curriculum, offers a balanced blend of techniques, philosophy, anatomy, teaching methodology, and practicum. We believe in fostering a supportive and inclusive learning environment where you can explore, question, and expand your understanding of yoga.

PROGRAM STRUCTURE OVERVIEW

01

Yoga Philosophy, Lifestyle, and Ethics

02

Anatomy and Physiology

03

Techniques, Training, and Practice

04

Teaching Methodology

05

Practicum

06

Nutritions & Healthy Diet

07

Different Yoga Systems & Specialisations



WHAT MAKE US DIFFERENT

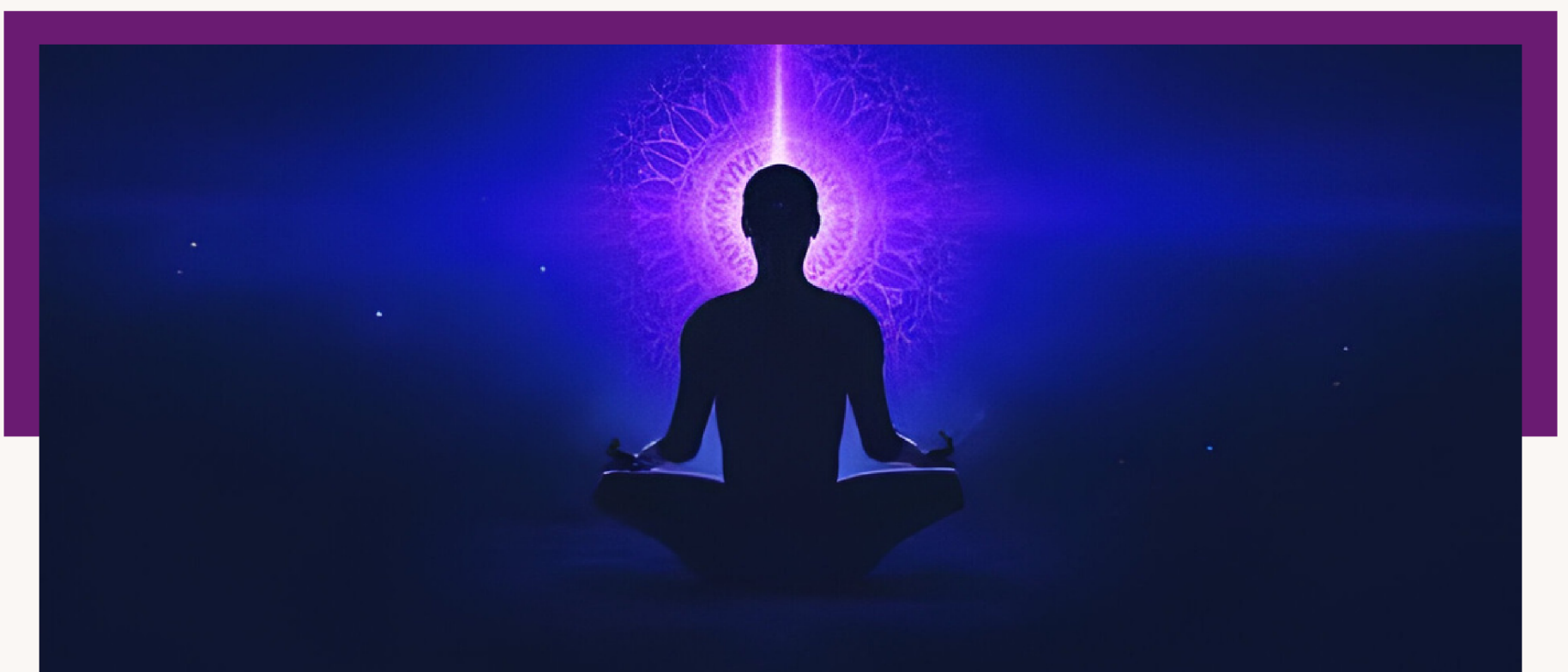
Best in Class Trainers

You will learn all the leading Yoga systems such as Raja Yoga, Kundalini Yoga, Hatha Yoga, Ashtanga - Vinyasa Yoga, Yin Yoga and Areal Yoga

We will help you to be a specialized Yoga Trainer (Specialized in Weightloss or Kids Yoga, Prenatal Yoga, Corporate Yoga etc..)

Our up coming Magazine Yogizine will help to keep you up-to-date

Workshops by the experts in Yoga, FFitness, Health and Wellness Industry-specialists





CERTIFICATION

Ministry of Ayush and UGC certification
through Glocal University



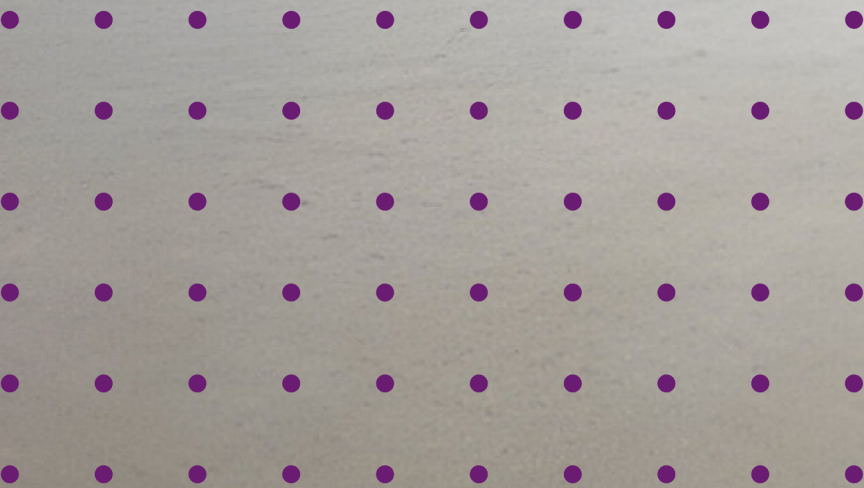
LEAD TRAINER



Yoga Master Sam S Babu
(Yoga TTC and Master of Yoga holder
with the credentials ERTY 500 & YACEP
by Yoga Alliance)

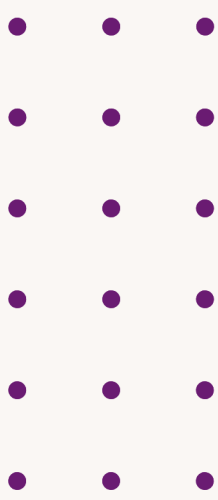
20+ Years of Experience in Yoga
Teaching

35 Years off Experience in Yoga





We are honored to be part of your yoga journey and excited to see you grow into knowledgeable and inspiring yoga teachers. Embrace this opportunity with an open heart and mind, and remember that yoga is a lifelong journey of exploration and discovery



OUR CONTACT

www.sankyayogaandwellness.com



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