

# Course Information, Syllabus, Fees & Job Opportunities after this Course

## Online Yoga Teacher Training Course (University Diploma)

- ✓ *Enhance your yoga practices and yoga teaching skills*
- ✓ *Enhance your knowledge about Yoga*
- ✓ *Total 10-12 weeks online course*
- ✓ *Online Teaching and Online Course Exam*
- ✓ *University Diploma Certification as Yoga Teacher*
- ✓ *Continue to enhance your research skills and knowledge in yoga after course completion*



# Introduction

This course will enable the successful student to carry-out yoga sessions for beginners.

The course will enhance following understanding and skills of the student.

- ✓ Holistic approach of yogic philosophy and lifestyle.
- ✓ Basic knowledge (anatomy and physiology) of various systems of the body including respiratory, digestive, excretory, blood circulatory, nervous, musculoskeletal, reproductive & endocrine systems.
- ✓ Yoga asana, pranayama, meditation, mantra practices, cleansing techniques, yoga nidra, yogic diet etc.
- ✓ Functioning of various organs, endocrine glands and other systems which are affected by yoga practices. Health benefits of yoga techniques, precautions / contraindications are covered in these lectures and also in practical Yoga sessions.
- ✓ Ashtanga yoga – Ethics for yoga practitioners (Yama and Niyama), asana or Yoga Poses, Pranayama, Pratyahara, Dharana, Dhyan & Samadhi (Meditation from Ashtanga yoga).
- ✓ Hatha Yoga - History, philosophy, asana, pranayama, mudra, bandha and cleansing techniques.
- ✓ Different styles of yoga / Classical types of yoga (Karma Yoga / Bhagavad Gita, Bhakti Yoga, Jnana Yoga, Mantra Yoga, Kundalini Yoga and Chakras).
- ✓ Ayurveda - Introduction to ayurveda, ayurveda body types, ayurveda diet.
- ✓ Teaching and delivery skills for various yogic practices.
- ✓ Injury prevention in Yoga practice, Alignment in Yoga poses.

## Note:

- This course is NOT for someone who only wants certification or just some yoga practice. This is a course demanding serious commitments for understanding the Yoga lifestyle, applications and philosophy.
- If participant is expecting modified versions of physical exercises in the name of Yoga then this is not the course for him/her.
- This online course may not give the same experience as residential course conducted at the institute facility.



# Course Conducting Teacher / Institute

- The course will be conducted by Dr.Jignesh Patel & his team / staff based at Ahmedabad.
- Dr.Jignesh Patel's group is mixture of medical professionals, certified highly experienced international yoga teacher and yoga therapist. They are conducting yoga sessions for public since 2010 on no-name, no-fame, no-fees basis.
- They have influenced many participants to be yoga teachers and had guided more than 100 people to become certified yoga teacher from various yoga institutes and yoga certification board, Govt. of India.
- Following is his profile, the teacher for the current course who will be conducting the course for the enrolled students.



## **Dr.Jignesh Patel:**

*He is yoga practitioner, teacher and pharmaceutical / medical researcher with having more than 17 years of experience in yoga and pharmaceutical / medical research. **He has more than 25 years of experience of yoga practice and more than 10 years of experience in conducting yoga teaching.** Currently he is working as Research Director at one of the Medicine Research Company and also associated with many multinational pharmaceutical and medicine research companies of the world.*

*He has done his **Yoga Teacher Training and Yoga Therapy Training courses from Yoga Vidya Gurukul.** He is basically scientist, **PhD in Pharmacology** and has done **clinical pharmacology research courses (after PhD / post-doctoral) from National Institute of Health (NIH) USA.** He has worked as University Assistant Professor for about 4 years and many of his students are now teachers. He had published **more than 30 scientific articles in various scientific journals.** He has received many **national and international awards / prizes / research grants** for his research work and scientific publications.*

*He is also **invited Faculty** for Various Scientific Lectures & **University Examiner** for M.Pharm., PhD, MBBS, MD, DM & DNB medical courses as well as co-guide / thesis reviewer. He is scientific article manuscript reviewer at Elsevier, Ingenta Connect, Springer Journals. For more information about him, please, visit his profile at, <https://in.linkedin.com/in/dr-jignesh-patel-5a4b8419>*

*He has in-depth knowledge of various **yoga practices for health benefits** and he has excellent teaching skills. He has excellent research skills and one of the objective of this course is to **enhance interest of students for research in yoga science, and for the same, he will continue to guide the students even after completing the course.***



## Supporting Teacher(s)

- The course will be conducted by Dr.Jignesh Patel & his team / staff based at Ahmedabad.
- Following would be the supporting teacher with Dr.Jignesh Patel for the course.

### **Ms.Jagriti Tank:**

*She is yoga practitioner, teacher and pharmaceutical / medical researcher with having more than 17 years of experience in yoga and pharmaceutical / medical research.*

***She more than 3 years of experience in conducting yoga teaching.*** Currently she is working as Research Director at one of the Medicine Research Company and also associated with many multinational pharmaceutical and medicine research companies of the world.

*She is based in New Zealand, currently in India. She has done her **Yoga Teacher Training courses from Yoga Vidya Gurukul**. She is basically pharmaceutical scientist with degree **Master in Pharmacy** and has worked extensively in Medical Regulatory Affairs for various medical product filing in USFDA and global regulatory approvals.*

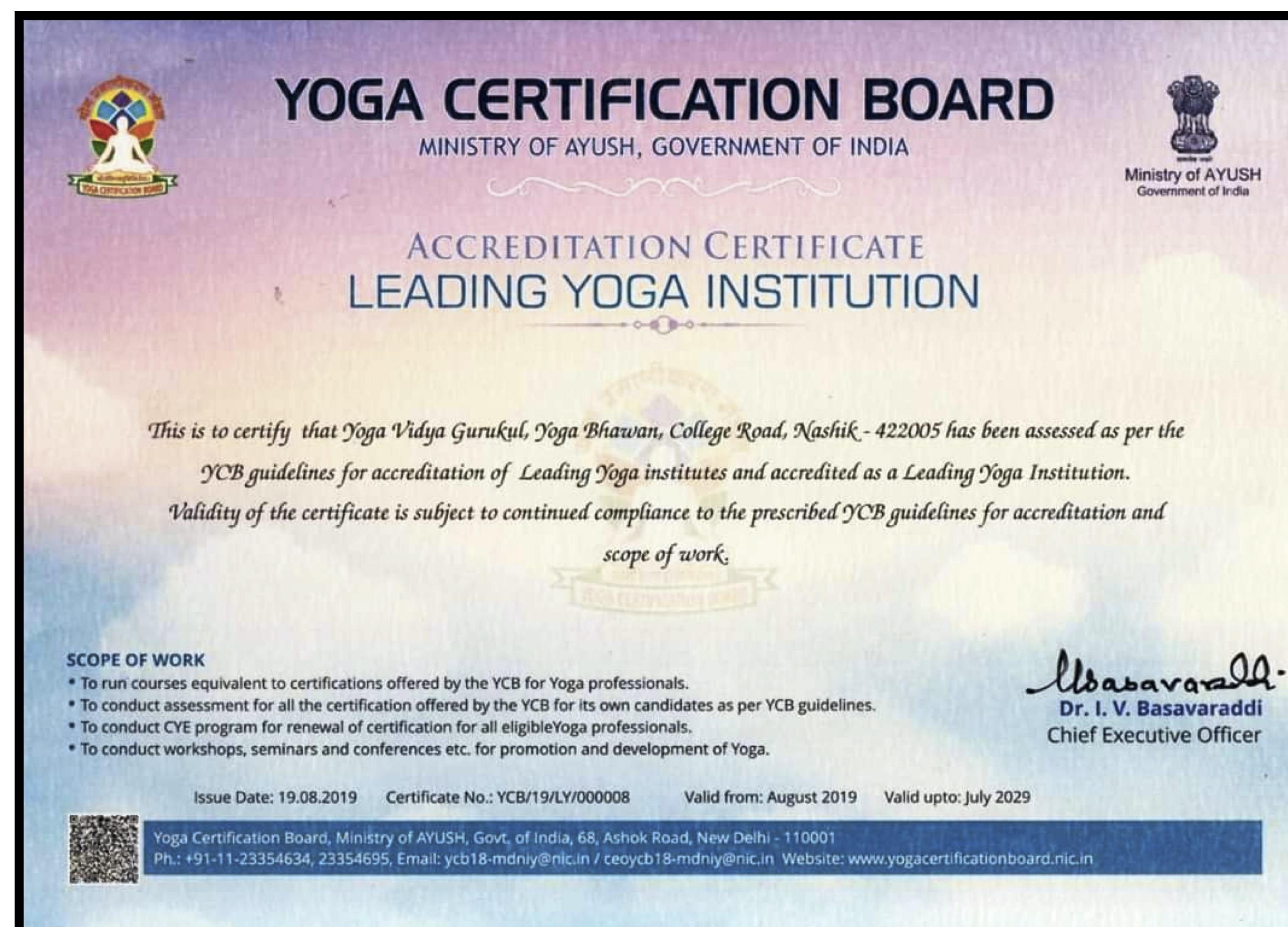
*She has in-depth knowledge of various **yoga practices for health benefits** and she has excellent teaching skills.*

If required, to support the course conduct further; we have big team of Medicos, Para-medicos, International Yoga Teachers and Yoga Scientists with excellent track record of teaching yoga and research. Please, visit our website [www.scientificyoga.org](http://www.scientificyoga.org) for more details about them.



# Course Certification Institute / University

The final examination and course certification will be carried out by **Yoga Vidya Gurukul, a Yoga University from Nasik, India**. Yoga Vidya Gurukul was founded in 1978 by Yogacharya Dr Vishwas Mandlik as a non-profit organization. The organization is following traditional yoga which is the authentic form of yoga focusing on life style and based on Ashtanga yoga, Hatha yoga, Karma yoga, Bhakti yoga, Jnana yoga. **The prestigious Prime Ministers Yoga Award 2017 was given to the founder, Dr Vishwas Mandlik for his great contribution to the field of yoga in India and all over the world. He is the first recipient of this award in India.**



Yoga Vidya Gurukul  
[www.yogapoint.com](http://www.yogapoint.com)

The Yoga Vidya Gurukul is conducting Yoga teacher training programs **since 1983**. The organization have **certified more than 18000 yoga teachers in India, 4500 yoga teachers in foreign countries and more than 300,000 yoga students all over the world**. The current course is recognized by

- ✓ **Government of Maharashtra** (under Government of India)
- ✓ **Department of AYUSH** (Under Yoga Department, Government of India)
- ✓ **Indian Air Force** (Air force division of India army, under Government of India)
- ✓ **Kavi Kalidas Sanskrit University, Ramtek, Nagpur** (Government of Maharashtra University)
- ✓ **Yoga Vidya Gurukul has been accredited as Leading Yoga Institute by Yoga Certification Board, Government of India.**

Today, Yoga Vidya Gurukul has Yoga Teacher Training course centers in **India as well as Australia, Singapore, Hongkong, Spain, Italy, Kazakhstan** etc. and the course certificate is widely accepted not only in India but also round the world.



**Dr. Jignesh Patel is affiliated with and recognized by Yoga Vidya Gurukul to conduct Yoga Teacher Training Course; and the examination and certification will be carried out by the Yoga Vidya Gurukul.**

**Note:** Successful student will also be given an additional option of Yoga Certification Board Yoga Instructor / Teacher certification exam (fees for the same need to be paid separately).



# Eligibility Criteria for Enrollment in the Course

Following are the eligibility criteria for enrollment into the course.

- 1) Healthy individuals (physically + mentally) with no or minimum experience of yoga.
- 2) Yoga practitioners who have been doing yoga and want to become yoga teachers.
- 3) Minimum age is 18 years. For applicant over the age of 60, a fitness certificate is necessary.
- 4) Have serious commitments for understanding the Yoga lifestyle, applications and philosophy.
- 5) Yoga aspirants who want to learn the TRADITIONAL YOGA & techniques to teach the same.
- 6) For course in English language, the candidate should be able to read, write and understand English instructions and should be able to interact in English language.
- 7) For course in Gujarati language, the candidate should be able to read, write and understand Gujarati instructions and should be able to interact in Gujarati language.
- 8) The candidate shall have atleast SSC / 10th standard pass from any government approved school board.
- 9) The candidate shall have valid photo identity proof.

## Requirements for the Course

Following are the requirement of facility the candidate should have for the course study and examination.

- 1) Device (e.g. mobile phone, notepad or computer) with good internet connection
- 2) Device supporting e-meetings software like MS Team meetings, Google Drive, Google Meet, Zoom, Internet browsing, WhatsApp. The student need to make sure that there is adequate space, proper lightings; and the camera of the student's device is set such that complete view of the student's various yoga poses can be observed by the teacher and the examiner in the e-meetings, the video of the device is kept on throughout all the sessions and a media trial may be conducted to train students on using these online video meeting platforms.
- 3) E-mail account regularly operated by the student
- 4) Availability for morning time for approx. 1.5 hrs for practical / practice classes
- 5) Availability for minimum 25 hours per week which includes approximately 10 hrs of lectures (live and recorded) and 10 hrs of yoga practice (guided and self-practice) and 5 hours of study (Total of Contact Hours and Non-Contact Hours is more than 200 Hours)
- 6) Availability for weekend days micro-lessons, meeting, discussion, doubt solving session of approx. 1 hr
- 7) Availability for Theory Viva and Practical Exam as per announcement
- 8) Availability for timely submission of weekly assignment submission
- 9) Availability for essay writing, submission and presentation



# Online Compulsory Component of the Course

This is compulsory component of the course and following would be the duration and teaching methods for online component.

- 1) This course component will be of total 10 to 12 weeks.
- 2) This course component is offered in 2 languages: English and Gujarati as per selection done by the student
- 3) Minimum 25 hours per week which includes approximately 10 hrs of lectures (live and recorded) and 10 hrs of yoga practice (guided and self-practice) and 5 hours of study (Total of Contact Hours and Non-Contact Hours is more than 200 Hours)
- 4) Live Online Yoga classes will be conducted by the teacher
- 5) Technology platform used for all online sessions: Microsoft Teams, Google meet, Zoom
- 6) Study Resources and Materials: Videos, Audios, PowerPoint presentations, Documents, various live lectures and recorded lectures on [www.YouTube.com/yogapointindia](http://www.YouTube.com/yogapointindia)
- 7) Students will be able to refer all the recorded sessions on YouTube as per their convenience and will be able to repeat it as many time as the student wishes for improving the understanding.
- 8) There will be continuous guidance through the entire duration of the program via emails, video chat, group discussions, and personal feedback for individual yoga practices, question and answer sessions and personalized chats with the teachers.

## Following topics will be covered in online theory classes.

Week 1: Traditional Yoga, Introduction to Ashtanga Yoga, Introduction to Hatha Yoga, What is Yoga? Omkar, Cell Structure & Muscular System, Skeletal System, Assignment week 1, Yoga During Menstruation

Week 2: Yoga Nidra Lecture, Physiology of Yoga Poses, Ashtanga Yoga – Asanas, Hatha Yoga Asanas, Injury Prevention, Digestive System, Respiratory System, Assignment week 2

Week 3: Hatha Yoga – Pranayama, Yoga Teacher Training 1, Meditation, Yogic Diet, Circulatory System, Reproductive System, Assignment week 3, Essay topic finalization

Week 4: Role of a Yoga Teacher, Corrections, Hatha Yoga – Shatkarmas, Yama, Niyama, Pratyahar, Dharana, Dhyana, Assignment week 4

Week 5: Bhakti Yoga, Karma Yoga, History of Yoga, Yoga for Back Pain, Stress, Prenatal Yoga, Assignment week 5, Yoga for the Joints, Yoga for Back Pain, Yoga for the Upper Back, Neck & Shoulders, Yoga for Back Pain during Pregnancy

Week 6: Ayurveda 1, Ayurveda 2, Ayurveda 3, Ayurveda 4, Assignment week 6

Week 7: Obesity, Kundalini Yoga, Lesson Planning, Women, Yoga and the Menstrual cycle, Assignment week 7, Essay submission

Week 8: Lesson Examination Lecture Part 1 and 2, Assignment week 8, Silence assignment submission

Week 9: Kids Yoga, Kids 3-5, Kids 5-7, Kids 8-10, Yoga for Parents & Children, Self-Practice lecture, Assignment week 9

Week 10: Yoga Sutras



# Online Compulsory Component of the Course

**Practical teaching methodology for following Yoga Practices will be covered during online practical classes.**

- Basic Preparatory Movement & Series
- Basic Supine Position Asana: Anantasan – Lord Vishnu Pose, Ardha Chakrasana Type 1, 2, 3 – Half Wheel Pose, Matsya Kreedasan – Flapping Fish Pose, Shavasana – Corpse Pose, Pawanmuktasana – Gas Release Pose, Supta Pawanmuktasana – Reclining Gas Release Pose, Supta Ugrasan – Reclining Ferocious Pose, Supta Titaliasana – Reclining Butterfly Pose, Supta Uttanpadasana – Reclining Raised Leg Pose, Tadagasana – Pond Pose, Uttanpadasana – Raised Leg Pose,
- Basic Prone Position Asana: Adhvasana – Downward Face Pose, Ardha Naukasan (Half Boat Pose), Jyestikasan – Superior Pose, Makarasana – Crocodile Pose, Sahaj Shalabhasana (Easy Locust Pose), Sahajahasta Bhujangasana – Easy Arm Cobra Pose, Shalabhasana (Ardha) – Locust Pose, Sphinx Pose
- Basic Sitting Position Asana: Marjariasana – Cat Pose, Parvatasan – Mountain Pose, Saithalyasan – Animal Relaxation Pose, Shashankasan – Child’s Pose, Hare Pose, Sukhasana – Cross Leg Position, Swastikasana – Auspicious Pose, Utthan Pristhasana – Lizard Pose, Vajrasana – Thunderbolt Pose, Vyaghrasan – Tiger Pose
- Basic Standing Position Asana: Ardha Chandrasana – Half Moon Pose, Ek Pad Vrikshasan – One Leg Tree Pose, Kati Chakrasana – Waist Rotating Pose, Right Angle Stretch, Sahaja Veerasana – Easy Warrior, Sulabh Trikonasana – Simple Triangle Pose, Sulabh Veerasana – Simple Warrior Pose, Tadasana – Palm Tree Pose, Tiryak Tadasana – Swaying Palm Tree Pose, Vrikshasana – Tree Pose.
- Intermediate Asana Series: Ashtanga Danda, Surya Namaskar– Sun Salutation, Bhujangasana Series, Standing Series
- Intermediate Supine Position Asana: Ashwini Mudra – Horse Gesture Pose, Chakrasana – Wheel Pose, Halasana – Plough Pose, Kandharasana – Shoulder Pose or Bridge Pose, Karnapeedanasana – Ear Trouble Pose or Folded Leg Plough Pose, Matsyasana – Fish Pose, Naukasana – Boat Pose, Sarvangasana – Shoulder Stand Pose, Supta Vajrasana – Reclining Thunderbolt, Viparit Karni – Inverted Pose, Vistrutapada Halasana – Spread Leg Plough Pose
- Intermediate Prone Position Asana: Ardha Naukasan – Half Boat Pose, Dhanurasana – Bow Pose, Naukasana – Boat Pose, Niralamba Bhujangasana – Unsupported cobra pose, Niralamba Shalabhasana– Unsupported Locust Pose, Saralhasta Bhujangasana – Straight Arm Cobra Pose, Shalabhasana – Locust Pose, Tiryak Bhujangasana – Twisted Cobra Pose, Tiryak Dhanurasana – Diagonal Bow Pose, Tiryak Naukasan – Diagonal Boat Pose, Urdhva Mukha Shvanasana – Upward Facing Dog Pose, Vakrahasta Bhujangasana – Bent Arm Cobra Pose.
- Intermediate Sitting Position Asana: Aakarna Dhanurasana – Arched Bow Pose Type 1, Aakarna Dhanurasana – Arched Bow Pose Type 2, Adho Mukha Shvanasana – Downward Facing Dog Pose, Ardha Matsyendrasana – Half spinal twist, Ardha Padma Bandhasana – Half Lotus Forward Bend pose, Ardha Paschimottanasana – Half Forward Bend Pose, Baddha Hasta Gomukhasana – Tied Cow’s Face Pose, Baddha Padmasana – Tied Lotus Pose, Eka Pada Hastasana – Arm to Leg Forward Bend, Hansasana – Swan pose, Merudandasana – Crow Pose, Padangusthasana– Big Toe Balancing Pose, Padmasana – Lotus Pose, Padmasana Yoga Mudra Type 1 – Lotus Gesture Type 1, Padmasana Yogamudra Type 2 – Lotus Gesture Type 2, Paschimottanasana – Forward Bend Pose, Shashank bhujangasana – Striking Cobra Pose, Sharanagat Mudra – Gesture of Surrender, Siddhasana – Perfect pose, Simhasana – Lion Pose, Tolangulasana – Scale pose, Ugrasana – Ferocious pose, Ushtrasana – Camel Pose, Utthit Padmasana – Lifted Lotus Pose, Vajra Matsyasan – Thunderbolt Fish Pose, Vajrasana Yoga Mudra Type 1 – Thunderbolt Gesture Type 1, Vajrasana Yogamudra Type 2 – Thunderbolt Gesture Type 2, Vakrasana Type 1 – Twisted Pose Type 1, Vakrasana Type 2 – Twisted Pose Type 2



- Intermediate Standing Position Asana: Garudasana – Eagle Pose, Mridang Bandha – Drum Pose, Natarajasan – Dancing Shiva Pose, Parivarta Trikonasan – Inverted Triangle Pose, Patangasana – Kite pose, Sankatasana – Difficult Pose, Shirshasana – Headstand Pose, Sulabh Parivarta Trikonasan – Simple Inverted Triangle Pose, Trikonasana – Triangle Pose, Ugrasana – Ferocious Pose, Uttanasan – Squat and Rise Pose, Veerasana – Warrior Pose, Veerabhadrasana - Gracious Warrior pose
- Pranayam - Breathing Techniques: Natural Breathing, Basic Abdominal breathing, Thoracic breathing, Clavicular breathing, Yogic breathing, Deep breathing with ratios, Fast breathing, Viloma – Interrupted Breathing, Anulom Vilom – Alternate Nostril Breathing, Cooling Breath - Sheetali, Sitkari, Kaki mudra, Ujjayi – Victorious Breath, Bhramari – Humming Bee Breath, Bhastrika – Bellow’s Breath, Surya Bhedan – Right Nostril Breathing

**Practical teaching methodology for some of the following Advanced Yoga Practices will be covered during online practical classes.**

- Advanced Series: Advanced Surya Namaskar, Advanced Vajrasana Series, Vajra Ardha Paschimotthanasana (Half Thunderbolt Forward Bend Pose), Vajra Ardha Naukasana (Half Thunderbolt Boat Pose), Vajra Ardha Matsyendrasana (Half Thunderbolt Spinal Twist), Vajra Ardha Bhujangasana (Half Thunderbolt Cobra), Vajra Ardha Dwikonasana (Half Thunderbolt Double Angle/Arms Behind), Vajra Ardha Veerasana (Half Thunderbolt Warrior Pose), Vajra Ardha Yogamudra (Half Thunderbolt Yoga Gesture), Vajra Ardha Padmasana (Half Thunderbolt Lotus Pose), Vajra Padma Matsyasana (Half Thunderbolt Fish Pose), Sarvangasana Series (Shoulder Stand Variations), Shirshasana Series (Head Stand Series)
- Advanced Supine Position Asana: Chakrasana Variations (Wheel Pose), Dwi Pad Shirasan - Two Feet to Head Pose (supine), Halasana - Plough – Variations, Uttan Pad Kati Chakrasana - Raised Leg Waist Rotating Pose
- Advanced Prone Position Asana: Kapottanasana - Pigeon Pose, Poorna Bhujangasana (Full Cobra Pose), Poorna Dhanurasana (Full Bow Pose)
- Advanced Sitting Position Asana: Ardha Bhramacharyasan - Half Celibate’s Pose, Ashta Vakrasan - Eight-Twists Pose, Bakasan - Crane Pose, Brahmacharyasan - Celibate’s Pose, Dwi Hasta Bhujasan - Two Hands Pose, Dwi Pad Shirasan - Two Feet to Head Pose (supine), Ek Pad Shirasan - One Foot to Head Pose, Garbhasan - Womb Pose, Gupta Padmasan - Hidden Lotus Pose, Kashyapasan - Rishi Kashyap Pose, Kukkutasan - Cockerel Pose, Malasan - Garland Pose, Mayurasan - Peacock Pose, Padma Bhugangasan - Lotus Cobra Pose, Padma Mayurasan - Lotus in Peacock Pose, Parighasan - Circle Pose, Poorna Matsyendrasan - Full Spinal Twist Pose, Parshwa Merudandasan - Side Crow, Vashishthasan - Rishi Vashishtha Pose
- Advanced Standing Position Asana: Ardha Padma Bandhasan - Half Lotus Tied Forward Bend, Bhunamanasan - Earth Worship Pose, Chakrasan - Wheel Pose from standing, Eka Pada Merudandasan - One-Legged Crow Pose, Vatayanasan - Rishi Vatayan Pose, Vrischikasan – Scorpion Pose
- Shatkarmas - Cleansing Techniques: Bindu Tratak – Concentrated Gazing on Dot, Jyoti Tratak – Concentrated Gazing on Flame, Kapalbhati – Frontal Lobe Cleansing, Agnisar Dhouti – Fire Breath, Jal Neti – Nasal Cleansing with Water, Danda Neti – Nasal Cleansing with Tube, Vaman Dhouti – Stomach Cleansing, Danda Dhouti – Stomach Cleansing with Tube, Vastra Dhouti – Stomach Cleansing with Cloth, Lagoo Shankarprakashalan – Partial Cleanse, Poorna Shankarprakashalan – Master Cleanse



# Online Examination

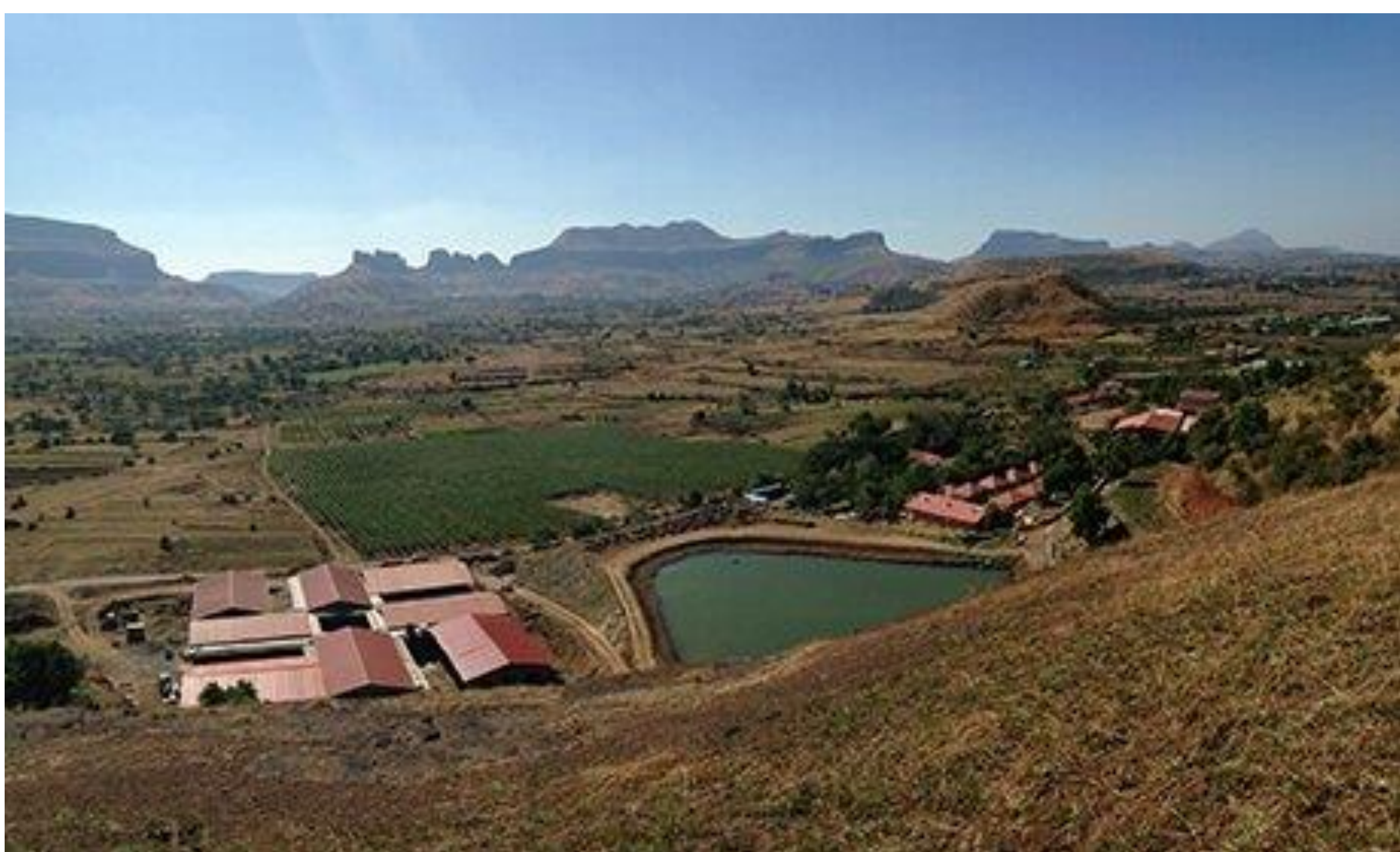
Students performance will be evaluated as per below table.

Sr. No.	Area of Student's Evaluation
1	Pravesh exam (week 3)
2	Regularity in attending daily practical / practice sessions
3	Weekly assignments
4	Parichay Exam (Week 7 & 8)
5	Essay and its presentation (week 8)
6	Performance during practice exam (week 9)
7	Final practical exam (week 9 & 10)

## Additional Centre based Optional Component of the Course

Everything is not possible to teach online, however, this is optional component of the course and the student may opt it based on his/her interest and feasibility. Student will be invited in a group / batch to experience Ashram Lifestyle by spending 7-10 days with following training, but it may change based on requirements and feasibilities.

- Ashram lifestyle experience involving Daily Asana Practice, Karma Yoga, Additional Theory Lectures on Yogic Lifestyle and Yoga Philosophies, Meditation, Mantra Chanting, Havan / Yagya, Bhajan etc.
- Daily Asana Practice will include practical training for Balancing Asana, Inversion Asana, Bandha, Neti kriya, Vaman kriya and Laghu Shankhprakashan which are not possible to train online.
- There is no examination involved for this component and content may change over a period based on feasibility. Preferably, this component of the course will be conducted in English or Hindi language.
- Nominal fees for daily boarding and food will be charged for the same.







# Fees of the Compulsory Online Component of the Course

For the selected course participant, the total Rs.18500 is the fees of the Compulsory Online Component of the Course. Following is the distribution of various fees components

Sr. No.	Fees Head	Amount (Rs.)
1	Registration Fee (will be a part of Tuition fee)	Rs.4500
2	Balance Tuition Fee (Tuition fee for Theory & Practical Teaching)	Rs.10500
3	University Exam and Certification Fee	Rs.3000
	<b>TOTAL</b>	<b>Rs.18500</b>

For students outside India, please, feel free to write to [scientificyoga.india@gmail.com](mailto:scientificyoga.india@gmail.com) to know fees in your currency.

**Scholarship / Sponsorship for the Fees:** At the time of application, student will be given an option to apply for fee sponsorship. The course conducting teacher / studio / party will evaluate such students during the course and will also obtain feedback of the Yoga Vidya Gurukul about the performance of the student in the exam, and based on that, tuition fee paid by the student will be returned to the student by the course conducting teacher / studio / party within a month of successful completion of the course by the student and student’s identity will be kept confidential. The student will also be instructed to keep this receipt of fee return confidential.



## Job or Work Opportunities after the Course

It is well known and accepted that Yoga is very effective in preventing as well as treating lifestyle diseases. Now, yoga trainers are not only needed at gym or fitness centres, but are also needed at healthcare centres, clinics and hospitals.

**Our is a team of medical doctors and para-medicos who realized that there is a great demand of scientific yoga trainers for preventing lifestyle diseases and also to cure them if patient is committed to give time and efforts for yoga as per instruction of yoga trainer.**

Besides healthcare, yoga is now a well accepted practice for corporates to relieve stress of employees and to create co-operative environment in corporates.

**Over all, there is tremendous opportunities for yoga trainers for following areas.**

- 1) Hospitals
- 2) Clinics
- 3) Public health centres
- 4) Fitness centres
- 5) Gyms
- 6) Sport centres
- 7) Clubs and retreat centres
- 8) Corporate training centres
- 9) Ayurvedic and Yoga Institutes
- 10) Yoga related FMCG product industries

If the student wish to go abroad, then, already there are lots of opportunity and demand of Yoga trainers in USA, UK, Europe, Australia etc.



# Frequently Asked Questions about the Course

**Question: What are the daily timing of online theory or online practical classes of the course?**

**Answer:** Theory classes will be via pre-recorded videos which student need to watch at his/her convenience anytime. Online live theory discussion, question-answer and doubt solving session will be conducted once in a week at common timing. The student need to complete theory assignment on weekly basis at his/her convenience and need to submit to the teacher at any-time during the week.

Daily live online practical classes and online live weekend exams will be as per everybody's feasible common timing with 2 options atleast; most preferred daily timing options will be morning from 6/6.30 to 7.30/8am and 2<sup>nd</sup> option will be evening or any other time during rest of the day based on each student's convenience. Both the session will have same practical class and student need to attend any one or both, based on his/her feasibility and interest. If student missed any of the classes because of unavoidable circumstances, we will take care of your theory discussion or practical class loss by arranging special session for you.

**Question: How student's yoga teaching methodology will be enhanced by the course?**

**Answer:** The students will be trained on how to teach yoga. The course contains lot many practical micro-lesson sessions, in which, each student will conduct multiple yoga session on given yoga practices, starting with 10 min till 1 hr complete yoga sessions; and each session will be observed by our highly experience different different yoga teachers from all over world. Each student will receive compliments as well as feedback for each session and we are sure that at the end of the course, student will become highly confident, knowledgeable and skillful in teaching yoga at any corner of the world.

**Question: What is the meaning of international yoga teacher training course?**

**Answer:** The course will make you skillful to teach yoga at international level and course certificate is valid not only in India, but also overseas to conduct Yoga batches.

**Question: I am not able to perform some or many yoga asana because of my physical limitations; is it OK for me to get enrolled into the course?**

**Answer:** The purpose of this course is to enable you to teach yoga practice, hence, it is not necessary that you should also be able to perform all yoga asana. As far as you are learning how to teach yoga asana successfully, it should be OK. No need to worry about inability of performing yoga asana.

**Question: When the course is starting?**

**Answer:** Many batches of course batch has already started, next 2 batches are starting in Sept 2021, 1<sup>st</sup> week and last week respectively.

**Question: What to do to get confirmed seat in course?**

**Answer:** Download the application form from [www.scientificyoga.org](http://www.scientificyoga.org) and submit filled application form to [scientificyoga.india@gmail.com](mailto:scientificyoga.india@gmail.com) Then you will receive a call for confirmation of your eligibility for the course and you need to pay registration fees of Rs.4500 to the provided account to book your seat.

**Question: What to do if I have exam fear?**

**Answer:** The purpose of Yoga is to relieve stress, and hence, Yoga Course should also be stress reliving. Our exam methods is unique and stress reliving, you don't need to worry / fear about your examination at all, we will take care of your exam anxiety / fear if any.



# Feedback of Our Recently Completed Batch Students

Hello sir and ma'am good morning



I would like to share my experience .

After starting Sci yoga , i can feel I have become calm. Also when I take my yoga classes I have become slow and steady like in a proper flow.

Thank you so much my both the gurujis for guiding the way I want.



Keep blessings

12:21

It was a very informative session today



V happy to learn Scientific facts supporting yog and the importance of physical stability and balancing that with flexibility.



09:04

Thank you V much for the knowledge.

09:

Thank you Jignesh Sir,  
Jagriti Mam  
Roshan Sir,  
For Imparting knowledge,  
Guidance and support, for  
patience and kindness.  
Very fortunate to have you as yog  
teachers.  
Thank you wonderfull collectivity  
of students who were very  
supportive at every step.  
Lots of love and best wishes.

18:13

Thank you Bhavana Mam, Jagriti  
Mam and Jignesh Sir  
For wonderful Guidance.  
The correction inputs and  
encouragement will help us a lot.  
Lots to learn.



All participants Great team and  
dedication.



Learnt from each and everyone.



11:26

Good Morning Sir

After the today's session, I was  
practicing asana and I am happy  
to share that After almost 4 years  
I was able to perform Halasana  
fully, I am Thankful to You,  
JagritiMam and Yogapoint for the  
guidance and support, that slowly  
with practice it is possible



08:05

Thank to yoga point .. Many  
many thanks to jignesh sir  
thanks to roshan sir ..thanks to  
jagriti ma'am who gave a deep  
knowledge of yoga and support



17:50

Thanks to all our course members  
too

17:50

You all are doing very well  
because our teachers taught us  
very nicely



17:51

Heartly naman to Guruji and all  
yoga point members



17:52

Hello namaste everyone



Hariom



First of all so sorry for delaying  
msg as I was in rush and hush.

But thank you very much Jagriti  
ma'am and jignesh sir for  
this learning journey. Will alw  
remember jagriti ma'am's sweet  
voice of prayer.

Jignesh sir's so deep knowledge  
which he used to share and for  
that we were hungry.

Thank you all my Teacher

friends



Thank you jignesh sir and ma'am  
for teaching us science behind  
yoga. just because of you I can  
share this knowledge



15:56

Today after finishing my final  
exam I want to share something  
with all of you that from the  
Bottom of my heart I Thank  
to all the Guru's RoshanSir,  
JigneshSir, And JagritiMam for  
giving your thoroughly guidance  
and knowledge about the yoga  
clearing the doubts and teaching  
the proper yoga technics how  
to perform and precautions and  
everything, I never felt competition  
with others, it's me and Myself  
doing Competition to Improve and  
Become a better Human Being,  
so with Final exam Again I have  
Challenge to Myself to improve  
more and more to Help Everyone,  
Hopefully we can be Connected  
with Eachother Throughout the  
Journey called Life, Big Thank  
you to All My Fellow Classmates ,  
HARI OM



09:08



# Contact Information

## Website

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