

RYS
200

Yoga Teacher Training

AROGYA YOGA SCHOOL

*Limited slots available.

10 SEP TO 06 OCT 2018:

For more information:
info@arogyayogaschool.com
www.arogyayogaschool.com
+91-8217512286

WWW.AROGYAYOGASCHOOL.COM

200 HOURS YOGA TEACHER TRAINING

YOGA TTC SYLLABUS

- YOGA PHILOSOPHY
- HUMAN ANATOMY-
PHYSIOLOGY AND YOGA
- MANTRA RECITATION
CURRICULUM
- ASANA AND PRANAYAMA
PRACTICE SESSIONS.



Arogya Yoga School

Yoga TTC Dates

- 09 Oct to 04 Nov 2018
- 07 Nov to 03 Dec 2018
- 06 Dec to 01 Jan 2019
- 04 Jan to 30 Jan 2019
- 02 Feb to 28 Feb 2019
- 02 Mar to 28 Mar 2019
- 02 April to 28 April 2019
- 02 May to 28 May 2019
- 02 June to 28 June 2019
- 02 July to 28 July 2019
- 02 Aug to 28 Aug 2019