

International Yoga Teachers' Training Course - Level I (IYTTC-I) **NON-RESIDENTIAL**

Introduction

There is a keen desire in many people living in the city, to learn more about yoga, practice it, and also learn to teach yoga. On the other hand, there is a huge and growing demand for trained yoga professionals, and now mandated by the Government of India.

Many people, at this time, cannot become a yoga teacher, because they are required to spend many months, sometimes years away from family to get a yoga teacher qualification.

The IYTTC courses taught by Sivananda Yoga Centre Gurgaon since 2011, have thus far been the four weeks residential course leading up to a 200 hours Yoga Alliance recognized certification. (www.yogaalliance.org)

To benefit many more people, who would like to become a yoga teacher, SYCG is pleased to introduce a weekend, non-residential international YTTC Level I, yet again, the sixth in a row.

Course details

Yoga is a vast science. The practice of asanas, or postures, is the most commonly understood, but only one aspect of yoga.

We have designed the Yoga Teachers Training Course to give ordinary people a deeper experience of this ancient science. You can view the full daily schedule of the NON-RESIDENTIAL IYTTC - Level I on www.yogashowstheaway.com as well as below.

In the course, you will have an opportunity to practice yoga asanas, relaxation, cleansing techniques called kriyas, pranayama, or the science of breath, and breath control, and guided meditation. In addition to this, you will have an opportunity to practice selfless service and learn ancient scriptures.

While we all would like to arrive at the destination, we have to follow a process, and also

undertake a journey before we can arrive there. For good health, or mental concentration, or a way of life which is satisfying and fulfilling, we have to take appropriate steps. First the body has to be cleared of impurities, and the mind has to be cleansed of disturbing thoughts. In the eight weeks period, with special attention to diet, a relaxed and peaceful environment, mentally and emotionally aligned gathering of like-minded people, educative lectures on Vedanta and yoga philosophy, highly trained teachers and guides, and the practice of pranayama, asanas and relaxation, you slowly become meditative, your health improves, and you have perception of a better way of life.

The course gives you the methods, the knowledge and the understanding on how yoga can become a practical way of life.

This weekend course offers a profound personal experience, designed to build a firm foundation of inner discipline and provide the proficiency to teach yoga to others. The essence of yoga is learned through a combination of repeated practice and inspirational lessons. The approach to teaching is personal, focusing on the individual student. Among the many benefits students report are increased strength and flexibility, greater spiritual awareness, improved power of concentration, enhanced self-esteem and a new found sense of self-discipline, proper breathing, proper relaxation, proper diet, positive thinking, and meditation.

Course Dates

1 February – 29 March 2026

1 February to 29 March 2026 (Weekends at Zorba the Buddha, MG Road, Delhi)

4 - 5 April 2026 (Exam and Graduation at H 53, South City 1, Gurgaon)

Course Locations

- ★ Zorba the Buddha, 7 Tropical Drive, MG Road, Delhi (Weekends)
- ★ Sivananda Yoga Centre, Gurgaon – H 53, South City 1, Gurgaon, Haryana (For exam and graduation)
- ★ Twice a week, Karma Yoga at any of the four Centres in Gurgaon (Please check details over a call)



Curriculum

1. **Yoga Asanas**
 - The sun salutation and the twelve basic yoga postures
 - Advanced variations
 - Effects of asanas on the physical and astral body
 - Proper posture alignment, deep relaxation, release of blocked energy
 - Benefits of Yoga Asanas
2. **Pranayama**
 - The basic practices: Kapalabhati, Anuloma Viloma (alternate nostril breathing)
 - Advanced pranayama exercises
3. **Kriyas**
 - The six classical exercises for purifying the body
4. **Hatha Yoga Theory**
 - The astral body
 - The nadis (energy channels) and chakras (energy centers)
5. **How to Teach** • How to teach the sun salutation and the twelve basic postures
 - Setting up a proper environment for class
 - The basic class
 - How to teach beginners and intermediate students
 - How to teach children, the elderly, and prenatal yoga
 - How to correct a student doing Asanas
6. **Yoga Philosophy and Psychology**
 - The four paths of Yoga: Karma Yoga (selfless service), Bhakti Yoga (the path of devotion, including attendance at devotional rituals); Raja Yoga (mind control), and Jnana Yoga (the path of wisdom and realization).
 - Psychology of the spiritual aspirant
 - The law of karma
 - Kundalini yoga
7. **Anatomy and Physiology**
 - The effects of hatha yoga practices on the major body systems

8. Yogic Diet and Nutrition

- Influence of diet on the mind
- Proper diet
- Nutrition according to Ayurvedic guidelines
- Ethical, health and spiritual reasons for vegetarianism

9. Meditation

- Twelve-step guideline to meditation
- The benefits of meditation
- Mantras, mantra-initiation (if requested)

10. Kirtan (Chanting)

- Positive effects of chanting on the emotions
- Correct pronunciation and mental attitude
- Learning classical Sanskrit chants

11. Bhagavad Gita

- Study and commentary of the classical scripture



Daily schedule

7:00 am	Arrival at the venue
7:30 am	Asana and Pranayama class (Practice)
9:30 am	Brunch
10:30 am	Bhagavad Gita, Chanting
11:45 am	Vedanta, yoga philosophy
1:15 pm	Tea
1:45 pm	Meditation and Satsang
3:30 pm	Asana and Pranayama class (How to teach)
5:30 pm	Aarti and Prasad and departure
6:00 pm	Departure

Karma Yoga schedule during the week will be announced separately. Participant has to attend two classes every week at any of the four Sivananda Yoga centres in Gurgaon, to observe the Centre's daily open classes, to practice, to assist and to help, making three hours of mandatory Karma yoga time for the completion of the syllabus.

- Attendance at all activities is mandatory. Changes in the programme may occur from time to time. It is possible that some sessions may extend beyond the time, in case discussions, or sections need to reach a conclusion. Students may make a note of this.

Recommended texts

- Sivananda Training Manual – by Sivananda Yoga Vedanta Centre
- The Complete Illustrated Book of Yoga – by Swami Vishnudevananda
- Bhagavad Gita (with commentary by Swami Dayananda Saraswati)
- Meditation and Mantras – by Swami Vishnudevananda
- The Sivananda Chant book - ISYVC

* The above-mentioned texts are included in the course donation.

- Sivananda Companion to Yoga - by Sivananda Yoga Vedanta Centre
- Sivananda Beginners Guide to Yoga – by Sivananda Yoga Vedanta Centre
- Yoga Mind & Body – by Sivananda Yoga Vedanta Centre

* The above-mentioned texts are available for purchase in the Centre boutique

Assessment and Certification

The students are continuously assessed throughout the course at all levels. There will be a written exam at the end of the course to evaluate the understanding of the philosophy of Yoga and skills of the students.

Assessment is based on:

- Regular attendance of all classes – 90 per cent attendance is mandatory for certification
- Written summary of the main philosophy classes and hatha yoga theory classes
- Attitude and behaviour while attending the course
- Performance and attitude in the practical asana, pranayama, bandhas and kriya classes
- Hatha yoga teaching skills
- Karma yoga during the week at the centres

Upon successful completion of the course students receive a Diploma/Certificate from the Sivananda Yoga Centre, Gurgaon.

This training course fulfills the requirements for the Yoga Alliance 200-hour certification, for which graduates of the course are invited to register.

Prerequisite

This course is open to all students who wish to deepen their knowledge and application of some of the highest teachings of yoga. Participants do not need to be yoga teachers. Mastery of any yoga practice is not necessary... only your sincere desire for knowledge and your commitment to personal growth.

Course fees

- Indian nationals - ₹ 95,000 plus 5% GST
- Foreign nationals - \$ 2,500 plus 5% GST

Of the fees stated above, 25% is non-refundable/non-adjustable. Kindly apply only if you are completely sure of participating in the course. Please read “**Terms**” in the document below for more details regarding the fee.

Terms for the Tuition Fee

25% of the course fee is non-refundable/non-adjustable

Last date of registration and complete payment is 10 January 2026.

If you cancel your participation after 10 January, only 50% of the course fees will be refunded.

Any cancellation after 20 January 2026, the entire fee is non-refundable, under any circumstances.

Fees will also not be refundable under any circumstances, if you choose to leave the course after it begins on 1 February 2025. Under no circumstances will the fees be refunded, once the course has started.

The course fee includes the entire yoga tuition, two pairs of uniforms, the participant's training manual, the internally recognized Yoga Alliance certification and meals.



How to apply

Please fill the online application form on the website.

<https://www.yogashowstheaway.com/nrttc-registration>

Kindly also submit the full fee, a part of which is the non-refundable deposit to reserve your place in the course. (Please note that if the course gets filled up, the last date of payment for those already registered will shift to an earlier date. It is better to make the full payment to avoid disappointment). Use any method below to pay.

Please scan to pay



Bank details for bank-to-bank transfer

Firm name- SIVANANDA YOGA
CENTRE (GURGAON)
Account no- 017705013936
Address - QUTUB PLAZA, DLF-
PHASE-1, GURGAON
IFSC code - ICIC0000177
Swift code- ICICINBBNRI

Please note that submitting a valid application form does not guarantee a place in the course. All applicants have to go through an interview, where the staff of SYCG will seek to understand from the applicant the commitment towards participation, various probabilities and chances of missing classes and sessions, reasons for participation. Also, SYCG staff will share information about what a participant can face during the course. Only after satisfying the interview criteria will an applicant be registered for the course.

Please also note that the payment of fees for the IYTTC Level I does not guarantee, in any way, that the participant will graduate from the course, and also be given the Diploma/Certificate. The granting of the Diploma/ Certificate is subject to a strict assessment during the course, and the final examination, and cannot be negotiated. This is an international norm for the Registered Yoga Teacher 200 hours training, as required by Yoga Alliance. Please read the section on Assessment above, to be clear about this part.

Use of mobile phones/computers

The use of mobile phones and computers and the Internet will be allowed only during breaks, with permission from staff, outside the main hall. As such, it is to be assumed that there will be minimal interaction during the classes with the outside world. Use of mobile phones in all classes, meal time and also inside the hall are prohibited to respect each other's space.

SUMMARY

Dates – 1 February to 29 March 2026

Format

- Full day Weekends. Three hours of Karma yoga hours during weekdays.

Fees – Indians - Rs 95,000 plus 5% GST; Foreign nationals - \$ 2500 plus 5% GST

Certification – Yoga Alliance recognized RYT 200 hours training, valid internationally.

Schedule – Two asana classes, two hours each, every weekend; training to teach others; theory of all yoga practices; Vedanta, Bhagavad Gita, chanting, kriyas, meditation and kirtan; saatvik (yogic) brunch at 10.00 am.

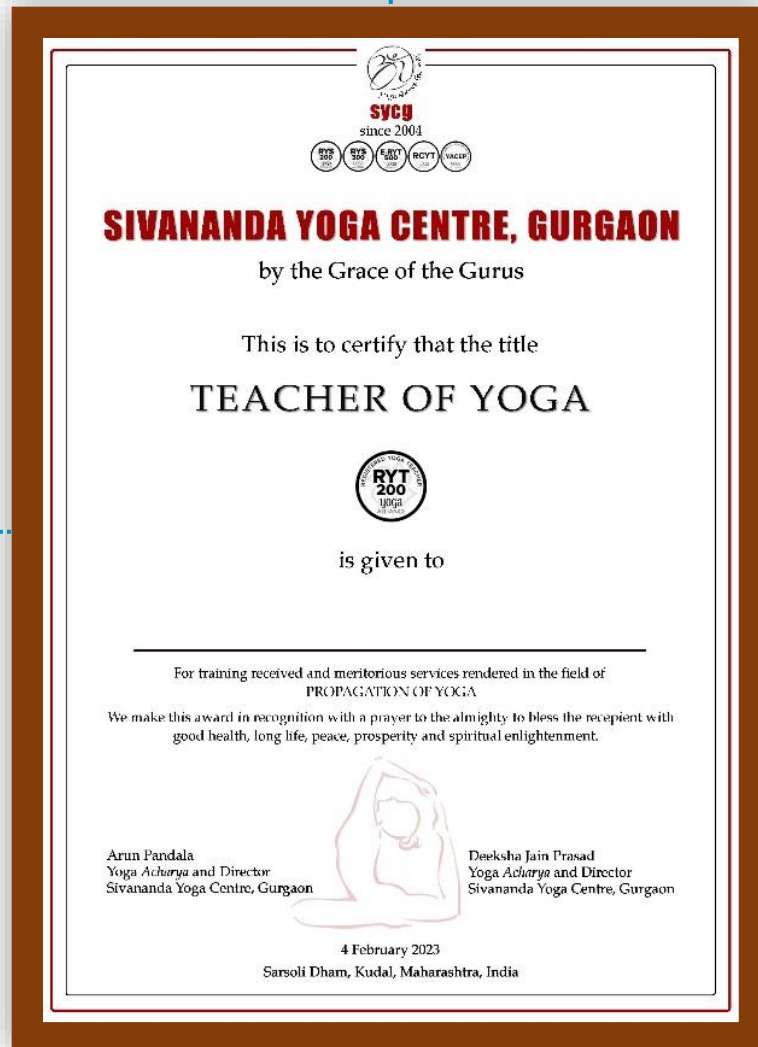
Eligibility – Above 18 years; keen desire to practice and teach yoga

Opportunity – Sivananda Yoga Centre, Gurgaon does not provide jobs or employment opportunities to participants of the IYTTC. However, learning how to teach, taking care of students and growing in your practice of yoga – all is possible, once the course is over and you have certified. This happens as a volunteer at the Centre, in both online and offline classes.

Participants – From all over NCR, and even foreign nationals living in India.

Faculty – Senior teachers from Sivananda Yoga Centre, Gurgaon, senior medical doctor (for anatomy, and senior Vedanta teacher from Swami Dayananda's lineage. Drop in and meet us at the centre, and try out our classes, before the course!

Questions – Call, or message on the numbers given in this document.



Sivananda Yoga Centre, Gurgaon

Sivananda Yoga Centre, Gurgaon (SYCG) was set up on 1 April 2004. Its main purpose is to spread the teaching and practice of an authentic and ancient system of yoga, thereby promoting health, well-being, freedom from stress and more balanced and visionary individual.

SYCG has daily yoga classes, special courses, annual programmes and retreats, yoga teacher training courses, advanced teacher training courses, yoga during pregnancy, and yoga classes for children and teenagers.

The classes are both online (on Zoom and YouTube), and onsite (in Gurgaon).

All the teachers at the Centre have taken an international residential or non-residential, or online teachers' training course (recognized by Yoga Alliance).

Each teacher goes through the same rigorous Gurukula system of training – learning by repetitive practice under the supervision of senior, more experienced teachers. They learn to have sensitivity, respect and a deep understanding of the human condition.

The yoga class and yoga system which we teach, is one of the most popular forms of yoga in the world today, easy to begin and to understand and to practice.

SYCG initiated its offsite programmes in October 2010, and has concluded many yoga retreats and teacher training courses over the past 14 years. More than 100,000 people have done yoga with SYCG.

More details about SYCG can be had from the website www.yogashowstheaway.com.

sivananda daily open class

ONLINE ON ZOOM (India Standard Time)

Monday, Wednesday, Friday
7.00 - 8.00 am
5.00 - 6.00 pm

Tuesday, Thursday
8.00 - 9.00 am
11.30 am - 12.30 pm
7.00 - 8.00 pm

Saturday, Sunday
8.00 - 9.30 am

*practice under the guidance of senior teachers.
two-way supervised class.
limited group size.
improve, enjoy & step up*

for zoom link, membership fee, and other details
call - +91 9878445850, 9818990014
email - yogashowstheaway@yahoo.com

book a free trial class
SIVANANDA YOGA CENTRE, GURGAON



SYCG SIVANANDA YOGA since 2004

health is wealth. peace of mind is happiness. yoga shows the way.

M 13/23 DLF phase 2
mon, wed, fri
7.30 - 8.30 am
7.00 - 8.00 pm
tues, thurs
8.00 - 9.00 am
tues, thurs, fri
5.00 - 6.00 pm
sat, sun
8.00 - 9.30 am
advanced asana class
sun 10.00 am - 12 noon
prenatal yoga
sat 10.00 am
wed 5.30 pm
meditation
sat 7.15 - 7.45 am

H - 53, south city 1
mon to fri (daily)
8.00 - 9.00 am
mon, wed, fri
7.00 - 8.00 pm
tues, thurs
6.30 - 7.30 am
sat, sun
6.30 - 8.00 pm
advanced asana class
sat 10.00 am - 12 noon

1545 B, sector 57
mon, wed, fri
7.00 - 8.00 am
7.00 - 8.00 pm
tues, thurs
8.00 - 9.00 am
sat, sun
8.00 - 9.30 am

846, pocket (E), sector 21
mon, wed, fri
7.00 - 8.00 am
sat, sun
8.00 - 9.30 am

*enjoy a good workout, increase your immunity,
prevent pain & illness, get peace of mind.
surya namaskar, asana, pranayama, relaxation.*

SIVANANDA YOGA CENTRE, GURGAON

FREE TRIAL CLASS (call for details)
9811155549, 9818990014

www.yogashowstheaway.com
yogashowstheaway@yahoo.com

The Faculty

With over 21 years of full-time dedication to teaching practice and administration of yoga, Sivananda Yoga Centre, Gurgaon is blessed with very senior faculty.

They are led by **ARUN PANDALA**, Yoga Acharya (Master of Yoga), one of the senior-most Sivananda trained teachers in India. He has been practicing yoga since 1992 and teaching yoga since 1995. Arun holds an ERYT 500 and a continuing education provider YACEP certification from Yoga Alliance, USA. He is the joint Founder-Director and senior Acharya at Sivananda Yoga Centre, Gurgaon.

DYUTIMA GOEL is ERYT 500, and RCYT. She has been practicing and teaching yoga since 2011. With over 10,000 hours of yoga practices over the last decade, she brings experience and expertise to all courses, classes and certification programmes.

They are assisted by some of the senior-most yoga staff in India, trained under a rigorous gurukula system. This formidable team sets out to teach, assist and help you certify in the course.



Contact us

If you have any questions about the course please contact

8.00 am – 8.00 pm Indian standard time – (international callers add +91)

Arun 9810645850; Dyutima 9811855855; Anita 9811155549

email – yogashowstheaway@yahoo.com

