

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

Introduction

To benefit many more people, who would like to become a yoga teacher, SYCG introduced a weekend, non-residential international yoga teacher training course, Level I, for the first time in January 2016.

As we face a changed world, with monumental challenges, SYCG is adapting and adjusting to the new demand. Yoga and yoga teaching must continue.

For the second time, after a successful attempt in January 2021, we are delighted to offer an **ONLINE, 200 hours International Yoga Teachers Training Course - Level 1, starting 15 August 2026.**

The IYTTC courses taught by Sivananda Yoga Centre Gurgaon since 2011, lead up to a 200 hours Yoga Alliance recognized certification. (www.yogaalliance.org)



Course details

We have designed the Online Yoga Teachers Training Course to give ordinary people a deeper experience of this ancient science. You can view the full daily schedule of the ONLINE 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 (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.

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

This 10 weeks 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

15 August – 18 October 2026 (ALL ONLINE)

10 weekends

6.15 am to 10.15 am and 2.15 pm to 6.15 pm (8 hours)

4 days during the week - 6.30 to 8.00 am (8 hours)

Course Location (ONLINE)



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

Weekends

6.15 am	Online room opens, camera on, audio off for all students
6.30 am	Asana and Pranayama class
8.30 am	Tea and comfort break
8.45 am	Main Lecture
10.15 am	Brunch (room is closed, students have 4 hours free)
2.15 pm	Meditation, chanting, lecture, aarti
3.45 pm	Comfort break
4.00 pm	Asana and Pranayama class
6.15 pm	Room closed for the day

Weekdays

Monday	6.30 – 7.30 am	Chanting/Bhagavad Gita
Tuesday	6.30 – 8.00 am	Asana Pranayama practice class
Wednesday	Free day	
Thursday	6.30 – 8.00 am	Asana Pranayama practice class
Friday	6.30 – 7.30 am	Chanting/Bhagavad Gita

- Attendance at all activities is mandatory. Participation in all classes every day is also mandatory. Attendance will be taken before the commencement of each session. 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. Camera should be on at all times, unless specific permission has been sought and granted.

Recordings, time zones and foreign students

It is obvious because of the time difference, many participants will not be able to join the classes live. In order to have an inclusive course, we are happy to offer the recordings to all foreign participants, joining us from different times zones. We will record all sessions. These recorded sessions will be given to be viewed preferably as the same schedule as the live TTC schedule, but in your own country and time zone. For example, the curriculum for the weekend must be viewed and participated in during the weekend itself, and not on other days.

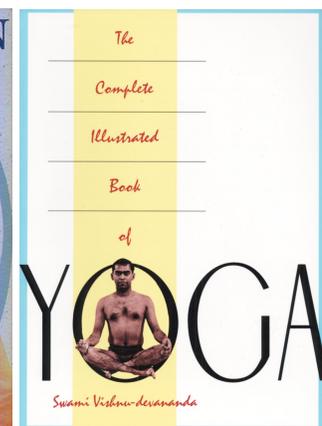
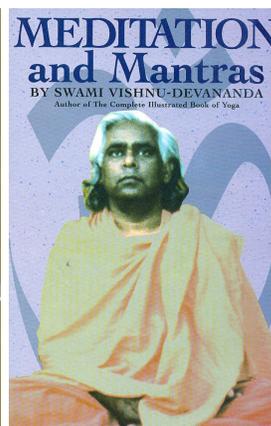
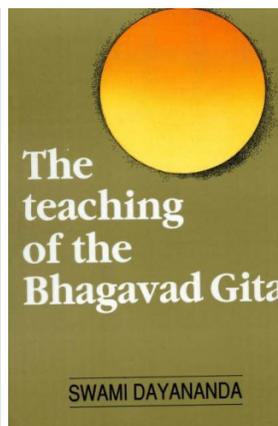
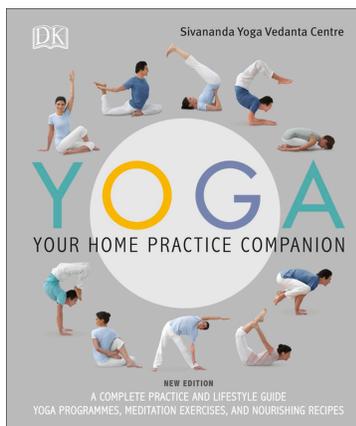
Similarly, participants will be required to submit recorded teaching sessions, as part of the syllabus and completion of course certification requirements.

The faculty will monitor the participation from recordings, though the submission of assignments and also the self-recorded teaching sessions.

Recommended Course books

The below-mentioned texts are recommended Course books, which can be purchased and are not included in the Course fee.

- The Home Practice Companion – by Sivananda Yoga Vedanta Centre
- Bhagavad Gita (with commentary by Swami Dayananda Saraswati)
- Meditation and Mantras – by Swami Vishnudevananda
- The Complete Illustrated Book of Yoga - by Swami Vishnudevananda



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

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 donations

A. Indian citizens living in India

- Rs 60,000 plus 5% GST

B. Those with a prior qualification in Yoga, like Masters or Bachelors degree or Diploma in Yoga from recognized universities or Yoga Alliance RYT 200 hours from any school

- Rs 40,000 plus 5% GST

C. Foreign citizens living in India or abroad and Indians living abroad

- \$1200 plus 5% GST

Included in the Course donation

The donation includes

- * Two pairs of SYCG - IYTTC uniforms
- * Sivananda Training Manual - by Sivananda Yoga Vedanta Centre
- * The Sivananda Chant Book
- * Tuition for the entire yoga teacher training course
- * Recordings of sessions for those living in different time zones
- * Students' manual, and
- * Internationally accepted yoga certification

Of the fees stated above, **25% is a non-refundable deposit**. Kindly apply only if you are completely sure of participating in the course.

If you cancel your participation after 1 August 2026, only 50% of the course fees will be refunded.

Any cancellation after the last date for registration, that is 10 August 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 15 August 2026. Under no circumstances will the fees be refunded, once the course has started.

PLEASE NOTE - THE COURIER FEE FOR SHIPPING THE UNIFORM AND THE STUDENTS' MANUAL WILL BE BORNE BY THE PARTICIPANT.

How to apply

The website, www.yogashowstheaway.com has the application form. Kindly fill it.

Kindly also submit a minimum, non-refundable deposit of 25% of the course fee, to reserve your place in the course. The balance can either be paid immediately, or latest by 1 August 2026.

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 ONLINE 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.



Meet the Teachers

Sivananda Yoga Centre, Gurgaon has a teacher body of over 100 active teachers. Each of them has completed his or her International Yoga Teachers' Training course certified by Yoga Alliance to teach yoga anywhere in the world. This teacher body, growing and maturing as each day goes by, is one of the largest pools of qualified yoga teachers of the Sivananda system in the world, practicing and teaching together at one centre, online and onsite.

Our greatest assets are the faculty who teach the IYTTC. They are some of the very best in the world, vastly experienced, senior, wise, charismatic, articulate, passionate, and highly motivated in sharing knowledge.

Arun Pandala

Arun Pandala is one of the senior-most Sivananda yoga teachers in India. He started practicing yoga at the Sivananda Yoga Vedanta Nataraja Centre in New Delhi in 1992 (34 years ago).

He did his RYT 200 hours Yoga Teachers' Training Course from Sivananda Yoga Vedanta

Dhanwantari Ashram, Kerala in

January 1995. In 1996, he did his Advanced Yoga Teachers' Training Course (RYT 300 hours) from the same venue. He has had an unbroken run of teaching yoga for the past 30 years. Arun is an Experienced Registered Yoga Teacher (E-RYT) 500 hours as designated by Yoga Alliance USA, (www.yogaalliance.org) the international certifying body for world standards in yoga. He is also registered as a Yoga Alliance Continuing Education Provider (YACEP). Since the time he started teaching yoga in 1995, Arun has reached out to more than 500,000 people in India and abroad, through more than 20,000 hours of teaching and training. In 2004, he set up Sivananda Yoga Centre, Gurgaon, (www.yogashowstheaway.com) with purpose of spreading an authentic and traditional lineage of yoga and allied sciences.



Dyutima Goel

Dyutima represents the modern yoga teacher. She has graduated more than 300 yoga teachers by herself over the years, under eight teacher training courses recognized by the Yoga Alliance, presented by the Sivananda Yoga Centre, Gurgaon. Trained as a professional architect, Dyutima has preferred to pursue her passion, as a life occupation and career, since 2011, teaching yoga to literally thousands of people every year. She is well versed with the simple and advanced practices, theory, the philosophy, and all round aspects of yoga, including selfless service, uncompromising work ethic and discipline, an extraordinary ability for caring for and teaching people and kirtan and satsang.



Her yoga credentials -

Dyutima Goel, age 33; Experienced Yoga Teacher 500 Hours (ERYT 500), Registered Children's Yoga Teacher (RCYT) as recognized by Yoga Alliance; International Yoga Teachers' Training Course Level 1 June 2011; International Yoga Teachers' Training Course Level 2 January 2016; Senior staff, Sivananda Yoga Centre, Gurgaon since 2014. Dyutima has been an integral part of the activities at Sivananda Yoga Centre, Gurgaon, since her graduation from the Yoga Alliance certified RYT 200 hours Yoga Teacher's Training Course. Yoga teacher since 2011. Teacher of teachers since 2015.

Naveen Kataria

Naveen Kataria left a budding corporate career very early, to focus on something that he loved, and continues to love - yoga. This love for yoga shows up in his classes, where there is a gentleness and calmness, which is to be experienced, not expressed. He is an example of the philosophy of less is more. He lets the students discover,



in their exploration of yoga, what magic yoga holds for them. Naveen has been with SYCG for more than 15 years and taught many thousands of people.

His yoga credentials –

Naveen Kataria, age 42; Experienced Yoga Teacher 500 Hours (ERYT 500) as recognized by Yoga Alliance; International Yoga Teachers' Training Course Level 1 June 2010; International Yoga Teachers' Training Course Level 2 January 2016; Senior staff, Sivananda Yoga Centre, Gurgaon since 2015.

Raghav Kumar

Raghav Kumar comes from a family lineage steeped in the Vedic tradition - a background which has guided him and shaped his spiritual pursuits. After a degree in electronics engineering from IIT Bombay and a stint in the corporate sector as an IT professional, he felt drawn to a full-time pursuit of meditation and also charitable service activities to underprivileged sections of Indian society through the Ramakrishna Mission. In 2001, Raghav first traveled the Himalayas, to Uttarkashi and Rishikesh, where he studied Sanskrit, Vedanta and Yoga Philosophy under the guidance of Swami Dayananda Saraswati and also other respected spiritual teachers. Since 2011, he has been dividing his time between Thiruvannamali in Southern India near the ashram of Sri Ramana Maharishi, the great sage of Advaita, and traveling to ashrams and centres teaching Yoga philosophy, Bhagavad Gita and other Vedanta texts in India and Bali.

Anita Bahl

Anita is our oldest member, and one of the senior most staff and teachers at SYCG. To her credit goes an amazing prenatal yoga programme, running under her supervision for the past 12 years. Anita, now into 60s, is a regular practitioner for the past 18 years, and brings a motherly, and grandmotherly flavor to the administration of yoga classes, as well as her teaching.

Experienced Yoga Teacher 500 Hours (ERYT 500), Registered Prenatal Yoga Teacher (RPYT) as recognized by Yoga Alliance; International Yoga



Teachers' Training Course Level 1 June 2009; International Yoga Teachers' Training Course Level 2 January 2023; Senior staff, Sivananda Yoga Centre, Gurgaon since 2011.

Dr Anjali Kumar

Dr Anjali Kumar is a respected and a senior name in the field of gynaecology. She is an endoscopic surgeon and high risk pregnancy expert with more than 30 years of experience. She is also a proud ex army officer, and a certified Yoga Alliance 200 Hours Yoga Teacher by SYCG .



We welcome you on this wonderful journey!

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; Yashika 9878445850

email – yogashowstheaway@yahoo.com

Om Tat Sat!