



200h  
VINYASA/HATHA

**TEACHER  
TRAINING COURSE**

**Offline & Online**

**27th MAY, 2023**

**a'ayana**

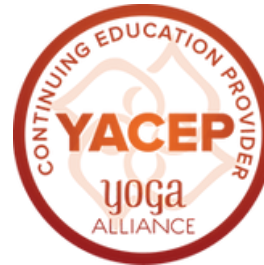
Transforming lives through yoga

# ABOUT AAYANA

Aayana Yoga Academy is a chain of premier yoga studios in Bangalore, Karnataka. A true learning centre for yoga, Aayana is the preferred place for yoga teachers and yoga aspirants in Bangalore and around. The post modern approach to yoga with the perfect blend of tradition makes Aayana of a different kind. Aayana offers group classes in Power Yoga, Hatha Yoga, Pranayama, Yin Yoga, Relaxation, Meditation, Kids Yoga and Prenatal Yoga. Aayana is one of the leading Yoga Alliance accredited yoga teacher training institutes in Bangalore offering 200 Hrs, 300 Hrs, Yin Yoga and Prenatal YTTC.

What is Aayana? Yoga is a way of life that puts you in touch with yourself, to learn to listen to your body - and that's when real change can start to take place. We should all practice yoga to journey inside of ourselves. The challenges and triumphs of life off the mat, reflects our practice and experience on the mat. In Sanskrit "ayana" is said to mean "goal, direction" or more specifically "a good path" in terms of one's life journey. Through yoga - a method of personal transformation - we aim to help you to help yourself in your journey.

*One thing we know from experience, post doing a course with us - things will never be the same.*



WHO ARE WE?

aayana

Transforming lives through yoga

# ABOUT AAYANA

Our teacher trainers have been listed under the top 51 inspiring digital yoga teachers of India for 2021.

<https://www.hellomyoga.com/inspiring-yoga-teachers-2021>

hellomyoga.com/ii

51 INSPIRING DIGITAL YOGA TEACHERS OF INDIA

51 INSPIRING DIGITAL YOGA TEACHERS OF INDIA 2020-21  
powered by: ubindi

प्रेरकः सूचकश्चैव वाचको दर्शकस्तथा।  
शिक्षको बोधकश्चैव षडेते गुरवः स्मृताः॥

Transliteration:  
prerakaḥ sūcakaśvaiva vācako  
darśakastathā |  
śikṣako bodhakaśvaiva ṣaḍete  
guravaḥ smṛtāḥ ||

Hindi translation:  
जो प्रेरणा दे, सूचना दे, पाठ करे, मार्गदर्शन  
करे,  
शिक्षा दे, और बोध कराए, ये छः गुरु माने गये  
हैं।

Mrinali Madhukar  
Aayana Yoga Academy, Bengaluru

Dr. N Ganesh Rao  
ACT Yoga, Mumbai

Nishtha Bijlani  
Nishtha Bijlani, Mumbai

Nivedita Joshi  
Iyengar Yogakshema, Delhi

Yogacharya Parveen Nair  
Yoga Sadhana, Rishikesh

Swami Ramdevji  
Patanjali Research Institute,  
Haridwar

Regeesh Vattakandy  
Aayana Yoga Academy, Bengaluru

Rohil Jethmalani  
Shivatman Yoga, Goa

Sadhguru Jaggi Vasudev  
Isha Foundation, Coimbatore

Sadhvi Bhagwati Saraswatiji  
Paramarth Niketan Ashram,  
Rishikesh

# COURSE OVERVIEW

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Whether you love yoga and wish to become a yoga teacher or looking at deepening your own practice and transforming your life, this beginner level course is for you.

During your course we touch upon various topics of yoga theory (please see the attached syllabus), yoga anatomy, asana practice sessions, yoga nidra, pranayama, shatkarmas and group discussions.

The teaching certificate offered is internationally recognised and will allow students membership of the **Yoga Alliance**.

Yoga teacher training should be a life-changing experience. Participants will learn to incorporate the essence of all the different aspects of yoga into their practice, a solid foundation on the basics of yoga, enough knowledge of yoga to start practicing and imparting the skills to others.

*Has the thought of teaching yoga ever crossed your mind? If yes, now is the time to buckle down and commit!*

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## COURSE DETAILS

### DATES

27th May, 2023 to 3rd August, 2023

### DAYS & TIMINGS

Tue-Thu (7:30pm to 9:00pm) - ONLINE

Sat-Sun (9:00am to 4:30pm) - IN PERSON

### LOCATION

In-person at Jayanagar, Bangalore

**Free membership to Aayana's studio and online classes till 3rd November, 2023, FROM THE DAY OF REGISTRATION.**

*The sooner you sign up for the course, more the access to free classes!*

## COURSE DETAILS

### BREAK UP OF HOURS

Weekends - 10\*13.5 hrs 135 hrs

Weekdays - 10\*3 hrs 30 hrs

Mandatory Practice Classes 30 hrs

Miscellaneous 5 hrs

(Assignment, Journalling, Assessment, Self Study etc.)

**Total 200 hrs**

# FEE DETAILS

## FEES

**INR 65,000** for  
registrations before  
10th May, 2023)

**INR 70,000** for  
registrations after  
10th May, 2023)

**Includes:** Tuition, Practicals,  
Certification, Course Material

## PREREQUISITE

Non-refundable deposit of 20% of  
the fee to register. Balance fee to be  
paid on the first day of the course.

# COURSE OVERVIEW

## THEORY

### 1. History of Yoga

Mythological, Chronological,  
Modern history of yoga

### 2. Different Types of Yoga

Karma Yoga, Raja Yoga, Bhakti Yoga,  
Jnana Yoga

### 3. Mantras - Chanting, Meaning

### 4. Yoga Sutras

Definition of yoga  
Vritis  
Yamas & Niyamas  
Asana  
Pranayama  
Pratyahara  
Dharana  
Dhyana  
Samadhi  
Kleshas  
Obstacles in Sadhana

### 5. Purusharthas

Dharma, Artha, Kama, Moksha

### 6. Basic Instincts

Ahara , Nidra, Bhaya , Maithuna

7. Different States of  
Consciousness Jagriti, Swapna,  
Sushupti

### 8. Four Divisions of Manas

Manas, Buddhi, Chitta, Ahamkara

### 9. Karma and Karma Theory

Sanchita Karma, Prarabdha karma,  
Kriyamana Karma Cause and effect, Effort  
and destiny

### 10. Nadis

Ida, Pingala, Sushumna

### 11. Pancha Prana

Prana, Apana, Samana, Udana, Vyana

### 12. Pancha Koshas

Annamaya Kosha, Pranamaya Kosha,  
Manomaya Kosha, Vijnanamaya kosha,  
Anandmaya Kosha

### 13. Chakras and Yoga

Bija mantras and chakras, Elements  
and chakra, Five senses, Colours of  
chakras

### 14. Five Elements and Yoga

Elements and behaviour, Balancing  
elements

15. Gunas - Mental healing through  
gunas Satva, Rajas, Tamas

### 16. Teaching Methodology

Adult learning  
Correction and adjustment  
Demonstration  
Importance of 'finding your own voice'



# COURSE OVERVIEW

## PRACTICAL

### 17. Asanas

- A. Surya Namaskar  
Satyananda, Sivananda, Sivananda  
(variation), Traditional, Surya Namaskar  
A & B
- B. Chandra Namaskar
- C. Back bends
- D. Forward bends
- E. Spinal twists
- F. Balancing
- G. Inversions
- H. Transitions
- I. Moving with breath
- J. Layering

### 18. Pranayama

Bhastrika, Ujjayi, Sheetal, Sheetkari,  
Nadi Shodhan, Bhramari

### 19. Pratyahara

Antar Mouna (Stage1)

### 20. Dharana & Dhyana (Meditation) Chidakasha Dharana

### 21. Kriyas

Kapalbhati, Neti, Kunjal, Trataka

### 22. Mudras

Chin Mudra, Jnan Mudra, Hridaya  
Mudra

### 23. Bandhas

Moolabandha, Uddiyana Bandha,  
Jalandhara Bandha, Mahabandha

### 24. Relaxation

Practice Yoga Nidra (4  
Stages)

# COURSE OVERVIEW

## A N A T O M Y

### **Skeletal System**

Bones, structure of bones, types of bones, identification

Connective tissues - ligaments, tendons, muscles, fascia, cartilage

Joints - types of joints, ROM, vulnerable joints

Spine - structure, movements, functions

### **Anatomy Of Movement**

Planes of movement

Movement with respect to various joints

(ankle, knee, hips, spine - cervical/thoracic/lumbar, shoulder, elbow, wrist) - identification

Range of movements (nature of joints)

### **Muscular System**

Muscle structure, types of muscles

Sliding filament theory

Types of muscle activation (concentric, eccentric, isometric)

Muscle role (agonist, antagonist, synergist)

Muscle groups - abdominal, respiratory, hamstrings, quadriceps

### **Nervous System**

Central nervous system, Sympathetic, parasympathetic, Homeostasis

Classification of nervous system

Nerve reflexes - stretch reflex

Types of stretching - dynamic, static

### **Respiratory System**

Mechanics of breathing

Muscles of respiration

Vital capacity, Residual air, Lung capacity

# COURSE OVERVIEW

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## NEUROLINGUISTIC PROGRAM & YOGA

Introduction to NLP

Brief history of NLP

Self awareness and how to develop it

Left and right brain functions

Conscious and subconscious/unconscious mind

Generalisation, Deletion and Distortion

Representation system

Accessing brain through eyes

Association and dissociation

Perceptual positions

State and managing the state

Submodalities

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# TEACHING TEAM

## REGESH VATTAKANDY

Master Teacher, MA (Yoga Psy.), RYT 500, RPYT, RCYT



Equipped with a Masters in Yoga Psychology from Bihar School of Yoga, he started teaching in 2005. He shifted base to Bangalore to start training teachers after a few years of teaching stint in Malaysia. He is an accomplished teacher in modern styles of yoga and is able to blend in the more traditional Indian approach with these modern styles. He conducts teacher training courses, workshops, advanced classes, and mentors yoga teachers - a true teachers' teacher. He has successfully steered 30 plus batches towards the completion of their YTTCs and is the founder and visionary of Aayana Yoga.

### Qualifications

- Masters in Yoga Psychology
- Masters in English Literature
- Advance Pranayama Course (Kaivalyadham)
- Yin Yoga Teacher Training Course (Level 1/2)
- Osho Residential Meditation Program (Pune)
- NLP Practitioner Course
- NLP Master Practitioner Course
- Yoga Anatomy (Leslie Kaminoff)
- Unleash The Power Within (Anthony Robbins) - Laughter Yoga Certified Teacher
- Life Coach
- Certified Osho Meditation Facilitator

### Current Role

- Master Teacher at Aayana Yoga Academy

# TEACHING TEAM

## MRINALI MADHUKAR

Academic Head - Anatomy and Physiology, RYT 500



Mrinali Madhukar is an internationally trained Yoga Teacher - RYT 200, RYT 500 hours. She completed her bachelor's degree in engineering but soon discovered that her true calling was yoga. She has been practicing and teaching yoga from 2010. She teaches various styles like Vinyasa Yoga, Hatha Yoga, Yin Yoga, Pranayama and, Meditation. She is also a part of teacher training programs, specializing in the anatomy and physiology of yoga asanas and movement. "Wanting to make yoga approachable and attainable to students," is her motto.

### Qualification

- RYT 500
- Anatomy Course Yoga Synergy Australia
- Anatomy Trains Tom Mayers (UK)
- Comprehensive Yoga Anatomy Course by David Keil
- Yin Yoga Teacher Training Course (Level 1&2)
- Thai Yoga Massage Therapy Course (Level 1&2)
- Prenatal Yoga Teacher Training

### Current Role

- Lead Trainer Yoga Anatomy at Aayana Yoga Academy
- Lead Trainer Yin Yoga Teacher Training Course
- Master Teacher

# TEACHING TEAM

OMKARGOTKHINDIKAR

MSc (Yoga), RYT 500



Omkar has an experience of teaching various aspects of yoga from last 12 years. His expertise lies in various meditation and guided relaxation techniques. He has been taking various yogasanas and meditation workshops, seminars, retreats as well as yoga classes in corporate sector. He has been involved in using yoga as a therapeutic tool to treat psychosomatic diseases .

He is a visiting faculty for many yoga schools in India where he teaches designed curriculum on Raj yoga, Karma yoga, Jnana yoga , Bhakti Yoga. He also specialises in history and evolution of yoga through time. He has been teaching and inducting various aspects from Indian scriptures such as Bhagavad Gita , Yoga Sutras and Bhakti Sutras through wellness programs modules in schools, colleges and IT sector.

## Qualification

- MSc Yoga
- BSc Yoga
- Diploma in Yogic Sciences - RYT 300 Yoga Alliance
- RYT 200 Yoga Alliance
- Pranic healer
- Reiki healer



LIVES TRANSFORMED

aayana

Transforming lives through yoga

# PREVIOUS BATCHES



# TESTIMONIALS

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**Sony Bhurani | 200 Hr TTC | Online | January 2021 Batch**

I just wanted to share my Amazing journey of growth which I achieved from Teacher's Training Course conducted by Aayana Yoga Academy.... initially I had my own doubts about my own body's limitations but I was explained and supported by both of my yoga coaches....Regeesh Sir and Mrinali...they were very supportive and gave me confidence that I can gradually do better with my body's limitations in regards to asanas...in this course I have learnt so much, so much about YOGA...that Yoga is just not about Asanas...it's much more than that...it is to know yourself even more and accepting me in totality and next step is to go beyond this body and mind....I am and I will ever be grateful to Aayana Yoga Academy, Regeesh Sir and Mrinali....I urge to that person who is reading this to sign up to this wonderful journey of growth....once again from the bottom of my heart... thank you, thank you, thank you....

**Vrushali Sane | California, USA | 200 Hr TTC | Online | January 2021 Batch**

Until 2020, I always considered myself a casual yoga practitioner who attended classes at various studios for a workout rather than a mindful practice and understanding of why we do what we do.

Between 2018 – Early 2020, certain events in my life landed me into a depressed state of mind. I could feel myself spiraling into a dark hole and trying to claw my way out of it. A close friend of mine introduced me to Aayana Yoga Academy during this time. Aayana became the rope which I successfully used to get myself out of this pit of doom! My journey began ....

With the help of Mrinali as my main guru and the other teachers of Aayana, this past year of dedicated practice has turned mindless movement into mindful understanding. Disappointment and self-criticism to small joys and sometimes a pat on the back. Learning to trust myself, my body, and my mind.

Practice has grown into Passion. Passion led me to complete my 250 hours of Yoga Teacher Training and as a Teacher sharing my love for yoga with others. I am yet to meet Regeesh and Mrinali in person, but they are more than just my mentors - they are my friends and part of my support system. Thank you, Aayana Yoga Academy, for what you do and continue to do for the community all around the world.





# QUERIES

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