

Atmayaan Yoga Academy
Course overview AYA-210- Bangalore, India

This is a 210 hours yoga instructor-training course. The course is spread over 5 months duration and two modules/levels. Module one and two accomplishes 35 hours of contact hours each and the remaining hours account towards self-practice, distance learning, written assignment and assessment from the master teacher.

- **Course directors:** designed by internationally experienced & immensely qualified master teachers from Atmayaan, India.
 - Pradeep G Gowda, BE, MSc, Applied Yogic sciences (university Gold medal), Master facilitator, Yoga, Ayurveda leadership retreats.
 - Christopher Schafer, BBA, MA, Yoga philosophy, RYT-500 (Yoga Alliance), TT1/TT2-Australia, facilitator, yoga and leadership retreats.

- **Course dates:**

18th August to 24th September - 2009

Weekday batch: **Tuesday, Wednesday & Thursday** -

11:00 am - 1:00 pm

Venue:

Fitness Web, JAYANAGAR - 5th block.

- **Training methodology:** a well researched and tested combination of theory, practical, group work, research, written assignments, presentations, self practice, apprenticeship, retreats