

Brahma yoga school

300hr Yoga Teacher Training Patnem

Welcome to Your Journey as a Yoga Teacher

Thank you for your interest in our 300hr Yoga Teacher Training (YTT) at Brahma Yoga School! Our program is designed to offer a deep, transformative journey in yoga. This course is perfect for those looking to become certified yoga teachers, as well as practitioners who want to deepen their personal yoga practice.

Enroll now! Fill up [this form](#).

Practical Course Overview

Our Multi-Style Yoga Teacher Training integrates multiple yoga techniques and styles, allowing you to explore and discover a personal connection to each:

- **Pranayama:** Breath techniques to calm and invigorate.
- **Meditation:** Mindfulness practices for inner peace.
- **Hatha Yoga:** Cultivating balance and strength.
- **Hatha Flow:** Energizing sequences with flow and purpose.
- **Vinyasa Flow:** Dynamic, strength-building postures.
- **Power Flow:** Classes based on stamina and strength.
- **Yin Yoga:** Enhancing relaxation and flexibility.
- **Sound Healing:** 4 sessions to enhance well-being.

Our approach allows you to experience and embody multiple yoga styles, developing a well-rounded and personal practice.

Theoretical Studies

Our comprehensive curriculum is designed to deepen your knowledge and confidence as a teacher. You'll learn foundational and advanced concepts, including:

- Adjustments/Alignment & Anatomy
- Yoga Therapy
- Ayurveda and nutrition
- Advanced Yogic Philosophy
- Art of Teaching

Emphasis on Yoga Therapy

Our focus on yoga therapy will help you to prevent and to heal common injuries happening during yoga classes (back pain, knee pain, shoulder pain, ...). You'll learn hands-on adjustments and technics to give professional care to your students during your class.

Timetable

- 7h30 – 8h30: Pranayama et meditation
- 9h00 – 10h15: Hatha / Hatha flow
- 10h30 – 11h30: Breakfast
- 11h30 – 13h00: Theory class
- 13h00 – 14h00: Lunch
- 14h00 – 14h30: Self study
- 14h30 – 16h00: Theory class
- 16h00 – 17h30: Vinyasa / Power Flow / Yin Yoga

Food & Accommodation

- **Food:** Carefully planned meals by a certified nutritionist, designed to support your body and mind throughout the training.
- **Accommodation:** New, comfortable rooms offering a peaceful retreat for your learning and practice.

What to bring

- Comfortable sport clothes to practice yoga.
- White clothes for the ceremony.
- Mats and block will be provided but you are welcome to bring your own mat.
- Your medicine if you have medical needs.

Cost

- With food and single room accommodation: 3500 €
- With food and shared room accommodation: 2500 €
- Without food nor accommodation: 1700 €

Discount

Early bird discount, book over one month in advance and get 15% off.

Pay the full amount to secure your spot and get 15% off.

Payment

Secure your mat with a 500 € deposit and pay the rest in cash at the start of the course.

Bank details :

Hdfc Bank IFSC Code - HDFC0003505

BIC Code or Swift Code - HDFCINBB

Bank Name - HDFC BANK

Bank Branch - MACLEODGANJ

Bank Branch Name - Kareri Complex, Temple Road, Macleodganj,

Daramshala, Kangra, Himachal Pradesh, 176216

District - Kangra

State - HIMACHAL PRADESH

City – Dharamshala

Contact us for an alternative payment modality.

Refund policy

The deposit is not refundable, but you can use it for a future course, retreat or treatment. If you paid the full amount, get 70% back within 30 days.

Certification

Upon completion, you will receive a **Yoga Alliance Certified 300hr Certificate**, allowing you to teach worldwide.

Ready to Begin?

If you're ready to embark on a journey of growth and transformation, we invite you to join us. For more details or questions, reach out, and we'll be happy to assist. [Enroll Now](#)

