



# VIVEKANAND MEDICAL RESEARCH TRUST, PAPALMPUR KAYAKALP

Himalayan Research Institute for Yoga & Naturopathy  
Holta Palampur, Distt. Kangra (H.P.) -176061  
Ph: 01894235666, 235676



Website: [www.kayakalppalampur.in](http://www.kayakalppalampur.in) Email: [info@kayakalppalampur.in](mailto:info@kayakalppalampur.in)

## YOGA TEACHER COURSE (YTC)

### INTRODUCTION

**Yoga-** This ancient Indian Art of keeping the body, mind and soul healthy, happy and tranquil needs no introduction today. Since Yoga is getting popular equally among those seeking spiritual solace and suffering with physical ailments, a lack of professionally trained yoga teachers has failed to fill demand and supply chain. As the popularity of Yoga is increasing, Kayakalp comes forward to impart Yoga Teacher training course for those seeking a holistic vocation and respectable livelihood. We at Kayakalp offering Yoga Teacher Course for beginner to learn and master the art of Yoga.

### Level 2 - Yoga Teacher Course (YTC)

Yoga Teacher Course is a very basic or foundation course for those who want to pursue the knowledge of Yoga for individual and teaching the mass in form of group class or individual class within the purview of the learning during the course.

A Kayakalp certified Yoga Teacher Course for those who wish to seek basic knowledge of yoga and learn its physical practices (asanas) under the guidance of experienced yoga professionals.

### Aims & Objectives

- To enable the seeker for providing basic yoga training at community level
- To pursue a career as an individual yoga teacher
- Yoga teacher course is designed to provide basic knowledge of Yoga and its mental, physical and spiritual impact on day to day life
- 350 hours of foundation course of Yoga Teacher Course (YTC)
- To develop and adopt the best yoga methodologies
- To create a pool of enthusiastic yoga learners for future needs of Kayakalp

**Commencement of the YTC: 15<sup>th</sup> April to 15<sup>th</sup> July (every year)**

**Duration of the course**

- Total No. of hours – 350 Hours Yoga Teacher Course (YTC)
- Theory - 175 Hrs. [130 Hrs. (75%) contact Hrs. with teachers and 45 Hrs. (25%) can be self learning]
- Practical - 175 Hrs. [105 Hrs. (60%) learning under supervision and 70 Hrs. (40%) can be self-practice]
- **Total No. of months - 3 months**
- Days per week - 6 days
- Hours per day - 4 hours

**Lecturers for Yoga Course**

1. Dr. N. Santosh (B.N.Y.S) - Course coordinator

**Yoga Instructors**

1. Ms. Ruchita Chauhan
2. Mr. Vinay Sharma
3. Mr. Gautam

**P.S. Guest Lectures from eminent scholars for - Karma Yoga, Bhakti Yoga and Janana Yoga**

**Course Study Material in English and Hindi on payment basis .**

**Number of Non Residential Seats : 20**

**Number of Residential Seats : 5**

**Course Fee : Rs. 10000/- (Ten Thousand only for both residential and non-residential students)**

**Medium of instructions: English and Hindi**

**Mode of Education:** Out station students can stay within the campus, however, local students can be allowed to commute daily as per the timings of the course as declared by the administration.

**Accommodation for students :** Basera (Dormitory) can be allowed to at a lump sum price of Rs. 20,000/- per month inclusive of meals.

**Material will be provided to the aspirants (inclusive of course fee):-**

1. Neti Pot
2. Rubber Catheter
3. Study Kit
4. Library facility

**Dress Code (to be arranged by the students):-**

1. White colour - Yoga dress
2. Track suit - Blue colour

**Admission Procedure :-**

- Read the terms and conditions/ eligibility criteria carefully before applying for YTC
- Download the application form from the website ([www.kayakalppalampur.in](http://www.kayakalppalampur.in))
- Fill up the form and attach demand draft of 100/- (Non refundable) in favour of Kayakalp, Palampur and submit the form before 5<sup>th</sup> April 2017
- Fee can also be submitted in cash alongwith the duly filled form directly to the office
- Screened candidates will be called for personal interview telephonically

**Affiliation:-**

However, certificate courses need no particular affiliation, yet we have applied for affiliation from Quality Council of India (QCI), which is due for consideration and subject to approval.