

Acharya Aashish Ways®
Meditation-Truth



YOGA Teachers

TRAINING PROGRAM





Yoga Teachers Training Program

Our dynamic online teachers' training program is designed for young males and females who are passionate about Yoga, who want to make a career out of Yoga, who are keen to learn the very core of Yoga Asanas from the comfort of their home, this certificate course is spread over three levels which help you establish your own Professional Yoga classes and studio

You will be taught Yoga from the very basis to advanced level by team of our certified Yoga teachers having more than 18 plus years of teaching experience, the course will also have lectures from visiting Yoga Experts, visiting Naturotherapy Experts, and Fitness Trainers

Courses Offered

Beginners **100** hours Course

Professional **200** hours Course

Advanced **300** hours Course

Yoga Teachers Grooming Crash Course

Course timings

Monday to Friday

10.30 am to 11.15 am

11.30 am to 12.15 pm

12.30 pm to 1.15 pm

2.00 pm to 3.00 pm

Yoga Teachers training

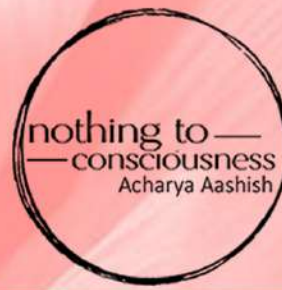
Yoga Teachers training

Yoga Teachers training

Yoga Teachers Grooming

Included in the course

Practical yoga asanas training, reading material, books of yoga experts, internship



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Beginners 100 hours Course

Includes learning of most easy basic yoga asanas, good enough to start up your immediate teaching program, this course will help you learn and teach yoga to all students and will assure you a good enough income from teaching both online and offline students in your city

The Course Includes training on

40+ Yoga Asanas

Pranayama

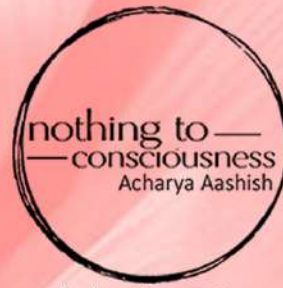
Basic Surya Namaskar

Tips to open your own start-up online/-
offline Yoga teaching

Join this Beginners Online Yoga Teacher Training Course and jump-start your Yoga practice from the comfort of your home. This beginner-friendly Easy to Learn Yoga course will enable you to teach Yoga to students and is the best available online learning program to make you be confident, fit, and self-employed



This course is designed as a glimpse into Yoga Asanas and is in a way initiation into Yogic principles and towards fundamental yoga methods, with our tips on how to start your own Yoga teaching programs you will launch yourself into immediate practice as a Certified Yoga teacher



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Our program includes an optional internship in Mumbai

Professional reading material and articles shall be provided

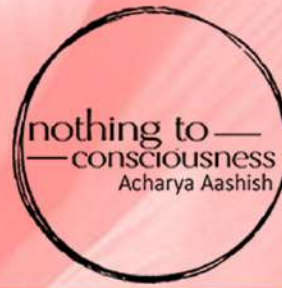
Students will have to undergo an online written and practical exam, only those students who clear both exams will be eligible for a Teachers 100 hours Certificate

Course duration 30 days includes complimentary 1 Yoga book of reputed Author on completion of the course

Fees Rs 9999

USD 130





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Professional 200 hours Course

Includes learning of semi-advanced yoga asanas including standing, sitting, sleeping asanas with theoretical knowledge thought about Yoga, diet, this intense teachers professional training program is good enough to teach trained students, this course will help you learn and teach yoga to all advanced level students and will assure you a high scale income from teaching both online and offline students in your city

The Course Includes training on
60+ Yoga Asanas
Pranayama, Mudras
6 variation of Surya Namaskar
Tips to start up online and offline teaching



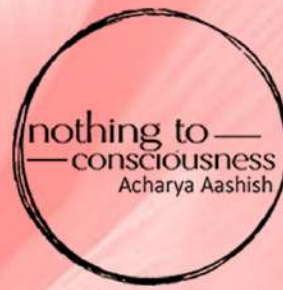
Join this Professional Online Yoga Teacher Training Course and create an solid foundation to your upcoming glorious Yoga career

Join this Professional Online Yoga Teacher Training Course and create an solid foundation to your upcoming glorious Yoga career

This program will help you deepen your understanding and knowledge of yoga for you to become a confident, skilful, and practical Yoga instructor having sufficient theoretical knowledge to answer question of your students

Our program includes an optional internship in Mumbai

Professional reading material and articles shall be provided



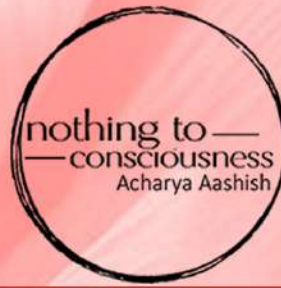
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Students will have to undergo an online written and practical exam, only those students who clear both exams will be eligible for a Teachers 200 hours Certificate

Course duration 60 days includes complimentary 2 Yoga books of reputed Authors on completion of the course

Fees Rs 30000 USD 390





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Advanced 300 hours Course

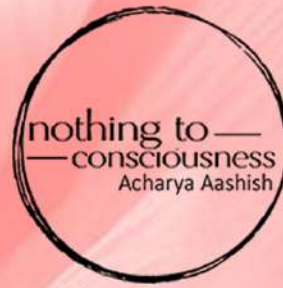
Includes learning of advanced yoga asanas including standing, sitting, sleeping asanas with theoretical knowledge thought about Yoga, diet, medical body, treatments, remedies this intense teachers advanced training program is the best program to teach trained students, this course will help you learn and teach yoga to all professional-level students and teachers and will assure you a handsome income from teaching both online and offline students in your city

The course includes teaching on
Advanced Yoga Asanas
Human Anatomy and Physiology
Patanjali Yoga Sutras
Introduction to the Human Medical body
Skills and techniques required to start Online classes
Basics of Start your own Yoga Studio

Join this advanced yoga teacher training course to strengthen your spiritual journey from the comfort of your own home.

This online Advanced Yoga Training Course improves the trainer's comprehension of core yoga principles and yoga teacher training module is designed to easily teach students sophisticated and current yoga techniques which are suitable in the current trend allowing them to instruct their students with confidence in the future. After successfully completing this advanced course, you will be certified as an Advanced 300 Hours Yoga Teacher





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and will be able to launch yourself in teaching young dynamic students who are keen to build a career in Yoga

Our program includes an optional internship in Mumbai

Professional reading material and articles shall be provided

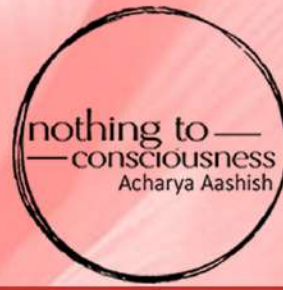
Students will have to undergo an online written and practical exam, only those students who clear both exams will be eligible for a Teachers 300 hours Certificate

Course duration 60 days includes complimentary 3 Yoga books of reputed Authors on completion of the course

Fees Rs 40000

USD 520





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Yoga Teachers Grooming Crash Course

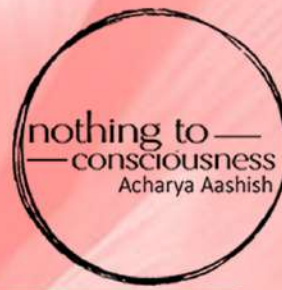
An out of the box modern-day crash course specially designed for young dynamic Yoga teachers who have the ambition to start up their own studio and who have an inclination to train celebrity clients and influential high society people

This crash course will refine your outer qualities on how to fluently teach your clients with impact and confidence

In this unique crash course, we train and groom talented Yoga teachers on

- How to teach
- How to behave
- What to teach
- what not to teach
- How to teach in a crowd
- How to teach in person – one to one basis
- How to convey your message to female clients without touch
- How to teach senior citizens
- How to train kids
- How to train pregnant ladies keeping in mind their pain and anxiety
- How to train Housewives
- How to teach young professionals
- How much to talk about medical anatomy
- What to suggest about diet, general fitness, and lifestyle
- How much time to dedicate to each student
- How much theory to part with
- What to teach online
- What not to teach online
- How to conduct class
- How to maintain discipline in class
- Crash Course Duration 10 days

Fees Rs 15000 USD 195



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Discount Packages

Beginners 100 hours Course + Yoga Teachers Grooming Crash Course
Rs 20000 USD 260

Professional 200 hours Course + Yoga Teachers Grooming Crash Course
Rs 35000 USD 455

Advanced 300 hours Course + Yoga Teachers Grooming Crash Course
Rs 45000 USD 585



NOTHING TO CONSCIOUSNESS

'Nothing to Consciousness' has two meanings. Firstly, it means that you are doing nothing about meditation. All are at 'sleep' and no one is in awareness. This 'Nothing' needs to be changed. Here, we bring you from nothing to consciousness by teaching you meditation. With meditation, your life takes a great leap. There will be a dynamic change as you will go from 'nothingness' to 'consciousness,' the ultimate trance of life.

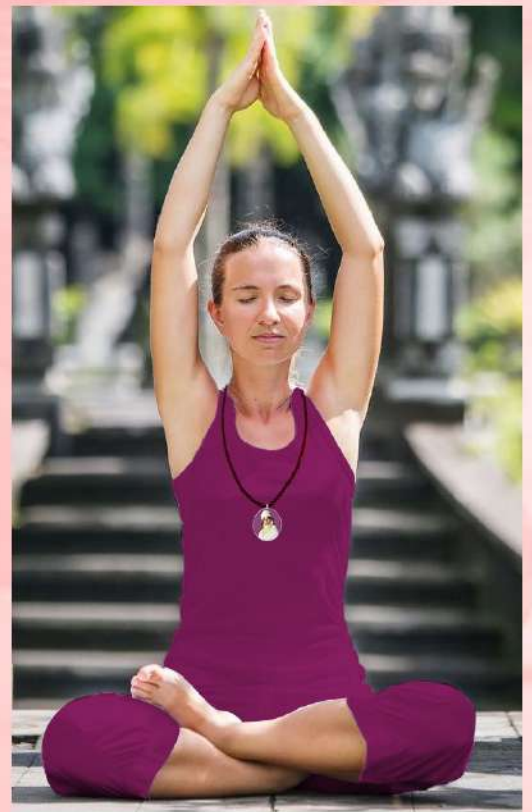
Secondly, meditation gives you a glimpse of 'nothingness,' the zero-ness. With constant meditation, we will give you the experience of this 'Nothing' as we take you from this nothingness to Super Consciousness.

Take this leap, add meditation to your life and see how things turn around for you.

Meditation- the only way for Spiritual and Materialistic growth.

BENEFITS OF MEDITATION

- It is not a magic but, definitely magical
- Brings acceptance in life
- Brings calmness
- Removes enmity
- Removes anger
- Brings stability
- Brings contentment
- Attracts wealth
- Removes stress
- Adds happiness to life
- Brings enlightenment with regular meditation
- Experience Meditation- Nothing Like Meditation





BHAGWAN

NITYANAND MOVEMENT FOUNDATION

Bhagwan Nityanand Movement is a revolution, an epicenter committed to spread the fragrance of Meditation, Peace & Silence Committed to teach Meditation and spreading Bliss and Joy by evolving people through Dynamic Meditation and through Transcendental Meditation, by Kirtan by Satsang and by bonding people together through Seva of Bhagwan Nityanand and by spreading the joy of Bal Bhojan of Feeding the Poor Children, Bhagwan Nityanand Movement Foundation is working towards bringing in peace and bliss.

Bhagwan Nityanand Movement is an inward spiritual journey by which you can enter the inner deep realm of silence, peace and acceptance. It is an ultimate and complete phenomenon for the seekers of truth where you realize your own self with the blessings and Shakti Path of Bhagwan Nityanand.

Bhagwan Nityanand is the Supreme God the perfect Incarnation of Lord Vishnu, Acharya Aashish says "Bhagwan Nityanand is the creator of all creators, the Lord of the Lords, He is Anantkoti Brahamand Nayak meaning the creator all that is there, the creator of all the Galaxy's, the Multiverse, of all the existence".

Bhagwan Nityanand Bhagwan Nityanand visited this planet in 1897 and left his body in 1961. The Samadhi and Adobe of Bhagwan Nityanand is located in Ganeshpuri about 56 km from Mumbai Maharashtra, close to Virar, Ganeshpuri has famous Natural Hot Water Springs and centuries old Shiva temple known as Bhimeshwar Mahadev Mandir, Ganeshpuri also has Bhadrakali Temple, Krishna Temple and Gaondevi temple which has divine presence of Durga Mata, Ganeshpuri is located 3 km from famous Mata Vajreshwari temple.

Bhagwan Nityanand Movement Foundation is a nonprofit registered inspired Trust and a Charitable Organization committed to serving people through Meditation, Prayer Healing and Wellness.



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Meditation Center at Goa
Harmal,
Madhlawada, Arambol,
Goa 400 104.

Meditation Center at Goregoan West

A 1-7 Indrayudh Society,
Near Rosary Church,
M G Road, Goregaon West,
Mumbai 400 104.

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