



# Yoga Teacher Training Course (YTTC)



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Enroll in Our  
**Certificate Course!**

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**TIME :**

**Offline Batch :** 8:30 AM To 1:00 PM

**Online Batch :** 2:30 PM To 6:30 PM

**Registration Link :**

<https://forms.gle/eLFX1auXQbPAsmxC6>

**45-Days (200 Hours) Program  
for Aspiring Yogis**

**Batch Starts  
on**

**Offline : 15th June, 2026**

**Online : 15th June, 2026**

**Fees :** ₹ 21,000 /-

Including GST, Materials & Coursework

**Eligibility :** 12th Pass

**Coursework & Examination Language:**

English/Hindi/Gujarati

**For Further Details:**

**Mr. Sachinbhai Patel (YTTC Incharge - LYU) - 9909948555,**

**Smt. Jinal Bhatt: - 7990341851,**

**E-mail : yttc@lyu.ac.in**



# Lakulish Yoga University

## Program Information

This is a 45-day (200 hours) comprehensive programme designed to impart authentic Yoga as prescribed in traditional scriptures.

The course structure includes:

- Daily 1 hour of theory and 3 hours of practical sessions, conducted 6 days a week.

The curriculum is scientifically designed by Swami Rajarshi Muni, ensuring a balanced and holistic approach to learning.

### **The programme aims to:**

- Build a strong foundation of physical and mental health
- Cultivate discipline, awareness, and virtuous living

### **Eligibility:**

- Open to all candidates who have passed 12th grade
- No upper age limit

### **Course Fee:**

- ₹21,000/- (including GST)
- Fee includes course material

### **Course Highlights**

- Concept and practice of Ashtanga Yoga and Hatha Yoga
- Yukta Aahar (moderation in diet) as explained in the Bhagavad Gita
- Understanding the concept of Prana (vital force) and Nadi Shuddhi (purification of subtle channels)
- Basic knowledge of Ayurveda
- Application of Yoga and Ayurveda in the management of diseases
- Training in effective Yoga teaching methods, including skills and techniques for proper instruction