



EMBASSY OF INDIA IN SWITZERLAND  
(CONCURRENTLY ACCREDITED TO THE PRINCIPALITY OF LIECHTENSTEIN)

## BECOME A CERTIFIED YOGA TEACHER!

With Yoga Guru Malay Sinha

From Embassy of India, Berne



Elevate your passion for yoga to a professional level and earn a certification

Join Our

### YOGA TEACHER CERTIFICATE COURSE

(36 Hours of online & offline mode )

Every Wednesday & Friday

Date- September 29, to November 8, 2023

Time- 05 pm to 08 pm.

Location- Kirchenfeldstrasse 28, Berne, CH 3005

**Limited seats Available – Enroll Now!**

This 36-hour intensive program is to gain vital knowledge and skills for teaching Yoga Classes. This training covers yoga philosophy, posture alignment, anatomy, physiology, and creating dynamic class interactions.

## GUIDELINES

FOR

### YOGA TEACHER CERTIFICATE COURSE

The Embassy of India in Berne, Switzerland, is thrilled to introduce the Yoga Teacher Certificate Course (YTCC). This transformative training is tailored for beginners, equipping them with comprehensive knowledge and skilled techniques in yoga. The program has precise goals: to share foundational yoga wisdom and ignite a passion for its practice.

In a noteworthy chapter, India's esteemed Prime Minister, Mr. Narendra Modi, a visionary leader, recognized yoga's profound impact on well-being. With commendable intent, he initiated International Day of Yoga at the United Nations. This significant step expanded India's legacy worldwide, bringing people together to celebrate yoga's virtues and the unity it nurtures.



Through this initiative, the Embassy seeks to reach out to every corner of society, inviting individuals with an interest in yoga to embark on a profound learning adventure. The course is a beacon of light, illuminating the path toward understanding the essence of yoga and its multifaceted techniques. It is a noble endeavor, a humble gesture that resonates with the Embassy's commitment to instilling positive change.

Join us in this enriching journey, where the Yoga Teacher Certificate Course transcends boundaries, connects cultures, and unites hearts. Together, we shall explore the depths of yoga's holistic views and approaches, fostering a tapestry of well-being that can ripple through our society, ultimately shaping a harmonious world.

### The Objectives of the course:

- Comprehend yoga philosophy, principles, and practices holistically.
- Empower participants to confidently teach yoga, equipped with essential skills.
- Cultivate high-quality yoga instructors to proliferate its benefits.
- Promote personal well-being through a profound yoga connection.
- Introduce historical and philosophical yoga foundations for holistic appreciation.
- Immerse in diverse yoga aspects-asanas, pranayama, and meditation.
- Teach anatomy, alignment, and safe practices to minimize injury risks.
- Develop teaching methods, communication, and class management skills.
- Design inclusive, well-structured classes for diverse practitioners.
- Evaluate participants via practical assessments, ensuring readiness as yoga instructors.



## The Course Structure:

**Duration:** The course spans 6 (six) weeks, totalling 36 hours with a combination of both online(Theory) and offline (Practical) modes of instruction.

**Eligibility:** Applicants must hold a High School diploma or equivalent from a recognized institute.

**Fees:** CHF 100.00

**Age Limitation:** There is no age limitation for applicants.

**Seats:** The course has a limited capacity of only 10 seats.

**Structure:** The course is divided into two parts: Part I - Theory and Part II – Practical. Theory classes will be conducted before the practical sessions.

**Class:** The course will be held on Wednesdays and Fridays for three hours per class. Part 1 consists of one-and-a-half-hour online theory classes. Part 2 consists of one-and-a-half-hour offline practical sessions at the Indian Embassy.

- The medium of instruction will be exclusively in English.
- The selected candidates must submit academic certificates/testimonials.

### Note:

- Candidates are required to pay the fees in cash prior to the course commencement.
- After successfully completing the Yoga Teacher Certificate Course, participants will receive a certificate from the Embassy of India, Berne.



## Certification Criteria:

In order to obtain certification, from the Embassy of India, Berne, the participants must possess the necessary skills and competencies for safe and effective Yoga instruction. We retain the authority to withhold certification of any participant who does not adequately acquire these skills. We welcome feedback throughout the program to address any teaching deficiencies that might hinder learning.



The criteria used by the program instructor to determine student eligibility for certification are as follows:

1. **Practice Teaching:** Participants will engage in teaching Yoga at various points during the program. Evaluation will encompass all aspects of their performance, including class timing, sequencing, safety measures, and assisting techniques.

2. **Attendance:** Once the YTCC (Yoga Teacher Certificate Course) program commences, request for refunds and changes in program schedule are not entertained. Completion of 36 hours and content is mandatory to receive the certificate.



## For more info contact:

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