Enhance your skill in Yoga, be a teacher and spread the knowledge to others. You can accomplish all that by joining YTTC at Sivananda Ashram, Ahmedabad. It is organized under the guidance & leadership of H. H. Sri Swami Adhyatmanandaji, who has conducted over 744 Yoga camps in the East & the West. Ashram's holy atmosphere is ideal for enhancing your spiritual growth as well as the skill in the field of science of Yoga.

 On completion of three weeks residential YTTC and successfully passing the test including theory and practical, the graduate will receive a diploma certificate recognized by Gujarat University and will be able to teach Yogasana and Pranayama to others. During your stay at the Ashram, you will be provided a comfortable room and yogic diet (three meals / day).  The fee for the course is Rs. 7500.00/ $ 250.

**Prerequisite**The course is available to student, who has completed basic and advanced Yoga classes at Sivananda Ashram or from equivalent courses at other institutes. And students, who wish to enhance their knowledge of Yoga Science or become a teacher in the field of Yoga.

**Curriculum**

* Teaching based on Patanjali Philosophy
* Relevant knowledge of anatomy and physiology by expert doctors in the field.
* [Learning Yogasana - Mudras- Kriyas](http://www.divyajivan.org/News/yogasanas_yttc.pdf)
* In depth science of Pranayama
* Meditation technique, Yoga Nidra- Relaxation techniques.

**General information**

* Participant should have minimum qualification of having Graduation from University.
* Participant's age should be 25 - 40 years to enroll in the course.
* Education will be imparted in Indian Standards of teachings and sitting on the floor in traditional manner is mandatory, hence the participant should be physically fit to be able to sit on the floor.
* Tobacco, Alcohol and any other intoxicating material consumption is strictly prohibited during the course.

**Certificates:**On successful completion of exam, including theory and practical, the graduate will receive a diploma certificate recognized by Gujarat University and will be able to teach Yogasana and Pranayama to others.

**Fee** of the course includes fee for tuition, accommodation and food (Strictly Veg.) during the course period. Rs.7500.00 / $250.