

MAHAYOGI GORAKHNATH

MAHARISHI PATANJALI YOG SANSTHAN BHARATVARSH

S.R ACT, 1860 GOVT. OF UTTAR PRADESH (REG. NO. 04308/2018-2019) C.R.ACT, 1957 GOVT. OF INDIA (REG. NO. 14401/2018)
|| CERTIFIED BY UNIVERSAL YOGA ALLIANCE, ID- UYA0064 || LIFE TIME MEMBER OF WORLD YOGA ALLIANCE, ID- WYA148 ||

Head Office- Agaganj, Tikri, Ayodhya, Uttar Pradesh-224195

Email: mgmpysb@gmail.com Website: www.mgmpysb.org



200 HOURS

Yoga Teacher Training Course



Contact Us: +91-8932026569



Table Of Content

01

About Us

03

Message from
Founder

04

Important
Topics

06

Why WE?

07

Testimonials



About Us

The organization is established under S.R. Act 1861 with Registration No.- 4308/2018-2019 of Government of Uttar Pradesh (workspace- All India) and C.R. Act, 1957 of Government of India with Diary No.- 14401/2018.

The organization has been registered under the sections 12A and 80G. The organization is a lifetime member of World Yoga Alliance, School Id- 148, and registered Yoga school from Universal Yoga Alliance, School Id UYA0064 The organization is working pan India with its 20,000+ Yoga Teachers, Yoga Therapist, Dieticians, Nutritionists and Doctors, also we are expanding to overseas. The headquarters of the Organization is at Aganganj – Tikari- Ayodhya (U.P)-224195, Administrative and Corporate office at Shankar Garh Bajar, Deokali Bypass, Ayodhya (U.P) India.



The organization is providing diploma and certification courses and services in form of workshops, seminars and webinars to the corporates, societies, educational organizations and individuals with 100% quality assurance. So far, the organization has its branches in every state and city of India, in the form of Virtual and Physical Centres.



Our mission is to empower students and teachers with yoga-inspired exercises to promote lifetime wellness. Our vision is to make yoga available in all schools so that students and teachers develop body-mind awareness and the ability to nurture their own well-being



Message from Founder

Mahayogi Gorakhnath Maharishi Patanjali Yog Sansthan Ayodhya is focusing on various courses for promotion. Yoga cannot be overlooked as the best important means of achieving multidimensional goals like education and health. I am fully competent in the field of new options. This is a holy campaign.

In view of the importance of Yoga and Naturopathy in the present situation of global India, it is a matter of pride that we have been continuously marching in this field. Apart from the Director, Administrator and other staff of this Organisation, there are rich social, religious and educational institutions. I am grateful to the Administrators and Sectors of Indian government who have come together to convert this great campaign into a great movement. According to the Ministry of Health and Family Welfare Government of India Naturopathy Practitioner can use the title of 'Doctor' as a suffix before their name in terms of letter dated 25-11-2003.

In our organization a specified course named DNYS which is 3 years diploma has been introduced in the stream of 'Alternative Medicine'. This course is for those students who have interested in Yoga and Naturopathy and make their future bright.

Government constituted a 'Standing Committee of expert' under the Chairmanship of Director General, Indian Council of Medical Research and members were drawn from various fields of medicine to consider and give its recommendations to the government on the efficacy/merits of various streams of alternative medicine and also examine feasibility of making legislation as suggested by the Hon'ble Court. The Yoga and Naturopathy was one of them.

Best wishes for new success !



Rananjay Pratap
Goswami



Important Topics

Introduction

- Pancha– Kosha
- Stages Of Mind
- Four foundation Pillar of life
- Different states of sleep and waking up

Hatha Yoga

- Hatha Yoga
- Suryanamaskar with mantra awareness
- Sukshma Vyama
- Series of Asana
- Indications & Contra-indications

Pranayama

- Meaning of Prana & Pranayama
- Types of Pranayama
- Chest Vs Diaphragmatic breathing
- Importance of Bandhas

Mudra

- Meaning of Mudra
- Types of Mudra
- Benefits of Mudra
- Concept of Nadi

Anatomy

- ♦ Introduction
- ♦ Benefits of Yoga practices on body
- ♦ Structure of spine & movement in yoga
- ♦ Avoid Injury

Meditation

- ♦ Meaning of Meditation
- ♦ Dharma Vs Dhyana
- ♦ Types of Meditation
- ♦ Yoga Nidra

Mantra

- For purification,
- For obstacles,
- For well-being
- For universal masters to bless

Ayurveda

- Introduction
- Six tastes
- Concept of Tri-dosha
- Ayurveda & Yoga – Combination

Teaching Methods

- Disciplines for teachers & students
- Demonstration
- Preparation for class
- Sequence of class

Practical

- Shatkarma
- Hatha Yoga Asanas
- Pranayama
- Meditation
- Bandha & Mudras

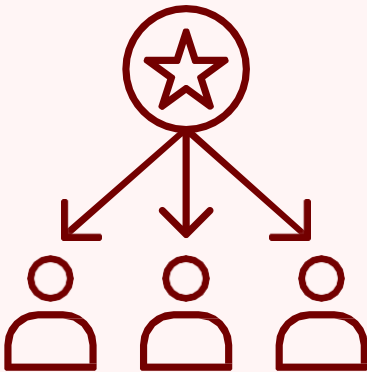


Why WE?



Association

We are certified organisation with World Yoga Alliance and Universal Yoga Alliance. Our body is registered under 12a & 80G.



100% Placement

Implementation of learning is as important as its knowledge. We will provide you placement along with learning and give you practical hands-on experience.



At your comfort

You can join classes from your home at different timings according to your comfort. You do not need to leave any of your current position or classes to enroll with us.

Testimonials



Yogeshwar Prasad

1 review

★★★★★ 4 months ago

It was my first time that I did yoga through online classes and my experience was very good. And Mam taught step by step it was very clearly, I was not confused at all and this was the first time and I enjoyed a lot. Thankyou!! 🌸 🌻



Krishna kishor tiwari

4 reviews · 1 photo

★★★★★ 7 months ago

Yoga trainers and sessions are commendable. I was suffering from back pain, your yoga sessions shows marvelous effects. Surely recommend to my friends and family



piyusha Lahre

2 reviews

★★★★★ 7 months ago

I really liked the yoga sessions and services .It was great experience with you people.It really helped me to improve my flexibility and helped me emotionally and spiritually . Surely recommend to my friends and family .



Dr. Salman Ansari India

4 reviews

★★★★★ 8 months ago

Very nice organization of studing of Yoga, Medical, Laboratory & Community Medical Classes, Campuses of Yoga & Medicals are on very suitable place of Ayodhya, There is Green environment around of campus and beautiful plantes are stable there.

The Teaching & Managing staff behaviors & Manners are very good and honesty type.

best of luck of all students of this organization.

