

VIVEKANANDA SCHOOL OF YOGA

BHAKTI YOGA ★ KARMA YOGA ★ JNANA YOGA ★ RAJA YOGA

SWAMI VIVEKANANDA SEVA KENDRA (R)

LIFE MEMBER
indian yoga association
yoganushasanam
आजीवन सदस्य

Yoga Alliance International
India's 1st International Yoga Alliance
YAI
EUROPE
Founded by Swami Vidyanand

World Yoga Federation
WYF

NAMASTE!

VIVEKANANDA SCHOOL OF YOGA

ONLINE INTERNATIONAL YOGA TEACHERS TRAINING COURSE

STARTING FROM 07th MARCH-2026

PROSPECTUS

'Udupi Sadana' 16th 'A' Cross, Opp to Coffee Board Park,
Bhuvaneshwari Nagar,
Hebbal - Kempapura, Bengaluru-24.

74111 46848, 8050 362278

Email:info@vsyoga.in facebook@prasad.vsyoga www.vsyoga.in

VIVEKANANDA SCHOOL OF YOGA

AFFILIATED WITH YOGA
ALLIANCE INTERNATIONAL
&
WORLD YOGA FEDERATION

LIFE MEMBER INDIAN YOGA ASSOCIATION

INTERNATIONAL YOGA TEACHERS TRAINING CERTIFICATE ONLINE COURSE

RYS 200

TTC LIVEL 1- 200 - HOURS

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Sage Patanjali's First sutra

Atha Yoganushasanam:

"Now, the practice of Yoga begins," Are you ready to take your yoga practice beyond Asanas to a deeper, more meaningful level or teach others about the wonderful benefits of classical yoga?

VIVEKANANDA SCHOOL OF YOGA

offers intensive TTC for yoga practitioners to become professional yoga instructors. Our TTC are internationally accredited with International Yoga Alliance India. Trainees who successfully complete the program are eligible to become RYT (Registered Yoga Teachers) and qualify to teach internationally.

Our Vision

Yoga for Man making and Nation Building

Our Mission

Integrated human Excellence Through Yoga way of life

Basic Level-200 Hours Course

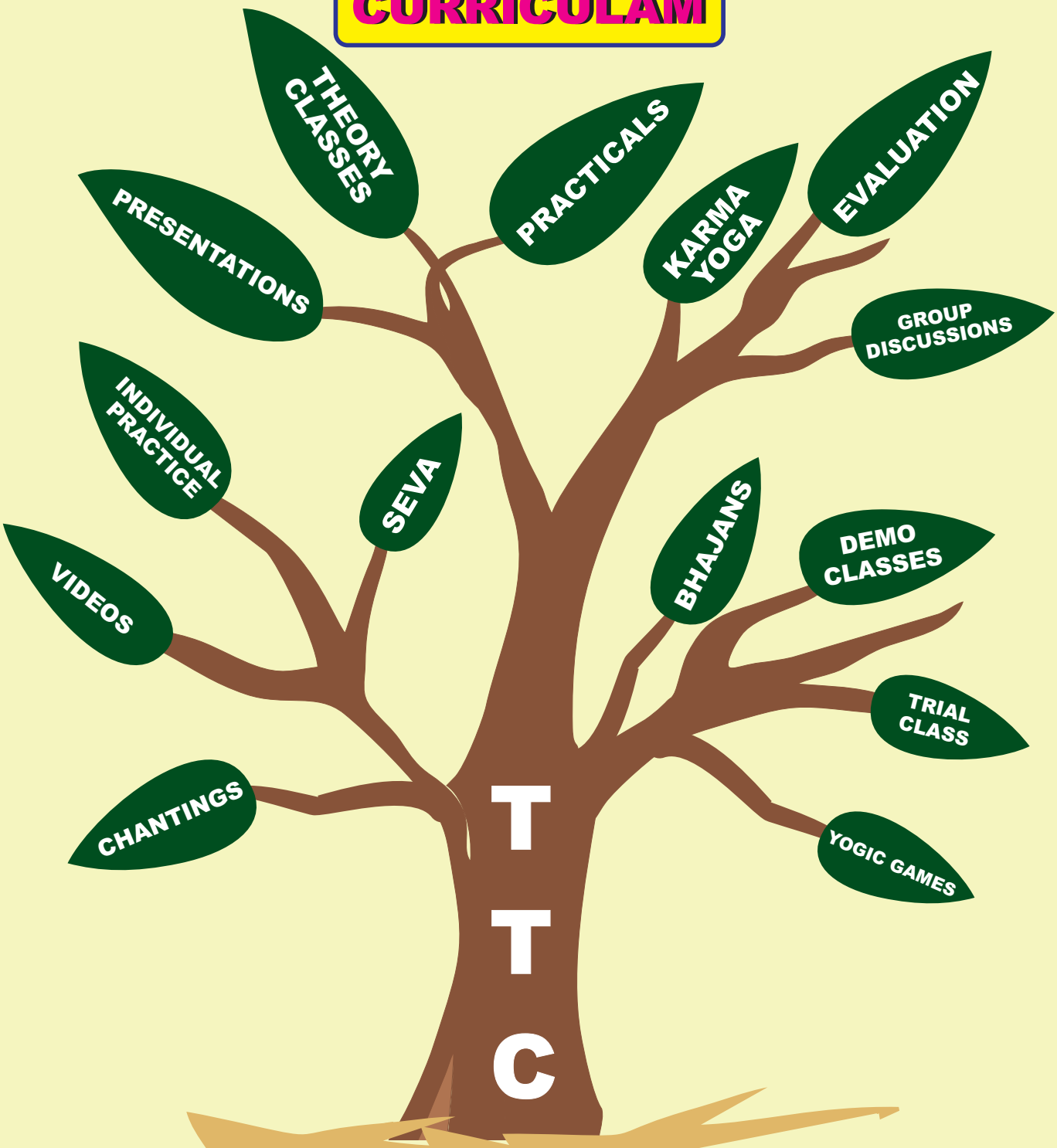
Basic TTC is a 200 Hour intensive program comprising of the theoretical and practical hands-on training designed to deepen the practitioners' personal practice and elevate them from student to teacher. Trainees emerge from our TTC as confident teachers with a strong and solid teaching skill set ready to begin their career. The TTC provides a fantastic opportunity to awaken or deepen your yoga practice, meet old and new friends, and to be a part of the global yoga community which is growing each day. The best part of all is learning that everything we need is already within us and how the practices can lead us into the journey within. The experience provides a great way to find long lasting happiness, peace and the ability to share the yogic lifestyle techniques with others.

In conjunction with taking the journey to becoming a teacher, trainees study Patanjali's Eight Limbs of Yoga Philosophy with an emphasis on how you can incorporate this into your own practice and day-to-day life. Daily chanting, meditation and pranayama provide spiritual structure and compliment the more physical practices of the curriculum.

We are entirely dedicated as a team to providing each individual student with the care and attention required to attain a high level of knowledge and teaching competence. We recognise that each trainee is as unique as each student they will go on to teach and this is a major success factor for our graduates.

VS YOGA TEACHERS TRAINING 200 HOURS

CURRICULAM



Our curriculum is developed from the Yoga Alliance 200 Hour Teacher Training Standards and has been further developed and shaped by our Grand Masters, highly experienced in imparting the TTC.

YOGA ALLIANCE INTERNATIONAL

India's first International Yoga Alliance

CERTIFICATE OF REGISTRATION

VIVEKANANDA SCHOOL OF YOGA

Udupi Sadana, 16th "A" Cross, Opp.
Coffee Board layout Park
Bhuvaneshwari Nagar, Bangalore-560024

VIVEKANANDA SCHOOL of YOGA

Directors: PRASAD A.P. & RAJASHREE PRASAD

Teachers Training Programs meet the requirements of
YOGA ALLIANCE INTERNATIONAL at
the 100-hour, 200-hour, 300-hour and 500-hour levels

January 22nd,2015



स्वामी विद्यानंद

Swami Vidyanand
President | Founder
Yoga Alliance International

K.M. Chandrashekaran

K.M.Chandrashekaran
Organizing Director
Yoga Alliance International

THEORY SESSIONS



- Concept of Yoga
- Basis of Yoga
- Why Yoga
- Karma Yoga
- Raja Yoga
- Bhakthi Yoga
- Jnana Yoga
- Eight step Method of Teaching
- Mudra Therapy
- Yoga Therapy
- Pancha kosha
- Basics of patanjali Yoga Sutra
- Introduction to Bhagavat Gita
- Indian Culture
- Great Yoga Masters
- Shat Kriyas
- Yogic Anatomy and physiology
- Classroom Management
- Chakras & Bandhas
- Asanas&Pranayama- Theory
- Meditation-Dharana, Dhyana&Samadhi

PRACTICAL SESSIONS

- Breathing Exercises
- Sithiliakarana Vyayama
- Asanas 50 nos
- Pranayama 10 Nos
- Yoga therapy for Common ailments





- Suryanamaskar - Normal& Dynamic
- Power Suryanamaskar Type I & II
- Chandra Namaskar Type I&II

- Relaxation Techniques IRT, QRT & DRT
- Shat Kriyas
- Vedic Chanting,Bhajan,Patriotic Songs, Chantings
- Meditation Techniques- 15 Nos
- Practice of Eight Step Method of Teaching

OUR DIFFERENT FORMS OF YOGA

- Patanjali Yoga
- Hatha Yoga
- Ashtanga Vinyasa Yoga
- Power Yoga
- Aqua Yoga
- Yin Yoga
- Aerial Yoga
- Kriya Yoga
- Laughter Yoga
- Krida Yoga
- Hormonal Yoga
- Transformational Yoga











- Pre-Post Natal Yoga
- Corporate Yoga
- Partner Pair Yoga
- Wall Yoga
- Ball Yoga
- Wheel Yoga
- Stick Yoga
- Rope Yoga
- Therapeutical Yoga
- Stress Management Yoga



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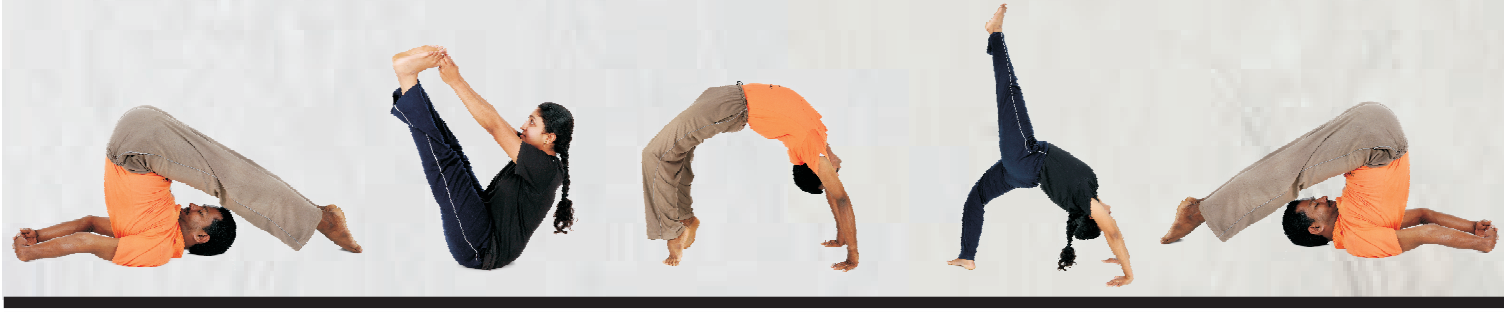
Yoga for Man Making and Nation Building

DURATION AND TIMINGS

The upcoming Online & Offline batch is starting from 07th March-2026. Presently planning for weekend batch only, but need to attend weekday minimum two practical class as per your convenience.

Weekend Batch : 10:00 am to 2 pm (Saturday & Sunday)

WEEKDAY PRACTICAL SESSIONS: Morning 5:00am, 6:00am, 7:00am, 9:15am, 10:30am, (11:30am-Seniors Batch Offline) Evening 6:pm, 7:00pm Hatha Yoga Sessions, both online & offline & Evening Kids batch (Offline) class at 4:30pm, Meditation / Therapy class at 5:00pm Online Once you join the course, you are free to attend any number of weekday sessions to practice, observe and make note of maximum practical sessions conducted by the senior teachers. This will help the students to build a strong foundation for planning and conducting classes with different styles and understand how to instruct and connect with the participants and make the classes live....



VIVEKANANDA SCHOOL OF YOGA

Yoga for Man Making and Nation Building

Practical Exam and Theory Viva

At the end of the course there will be practical exam and theory viva exam.
At the end of every session assignments to be submitted.

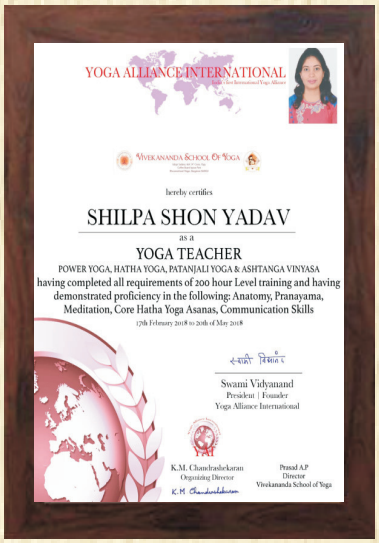
Energy Exchange

Indians Rs.35,000/-

Foreigners: $ 500/-

Following Course materials will be provided:

- ***Yoga Book***
- ***Course Book***
- ***Kriya kit***
- ***Yoga T-Shirt***



International Yoga Certificate of 200 hours.



Course Director

Grand master Yogacharya Dr(Hc) Prasad M.Sc (Yoga & Nat), D.Acu, DYT, YIC is a well qualified Yoga master in the present yogic time with **22 years** of experience in the field of **Yoga, Naturopathy, Acupressure, Acupuncture, Pranic Healing, Psychotherapy** and other alternative therapies. He is a pioneer in the field **Yoga therapy** and a well known **Motivational Speaker**. Fifteen years of his young age dedicated to **Social service activities** by working with **Vivekananda Kendra Kanyakumari** as a full time worker (Life worker) from 1995 to 2010, after the initial training from **Kanyakumari and SVYASA University** Bangalore, he worked in different part of India like 5years in Arun Jyoti project Arunachel predesh, one year in Rural development project in Assam, 5 years in Vivekananda Kendra Vidyalayas in Andaman- Nicobar Islands as Secretary of the schools and three years at VKV- Bangalore and regional coordinator for Karnataka and Andhra Pradesh.

In 2010 he started **Vivekananda School of Yoga** a Yoga studio to propagate Yoga and make a platform to study and research in details. In 2013 he started **Swami Vivekananda Seva Kendra**, a registered trust to encourages more people to engage in social service activities with the motto of **Yoga for man Making and Nation Building**

He traveled throughout India to study about our cultural heritage. Presently he settled in Bangalore conducting regular Yoga classes, meditation, Alternative therapy and Healing classes as well. He regularly conducts classes for corporate companies, Laughter yoga and Stress management workshops to different organizations. He conducts **Yoga Teachers Training** program with the affiliation of **Yoga Alliance International and International Yoga Federation**. He frequently travels to **China and Russia** to conduct Yoga teachers training courses.

In 2004 he received ***Rashtrapathi Award*** from then President Dr APJ Abdhul kalam and in 2013 he received ***Yogacharya*** award from Karnataka Yoga association, ***Yoga Ratna*** award from Bharat Sevashram Sangha and in 2015 received ***Yoga Bandhu*** award from Swami Vivekanand vishwa Prakruti Yoga Foundation, Bangalore. He got ***Gold medal*** and ***Yoga Bhushana*** certification from Ministry of Health and Family welfare and Morarji Desai Institute of Yoga New Delhi. In 2015 he has done his **Grand Masters** course and **Transformational Yoga** training from Pondicherry, through Swami Vidyananda, founder of Yoga Alliance International. In 2018 he received Masters Degree and honourary Doctorate from Indian Virtual Academy & Bharatiya Vidya Bhavan-Chennai.










Course Chief Coordinator

Grand master Yoga Bhushana Rajashree Prasad, MA,D.Mot, DYT,YIC is a well qualified Yoga teacher and consultant in the field **Yoga and Pre and Post Natal Yoga**. She is the wife of Yogacharya Prasad.

After her initial education she joined in **Vivekananda Kendra Vidyalaya** as a Montessori Teacher and worked for 6 years and left the school as In-charge of the Nursery School. Mean time she trained in Yoga from Vivekananda Kendra kanyakumari and conducted classes to the school students as well as near be Government school students as social service, as a part of the weekly cultural classes. During her time in school, she had done number of **Personality development training camps**, conducted Mass Deepa pooja and Samskara varga classes, Bhajan sandhyas and Women's awareness programes.

In 2012 she has done her **Advanced Yoga Teachers Training and Yoga Therapy** course from **Indian School of Yoga**, Chennai and **Pranic healing** course form Indian Pranic healing association. In 2015 she had done her **Grand Masters Course** and **Transformational Yoga Training** from Pondicherry through Swami Vidyananda, founder of **Yoga Alliance International** and **Sri Ma School of Transformational yoga**. In 2013 She received **Yoga Sadhaki** and **Yoga Bandhu** awards and in 2014 done **Yoga Bhushana Certification course** with **Gold Medal** from Ministry of Health and family welfare and Morarji Deshai Institute of Yoga, New Delhi. In 2018 from Anahat Yogashala Dharmashala, she has done her Aerial Hammock Yoga Teacher Training, Certified by Yoga Alliance-USA.

She is the co founder of **Vivekananda School of Yoga and Swami Vivekananda Seva Kendra**. Twice she visited **China** and conducted Yoga classes. Her skills in the practical classes with different Props and variations are well appreciated. Presently she takes regular classes in Vivekananda School of Yoga, Bangalore.







NAMASTE!

Please feel free to contact us:

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