

# Yoga Trainer Course

## Course Description :

- The Yoga trainer Course is developed for aspiring yoga teachers as well as serious yoga practitioners who want to develop their career through Yoga and expand their knowledge in Yoga.
- Candidates will acquire a thorough knowledge of Asana, Pranayama, Meditation, Ashtanga Yoga and Hatha Yoga.

## Topics covered in the Course:

- Theory - Ashtanga Yoga and Hatha Yoga concepts
- Practical – Asana, Pranayama, Relaxation Techniques, Meditation

## Outcomes of the Course:

- A thorough knowledge on Yoga system of healing and living
- Gaining flexibility and looseness of your body
- Peace of mind and realization of your self

## Outcomes of the Course:

- Extended Theoretical and practical knowledge on Yoga
- Be a certified Yoga trainer

## Eligible Stream of participants:

- Higher secondary education
- Well versed in English

**Tool:** Zoom, Google hangouts, Teams



**Dr. Rajalekshmy P R**

Assistant Prof., Parul Institute of Ayurveda

Dr. Rajalekshmy.P.R pursued her under graduation in SreeNarayana Institute of Ayurvedic Studies and Research, Kerala in 2013 and post-graduation in Department of Swasthavritta in Amrita School of Ayurveda, Kerala during 2013-2016. She has completed the Yoga Instructor course of SVYASA University, Bengaluru and is a Certified Yoga Instructor too. Since three years she is working as Assistant Professor in Department of Swasthavritta in Parul Institute of Ayurveda, Parul University, Vadodara. She has presented more than 12 papers in various international and national seminars of Ayurveda and Yoga. She had published 12 papers in various peer reviewed journals. She works as the pathya consultant and yoga clinician in ParulAyurved Hospital. She is currently PhD scholar in Parul University working on the combined effect of Yoga nidra and padabhyanga in insomnia.