



A 7 days Intensive Yoga Teacher Training Retreat – Nainital in Himalaya with Master Shivachittam

Location:

Nainital, India

Class Schedule:

Start: 7 April 2017

End: 13 April 2017

Duration:

7 days

Course Contents:

- Therapeutic yoga for common disease, Case History
- A detailed study of Pranayamas, Yoganidra and Meditation, Therapeutic approach
- Mudra, Bandha and Chakra and its significance in yoga therapy
- A wide approach towards Pre-natal yoga
- A study and practices of Cleaning techniques (Detox)

Sample Schedule:

- 6:00-7:00 Morning Chanting, Pranayama, Yogic Kriya and Meditation
- 9:00-10:30 Lecture
- 10:45-12:00 Therapeutic Yoga class
- 14:00-16:00 Lecture / Application
- 16:30-18:00 Asana Practice-therapeutic / Yoganidra
- 19:00-20:00 Q/A session and Meditation

This schedule is for general reference, slight changes might occur depending on the learning progress of the class.

This training will be taught in English.

Class Fees with the Full Training Program

- Regular Price: US\$1700 / HK\$13200 (share double room)
- Early-bird: US\$1300 / HK\$10000 (share double room)
50% deposit US\$650 / HK\$5000 for confirmation (before 5 Sept 2016);
Bal. amount US\$650 / HK\$5000 (before 31 Jan 2017).
- To secure your spot, transfer payment to:-
- ✓ For Hong Kong: kindly send email at phoebeng0128@outlook.com, or Whatsapp 852-91514281, to be provided HKD bank account.
- ✓ For other countries:
Anandabodh Stress Management & Yoga Research (P) Ltd.
USD Current A/C No. 006505003265
Icici Bank - C-17, C-Block Market Vasant Vihar Branch, New Delhi-110057
RTGS/NEFT/IFSC Code: ICIC0000065
Swift Code: ICICINBBCTS
Kindly email the transaction reference to shivachittam@yahoo.com, or call / Whatsapp 0091-9891428646.
- Packages include: 7 days and 6 nights' accommodation; daily vegetarian meals; airport inland pick up; course tuition fee and certification.
- Exclude: air tickets and insurance.
- Spot is limited, we keep space for the people who pay first.
- Fees paid strictly Non-refundable once reserved the spot and the venue accommodation.

About Master Shivachittam

Shivachittam, who is a Karma Sannyasi initiated by Swami Niranjananda Saraswati, learnt yoga in his early childhood from Bihar School of yoga and has been practicing since then. After a dedicated practice for nearly three decades Shivachittam choose to propel the wisdom of his guru. He gained education in Psychotherapy and Counseling, Business Administration, Journalism and Mass Communication, and in Sciences. He is a naturopathist and done diploma in naturopath and yoga (NDDY) as well. For more than a decade and half now. Shivachittam has been a dedicated yoga Master, sharing his passion and spiritual knowledge. He has been serving many organizations, public sector, private sector, embassy, hotels, NGOs, leading sports personnel, industrialists, bureaucrats, film stars etc and is helping people to lead a pure, clean, and rich life, and to better cope with stress.

He has been conducting stress management program and yoga sessions for several corporate, MNCs, their Chairman, Directors, top level executives, staffs, trainee-engineers, trainee-operators, territorial army personnel and conducting personality development program through yoga for the children of different age groups.

Delivers lectures on yogic philosophy, stress management, personality development and other related aspects of yoga.

Imparts therapeutic guidance to the participants of different programme which includes all kinds of physical, mental and emotional diseases. He has an immense expertise in therapeutic yoga and in the field of applied yoga.

Shivachittam is the founder of Anandabodh Stress Management & Yoga Research (P) Ltd, in India,

<http://www.anandabodh.com>

Clients of Master Shivachittam



Nainital, India

Nainital is located in the Kumaon region in the state of Uttarakhand. It is a distinct and famous tourist destination of India. Nainital's charm includes everything from boating and sailing to old temples and heritage buildings, and of course, scenic views at every step. It shines as a glittering jewel in the Himalayan Mountains and is surrounded with lakes and nature's bounty.

Nainital is a perfect retreat to find your inner peace and awaken inside power.

We look forward to this yoga journey in India with you.



Om Shanti Shanti Shanti

Namaste

By Master Shivachittam - A 7 days Intensive Yoga Teacher Training Retreat

7 Apr -13 April 2017, Nainital in Himalaya, India

Registration

Name: _____ (match your passport) Passport Number: _____

Male / Female: _____ Country: _____ Nationality: _____

Email: _____ Phone Number: _____

Signature & Date _____

Kindly fill up the registration form and attach payment transaction receipt, email to us for spot confirmation.

Fees paid strictly Non-refundable once reserved the spot and the venue accommodation.

To inquiry, please write / call us at:-

- ✓ For Hong Kong, phoebeng0128@outlook.com, or call / Whatsapp 852-91514281.
- ✓ For other counties: shivachittam@yahoo.com, or call / Whatsapp 0091-9891428646.

