

THERAPY YOGA TEACHER TRAINING COURSE (APRIL 2020) NCR/DELHI INDIA WITH MASTER SHIVACHITTAM

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Module One 75 Hrs

Schedule

- Arrival Check-in: 31 March 2020
- Training: 1 - 7 April 2020

Course Content

- Therapeutic yoga for common diseases;
- Pranayamas, Yoganidra and Meditation- Therapeutic approach;
- Mudra, Bandha, Chakra and its application;
- A wide approach towards Pre-natal yoga;
- Cleansing techniques (Detox).

Class Fee

- Regular Price: US\$2390 / HK\$17900
- Early-bird: US\$2090 / HK\$16500
 - 50% deposit US\$1045 / HK\$8250 for confirmation (before 15 Oct 2019);
 - Bal. amount US\$1045 / HK\$8250 (before 30 January 2020)

*Packages include (share double room): 8 days and 7 nights' accommodation; daily vegetarian meals; airport inland pick up; course tuition fee and certification.

Module Two 75 Hrs

Schedule

- Arrival Check-in: 7 April 2020
- Training: 8 - 14 April 2020

Course Content

- Therapeutic yoga for common diseases;
- A detailed study of Pranayamas, Yoganidra and Meditation, Therapeutic approach, Stress management and yoga; Cleansing techniques (Detox);
- Mudra and its application, Yoga for Kids;
- Swara yoga-science of brain breathing-in therapy.

Class Fee

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Anandaida Wellness Home
Anandabodh Stress Management & Yoga Research (P) Ltd



www.anandabodh.com

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Sample Schedule

- 6:30-7:30 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. The course will be conducted in English language.

Payment

- To secure your spot, transfer payment to:-
- For Hong Kong (Anadaida Wellness Home): kindly send email at phoebeng0128@outlook.com, or call / 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.

- 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.



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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. He is certified by Quality Council of India (QCI) and ministry of AYUSH department, Government of India. 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>



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Clients / Training Classes of Master Shivachittam



Delhi, India

After independence in 1947, Delhi was officially declared as the capital of India. It is charming mix of heritage and new world. On one side, you can see architectural sites, buzzing streets and exotic markets. And, on the other side Delhi has magnificent Malls, modern opulent high rise buildings and lots of greenery. Delhi is the best place to experience all that brings people to India: history, culture, food, spirituality, madness and mystery etc. You will be refreshing the soul there.



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



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By Master Shivachittam - Therapy Yoga Teacher Training Course

April 2019, NCR / Delhi, India

Registration

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

Male / Female: _____ Country: _____ Nationality: _____

Email: _____ Phone Number: _____

Course: _____

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.



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