

## SYLLABUS FOR 100 HOURS YOGA TTC

- ❖ YOGIC PURIFICATION
- ❖ PRANAYAMA
- ❖ BANDHA
- ❖ MUDRA
- ❖ MEDITATION
- ❖ YOGA NIDRA
- ❖ RELAXATION
- ❖ MANTRA
- ❖ YOGA PHILOSOPHY
- ❖ YOGA ANATOMY
- ❖ HATHA YOGA
- ❖ ASHTANGA VINIYASA



## CERTIFICATION OF 100 HOURS YOGA TTC

You can get the 100-hour Yoga Teacher Training Course certificate from Siddhant School of Yoga, one of authentic and registered Yoga school approved by Yoga Alliance USA. 100 hour Yoga TTC certification is useful in related to 200 hour Yoga TTC. Please make an inquiry, for more information.



SIDDHANT SCHOOL OF YOGA

Siddhant Ashram, Rishikesh, Himalaya, Uttarakhand  
249201, India

We would love to hear you: +91-8449-785755

Write us at: [siddhantschoolofyoga@gmail.com](mailto:siddhantschoolofyoga@gmail.com)

## The Philosophy Of SIDDHANT School Of Yoga

CLARITY

FOCUS

GRATITUDE

SELF COMMITMENT

NON COMPLAIN

WILL POWER

UNDERSTANDING

RIGHT PRACTICES

# SIDDHANT SCHOOL OF YOGA

[www.siddhantschoolofyoga.com](http://www.siddhantschoolofyoga.com)



## ----- 100 Hrs Yoga TTC -----

*Asanas bring perfection in body. beauty in form,  
grace. strength. compactness. and the hardness  
and brilliance of a diamond."*

:Patanjali

TEAM BEHIND SIDDHANT



+91-8449-785755

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## SIDDHANT SCHOOL OF YOGA

FOR REAL UNDERSTANDING



### 100 Hours Yoga TTC

This yoga teacher training program gives you the overall test of the yoga and its different subjects for a better healthy and balanced life. :Siddhant

#### IMPORTANCE AND BENEFIT OF 100 HOUR YOGA TTC

100-hour Teacher Training Course is a complete yoga package for your self-practice. This course gives you the basic understanding and practice of yoga which can be very useful for your personal and professional growth. You can understand the nature of clarity, self-commitment, gratitude, ego understanding and wisdom during this yoga course.

You can get some more practical benefits for a better life such as:

- ❖ Learn the right way to practice of Hatha-yoga to maintain your healthy body and mind.
- ❖ Learn the proper way to breathe.
- ❖ Know the importance of pranayama for your daily practice.
- ❖ Develop proper stamina and strength by the right practice of Ashtanga Vinyasa.
- ❖ Learn the right practice of yogic lock (Banda) and yogic gesture (Mudra) by personal attention.

- ❖ Get a taste of meditation.
- ❖ Understand and practice yoga-nidra.
- ❖ The knowledge 'science of five bodies' helps you grow.
- ❖ Understand the nature of 'practice'.
- ❖ Develop the attitude of thankfulness.

#### ABOUT 100-HOUR YOGA TTC

100 hours residential Yoga Teacher Training Course is for those who don't have time for 200 yoga TTC approved by Yoga Alliance USA. This yoga course gives you the right knowledge and proper practice about the different yogic aspects for your practical uses to grow and gives you a clear idea of professional yoga training. This course is designed looking for the beginner and intermediate level.

#### ELIGIBILITY CRITERIA FOR 100 HOURS YOGA TTC

The 'Right Attitude' is the only eligibility criteria to participate in a yoga course. You need to have some more practical eligibility to attend any kind of yoga program at Siddhant School of Yoga.

- ❖ Good physical condition.
- ❖ Be open-minded and eagerness to understand and practice yoga.
- ❖ Must be a vegetarian during the yoga course.
- ❖ No alcohol, drugs and smoking are allowed during the yoga course.
- ❖ Need to know basic English.
- ❖ Must not have any surgery for last one year.

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#### HIGHLIGHT OF 100 HOURS YOGA TTC

- ❖ Get the right knowledge and practice of Hatha and Ashtanga yoga
- ❖ Practice pranayama for your healthy body and balanced mind
- ❖ Understand the yogic definition of growth
- ❖ Get yoga-nidra and relaxation sessions
- ❖ Understand and practice some meditation method.
- ❖ Get some yogic purification methods to purify your systems.
- ❖ Understand and practice gratitude
- ❖ Develop your focus, strength and understanding
- ❖ Get support after this yoga course