



**The Mother's Integral Health Centre**

**SRI AUROBINDO ASHRAM – DELHI BRANCH**

Sri Aurobindo Marg, New Delhi 110 016

After ten years of experience with a Course on Teaching Yoga, we launch in 2021 an

**Intensive Residential  
Certificate Course on Teaching Yoga**

*A unique 6-week (200-hour) course starting 3 Feb 2021*

**The course:**

- includes the depths of yoga, and its role in a life-affirming spiritual quest
- would teach how yoga enables us to live a life full of love, peace, joy, and above all, fulfillment.
- includes Theory covering yoga, nutrition, anatomy and physiology, and the basics of ayurveda
- includes Practical, including guidance for giving instructions for common yogic practices
- would enable the student to translate knowledge into a concrete short-term program for her students

**3 Feb 2021-18 March 2021**

*Timetable: 6.45 am - 7.30 pm (Mon-Fri); 6.45 am - 12.30 pm (Sat & Sun).*

*The duration of the teaching-learning process would be at least 36 hours per week.*

<p><b>Last date for applying: 15 Jan 2021    Telephonic Interviews for selection: Round the year</b> <b>Inauguration of the course: 3 Feb 2021, 10 am</b></p>
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***What the previous students say:***

- A life-changing course – Ayesha, Henna, Promila, Shilpa, Vikrant
- The course gave my laughter back, my childhood back – Priya
- An amazing journey which will stay lifelong with me – Puneeta
- Expectations fulfilled and surpassed – Bhavna

For more details:

- Please e-mail [srimayog@gmail.com](mailto:srimayog@gmail.com) OR
- Visit:

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*(Entry through Gate No. 6, Opposite Sarvodaya Enclave)*