



Yoga Teacher Training Course (YTTC)



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Enroll in Our
Certificate Course!

Best Education for your
future is here...



TIME :

Offline Batch : 8:30 AM To 1:00 PM

Online Batch : 2:30 PM To 6:30 PM

Registration Link :

<https://forms.gle/eLFX1auXQbPAsmxC6>

**45-Days (200 Hours) Program
for Aspiring Yogis**

**Batch Starts
on**

Offline : 1st Dec, 2026

Online : 1st Dec, 2026

Fees : ₹ 21,000 /-

Including GST, Materials & Coursework

Eligibility : 12th Pass

Coursework & Examination Language:

English/Hindi/Gujarati

For Further Details:

Mr. Sachinbhai Patel (YTTC Incharge - LYU) – 9909948555,

Smt. Jinal Bhatt: – 7990341851,

E-mail : yttc@lyu.ac.in



Lakulish Yoga University

Program Information

This is a 45-day (200 hours) comprehensive programme designed to impart authentic Yoga as prescribed in traditional scriptures.

The course structure includes:

- Daily 1 hour of theory and 3 hours of practical sessions, conducted 6 days a week.

The curriculum is scientifically designed by Swami Rajarshi Muni, ensuring a balanced and holistic approach to learning.

The programme aims to:

- Build a strong foundation of physical and mental health
- Cultivate discipline, awareness, and virtuous living

Eligibility:

- Open to all candidates who have passed 12th grade
- No upper age limit

Course Fee:

- ₹21,000/- (including GST)
- Fee includes course material

Course Highlights

- Concept and practice of Ashtanga Yoga and Hatha Yoga
- Yukta Aahar (moderation in diet) as explained in the Bhagavad Gita
- Understanding the concept of Prana (vital force) and Nadi Shuddhi (purification of subtle channels)
- Basic knowledge of Ayurveda
- Application of Yoga and Ayurveda in the management of diseases
- Training in effective Yoga teaching methods, including skills and techniques for proper instruction