

Ancient traditions merge with modern Science

ॐकारः योग मन्दिरं



Omkārah Yoga Mandiram

Science & Art of Yoga for Health, Happiness & Harmony of Body, Mind & Soul

Women's Yoga Teacher Training Course



- **Pregnancy Yoga Teacher Training**
- **Prenatal –post natal Yoga teacher Training**
- **Yoga for womanhood**
- **Yoga for motherhood**

Introduction

Women's Yoga Teacher Training Course is intensive program help you to understand each stage of Women's life and Yoga can be helpful in every aspect of her life to live better, perform better and achieve better. You will learn connections between nature, seasons, diet, lifestyle,

health, feeling, emotions and behavior. We will teach Yoga as not only a physical activity but as Science and Art of living healthy, happy and in harmony.

FQA (Frequently asked Questions)

Q: How we will cover all these topics in details in so short duration of time?

Ans: We design these courses after a long research and analysis; we are going to teach the most important topics to you which will be very helpful in your teaching career. We are going to teach detailed essence of everything.

Q: I do not have any yoga or science background, can I join Yoga teacher training course and will I able learn from it.

Ans: We are completely simplified the scientific and yogic terms, so any student who has basic understanding of English is able to understand the subject. We arranged the schedule of classes systematically from building foundation to advance topics.

Duration Women's Yoga Teacher Training Course: 2 weeks 100 Hours

Course Calendar for Women's Yoga Teacher Training Course

Dates	Admission Status
16 Oct to 29 Oct 2016	Apply Now / Pay Reservation Deposit
1 Dec to 14 Dec 2016	Apply Now / Pay Reservation Deposit
17 Jan to 31 Jan 2017	Apply Now / Pay Reservation Deposit
2 March to 15 March 2017	Apply Now / Pay Reservation Deposit
16 April to 29 April 2017	Apply Now / Pay Reservation Deposit
1 June to 14 June 2017	Apply Now / Pay Reservation Deposit
16 July to 29 July 2017	Apply Now / Pay Reservation Deposit
1 Sept to 14 Sept 2017	Apply Now / Pay Reservation Deposit
1 Nov to 14 Nov 2017	Apply Now / Pay Reservation Deposit
16 Dec to 29 Dec 2017	Apply Now / Pay Reservation Deposit

Course Fees for Women's Yoga Teacher Training Course

For Foreigner Country students

- **Residential Course with Food and Accommodation 1000 USD**
- **Non Residential without Food and Accommodation 600 USD**

For Indian Students

- **Residential Course with Food and Accommodation Rs. 50000**
- **Non Residential without Food and Accommodation Rs. 30000**

Why "Women's Yoga Teacher Training Course"?

We observed that Today, 80 % of the Yoga practitioners are women globally. In history, Yoga was practiced mostly by males. In the last 100 years the situation is completely reversed. Yoga was secret science which is limited only to the Yogis and Monks. But in the last century with grace of Great masters made yoga available for everyone.

Women are different from men at Physical, Mental, Emotional, Intellect levels, even the placement of nadis (energy channels). So the women should practice Yoga Different way from the men. Yoga is accepted and proven as alternative system of medicine through scientific research around the world.

Women goes through different stages in her life – Puberty, Starting of Menstruation, marriage, sexual life, conception, Child Birth, Menopause. Every day in the women's life is different and in every stage she goes through many changes at every level and hormones play role in it. She is prone to get certain problems and disease at every stage. So if Women practice yoga according to stage it will work as medicine and wrong practice can cause many kinds of Physical and Mental problems.



What makes “Women’s Yoga Teacher Training Course” Unique.

We brought out all aspects of female life and specific practices for stage every stages of life. This is one of the most unique courses around the globe. It is grantee that you will not be able to find such a enrich course in knowledge and practice. We merged different schools and traditions of yoga and from there we selected specific practices after systemic analysis and combined with modern science. In our Yoga teacher training course you will get exposure and experience of several ancient yoga traditions based on scientific validation. We are using the Modern technology to enhance the quality of Educations through audio visual presentations, videos and human anatomy models.

Our Teams of teachers who are leading this course are highly dedicated, qualified and experienced and have the knowledge of modern science, clinical research and yoga therapy. Our teachers love to share their knowledge and experience from core of their heart.



Who must join “Women’s Yoga Teacher Training Course”?

- Female Yoga Practitioner
- Yoga Teachers

- Yoga Therapists
- People work in Health and Wellness Industry
- Doctors
- Physiotherapists
- Nurses
- Physical Education Teacher
- Sports Teachers and Couches
- Gynecologist

Why you should join Women's Yoga Teacher Training Course?

In our **Women's Yoga Teacher Training Course** you will understand the detailed information on every aspect of women's life like pregnancy, menopause etc. and learn the specific practices to each. How the yoga be use as medicine and lifestyle to enjoy and celebrate each stage of women's life. It is most unique course around the globe in content, knowledge and learning.

What you will learn from Women's Yoga Teacher Training Course?

- Female anatomy and physiology (Female Reproductive system)
- Human anatomy and physiology
- Understanding Puberty, its effect on psychology and Physiology
- Development of fetus in Womb
- Preparation for pregnancy
- Science and Art of Conception
- Creating memory of womb (Grabha Samaskara)
- Detailed information about stages and trimester of Pregnancy
- Lifestyle during pregnancy
- Growth of Fetus and its consciousness in the womb
- Based on modern science : Human Anatomy and Physiology, Yoga Research
- Supported by ancient Traditions : Yoga, Ayurveda, Nature Cure
- Understanding Science of illness
- Relationship between different stages and nature like (day and Time)
- Special Yogic Practices: Yoga warm up and loosening exercises, Asana (Yoga postures), Pranayama (breathing practices), Dhyana (Meditations), relaxation techniques etc.
- Use of different kinds of props based on Iyenger Yoga.
- Based on modern science : Human Anatomy and Physiology, Yoga Research
- Ancient Traditions : Yoga, Ayurveda, Nature Cure
- Relationship between different stages and nature like (day and Time)

What you will learn from Women's for Yoga Teacher Training Course

- Yoga during Puberty
- Yoga during menstruation
- Yoga after menopause
- Yoga for Infertility
- Yoga for conception
- **Prenatal Yoga:** Yoga before pregnancy
- Yoga during pregnancy

- Yoga during delivery: Yoga for labor room
- **Postnatal Yoga:** Yoga after delivery



Daily Schedule “Yoga therapy for Women’s Problems Course”

Time	Activity
6.00 am – 8.00 am	Shat Kriyas, Asana, Pranayama, Mediation
10.00 am – 11.00 am	Lecture 1
11.00 am – 12.00 pm	Teaching Techniques and Methodology
12.00 pm – 2.00 pm	Lunch Break
2.00 pm – 3.00 pm	Special Techniques
3.00 pm – 3.50 pm	Lecture 2
4.00 pm – 6.00 pm	Yoga Therapy Class

REGISTRATION

- Download application form and fill it and send to our email or Apply Now Online.
- Attach a copy of your recent medical reports and physical fitness Certificate.
- Send the completed application forms, remittance & medical reports to contact@omkarahyoga.com

- To join the course need to submit two passport size photographs, one soft copy of your photo.
- For foreigners need to submit valid Passport and Visa photo copy after arrival at Omkarah Yoga Mandiram.
- Those who require assistance in their personal routine and daily activities will not be accepted. Those with chronic ailments, communicable diseases, or drug or alcohol addictions should not apply. Applicants between the ages of 18 and 60 years will be considered for admission.
- Fill the application form and send it to contact@omkarahyoga.com. After approval from yoga school deposit \$200 in advance through PayPal or bank transfer to confirm your place in the course. We will send you an e-mail after receiving your advance fee.
- If accepted for the course, you will be sent a provisional admission letter which will indicate the date and time you need to arrive and depart from the course venue.

REGISTRATION DEPOSIT

At the time of registration a non-refundable booking amount of US\$ 200 should be paid as advance towards the course fee to reserve your seat in course. (This will adjust towards final payment).

REFUND POLICY:

- All fees are non-refundable and so please refrain from requests for refund as such requests will not be entertained.
- All aspirants are advised to carefully consider the time and resources required for the course before forwarding the application for our courses. The deposit submitted with the application is not refundable. However, in case of emergencies and other unavoidable exigencies its discretion permits students to go for any other scheduled course within the period of one year.

COURSE FEES STURTURE

Balance of fees must be paid on arrival at Omkarah Yoga Mandiram according to selected course.

ATTENDANCE REQUIREMENT

- Each session is considered as a unit and the candidate has to put in a minimum attendance of 90% in each subject.
- The student shall be informed about their attendance position periodically so that the students shall be cautioned to make up the shortage.

ARTICLES TO BE BROUGHT

- Things for the daily use, Toilet requirement.
- Please bring 1.Torch, 2.Umbrella, 3.Sweater during winter and other requirements.

TEACHING METHODOLOGY

- Demonstration
- Group discussion
- Group Practice
- Library facility to all
- Report & Worksheet writing and presentation of it
- One to one discussion
- Lectures
- Review classes

EVALUATION

- Method and System of Assessment
- Written Exam
- Assignment Writing
- Practical evaluation
- Code of conduct
- Teaching Techniques
- Teaching Instructions

CERTIFICATION

Omkarah Yoga Mandiram is registered with the govt. of India. On the successful completion of the course Omkārāḥ Yoga Mandiram certificate will be issued to the concerned student to certify their profeseiciency.

Yoga is the Indian Ancient and Traditonal, Science and Art of living, its is develoded and discovered by great sages on this holy land, what a joke now the americans will certify and registar us as yoga teacher.

Please note that there is no International Certification for Yoga. Each provides their certificates to inform that the concerned student has completed their course. Associations such as Yoga Alliance certification has no legal value anywhere in the world and Yoga alliance does not certify to teach yoga but it resistor you as yoga teacher in directory .

Read more scams about Yoga Alliance on the following links

<http://americanyogaschool.com/yoga-alliance-ruining-yoga/>

<http://yogagypsy.blogspot.in/2012/08/why-i-am-not-registered-with-yoga.html>

<https://fourelementsyooga.wordpress.com/2010/09/26/yoga-alliance-registration-is-it-worth-it/>

<http://www.yogaanatomy.org/2011/yoga-alliance-approved-my-ass/>

<http://recoveringyogi.com/ryt-e-ryt-or-rys-bfd/>

The motive of the Omkarah Yoga Mandiram is to train real Yoga Sadakas(Practitioner) and Yogacharyas (Yoga masters) who will stand apart from the rest of the crowd and enlighteen World through the true and authentic knowledge and practice of yoga.

If you really want to learn what truly Yoga is, progress on the path of yoga; realise and reach the goal of yoga YOU must join us or if you are looking for the piece of paper so called certificate then you are free to go to anywhere, but eventually you will realise it has no meaning for yourself.

Omkarah Yoga Mandiram seeks sincere disciplined practitioners and seekers of Yoga to join and study with us on this unique practice and study

PROMOTING TECHNOLOGY

Yoga may be Ancient and Traditional practice, But we are promoting yoga with the support of modern and Scientific Technology to make the best learning experience for our students.

- Learning (student centered learning techniques).
- Teaching methodology (computers, LCD, Power point).
- Power point presentation.
- Audio, visual and video presentation.
- Streamlined computer process to maintain students records and Governance (for administration)

RULES AND REGULATIONS

- Discipline is an integral part of the training program and so the course routine must be strictly observed.
- Disrespect to rules and regulations could result in termination of studentship with no refund of fee.
- Absenting oneself from the scheduled program without prior permission of the teacher or manager concerned would be construed as a gross breach of discipline.
- A student must intimate in advance if they intend to forgo a meal so that there is no wastage of food.
- The Omkarah Yoga Mandiram does not make arrangements student's guest. Any activity that is not related to the course is not permitted.
- Ensure you are on time for class or you will not be permitted to enter any class once it has commenced.
- Before departure from the Omkarah Yoga Mandiram students must settle all dues and return all library books.
- Smoking, alcohol, drugs and other kind of addictive substance are not permitted in Omkarah Yoga Mandiram.
- Coming late and delay in classes will not be accepted.

NOTICE

We have reserved the right for the cancelation of application and change the Course curriculum, Daily Time Table and any other change we feel to make the course productive and efficient.

FOOD

Natural, Yogic, Ayurvedic and Sattavik balance wholesome diet with herbal drinks, fruits will be given as meals three times a day.

ACCOMMODATION

Single and Double sharing Clean and ventilated room will be provided with the attached bathroom.

INDIA OFFICE

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Thank You

Hari Om Tat Sat !