

**Karuna Yoga Vidya Peetham**  
**Bangalore, India.**  
**[www.karunayoga.in](http://www.karunayoga.in)**

**Name of the Course:** 200 Hours Yoga Teacher Training Certificate Course

**Yoga Styles Taught:** Hatha Yoga (B.K.S. Iyengar Alignment Principles & Satyananda Style)  
Vinyasa and Gentle Yoga.

**Certification:** Yoga Alliance, USA.

**Curriculum**

Paper – 1 Techniques, Training and Practice

Paper – 2 Yoga Teaching Methodology

Paper – 3 Yoga, Anatomy, Physiology, & Kinesiology

Paper – 4 Yoga Philosophy, Lifestyle and Ethics

Paper – 5 Practicum

Paper - 6 Tutorials, Assignment and Examination

Paper - 7 Project Writing(100 Pages)

Paper - 8 Field Training (Each student has to complete 50 hours of teaching yoga under the guidance of a certified lead yoga instructor).

## Syllabus

### Paper 1. Training and Practice

#### 1. Yoga Mantra Chanting

1. Gayathri Mantra
2. Maha Mrityunjaya Mantra
3. Asato mā sad
4. Saha nāv avatu
5. Sarve bhavantu sukhinaḥ
6. Sarveṣāṃ svastir bhavatu
7. Pūrṇam adaḥ pūrṇam
8. Patanjali Mantra
9. Pranayama Mantra
10. Surya Namaskara Mantra
11. Astanga Yoga Mantra
12. Mangala Mantra
13. Gurur brahmā
14. Dhyana Mulam
15. Bhadrāṃ karṇebhiḥ
1. Mantra Chanting
16. Śaṃ no mitraḥ
17. Om Karam bindu
18. Śanaiḥ Sanaiḥ
19. Laye sombhodayeth
20. Pratahsmarana Mantra

#### 2. Surya Namaskara (sun salutation)

##### Beginners Level

1. Surya Namaskara (Sun Salutation) Sivananada School of Yoga Style
2. Surya Namaskara (Sun Salutation) Satyananada School of Yoga Style
3. Surya Namaskara (Sun Salutation) Vivekananada School of Yoga Style

##### Intermediate Level

#### 4. Chandra Namaskara (Moon Salutation)

#### 5. Astanga Surya Namaskara – A

##### Advanced Level

#### 6. Astanga Surya Namaskara - B

#### 2.5. Foundation of Asana

1. Hatha Yoga View on Asana
2. Patanjali concept on Asana
- 2.6. Classification of Asana
  1. Beginners
  2. Intermediate
  3. Advanced
- 2.7. Isometric static & Dynamic Asana

## 2.8. Perspective view on Asana

### 2.6. Introduction to Asana

1. Standing Asana
2. Forward Bending Asanas
3. Backward Bending Asanas
4. Vajrasana Group of Asanas
5. Sitting Asana
6. Meditation Asanas
7. Spinal Twisting Asanas
8. Relaxation Asanas
9. Supine and Prone Asana
10. Inverted Asanas
11. Core Asana
12. Hip Opening Asana
13. Balancing Asanas

### 3. Asanas

#### 3.1. Standing Asana

##### Beginners Level

1. Samasthiti (upright or still)
2. Tadasana – (mountain pose)
3. Ardhakati Chakrasana (half lateral wheel pose)
4. Vrksasana (tree pose)
5. Ardha Uttanasana (standing half forward bend)
6. Padahasthasana (hand to foot pose)
7. Ardha Chakrasana (half wheel pose)
8. Utthita Vayu Mukthasana (standing wind releasing pose)

##### Intermediate Level

9. Garudasana (eagle pose)
10. Utkatasana (mighty pose)
11. Utthita Trikonasana (extended triangle pose)
12. Parivritta Trikonasana (revolved triangle pose)
13. Utthita Parsvakonasana (extended side angle pose)
14. Parivritta Utthita Parsvakonasana (revolved extended side angle pose)
15. Parsvottanasana (side intense stretch)
16. Virabhadrasana -1 (warrior -1)
17. Virabhadrasana -2 (warrior-2)

##### Advanced Level

18. Padangusthasana (holding the big toes)
19. Ardha Chandrasana (half moon pose)
20. Parivrtta ardha Chandrasana (revolved half moon pose)
21. Parivrtta Baddha Parsvakonasana (revolved bound side angle)
22. Urdhva Prasarita Ekapadasana (upward split one leg)
23. Virabhadrasana -3 (warrior-3)

24. Ardha Baddha Padmottanasana (half bound lotus intense stretch)
25. Natarajasana(Lord of the dance Pose)
26. Prasarita Padottanasana(legs widespread intense stretch)
27. Utthita Hasta Padangusthasana(intense arms hold big toe)
28. Malasana (garland pose)

### 3.2. Kneeling Asana

#### Beginners Level

29. Vajrasana (diamond pose)
30. Balasana(Child's Pose) or Shashankasana ( moon or hare pose)
31. Madukasana(Frog Pose) or Bhadrasana (gracious pose)
32. Marjaryasana(Cat Pose)
33. Vyaghrasana(Tiger Pose)

#### Intermediate Level

34. Virasana (hero pose)
35. Ustrasana(camel pose)

#### Advanced Level

36. Parighasana (gate pose)
37. Supta Virasana (recline hero pose)

### 3.3. Sitting Asana

#### Beginners Level

37. Sukhasana(Easy pose)
38. Dandasana (Staff Pose)
39. Swastik Asana(auspicious pose)
40. Siddhasana(adept pose)
41. Padmasana(lotus pose)

#### Intermediate Level

42. Janu Sirsasana (Head to Knee Pose)
43. Parivrtta Janu Sirsasana(revolved knee to head pose)
44. Paschimottanasana(ugrasana or brahmacharyasana)
45. Purvauttanasana(east intense stretch pose)
46. Gomukhasana(cow face resembling)
47. Marichyasana(name of the sage mariachi)
48. Ardha Navasana (half boat)
49. Upavistha Konasana(wide angle seated forward bend pose)
50. Baddha Konasana(bounded angle pose)
51. Ardha Matsyendrasana (half spinal twist)
52. Yogamudrasana(yoga gesture or psychic union pose)
53. Simhasana(lion gesture)
54. Parvatasana(mountain pose)

#### Advanced Level

55. Ardha Padma Paschimottanasana(half lotus west intense stretch pose)
56. Ardha Baddha Padma Paschimottanasana(half bounded lotus west intense stretch pose)

57. Bharadvajasana(Bharadvaja was the father of drona)
  58. Paripurna Navasana (complete boat pose)
  59. Ubhaya Padangustasana(ubhaya - both, padangusta - big toe)
  60. Merudandasana (spinal column pose)
  61. Goraksasana(cowherd)
  62. Simhasana - 2(lion pose)
  63. Trianga Mukhaikapda Paschimottanasana(three limbs facing intense west stretch pose)
  64. Hanumanasana(front full split or hindu monkey god)
  65. Krounchasana(heron pose)
  66. Urdhva Padmasana(Upward Lotus Pose) or Lolasana (swinging pose)
  67. Akarna Dhanurasana(heel touches the ear as an archer pulls the bowstring)
  68. Eka Pada Raja kapotasana(single leg king pigeon pose)
  69. Eka Pada Sirasana(one leg behind head pose)
  70. Kukkutasana(cockerel pose)
- 3.4. Supine Asana (on back)

#### Beginners Level

71. Shavasana(corpse pose)
72. Ananda Balasana (happy baby pose)
73. Supta Pawanmuktasana (wind relieving pose)
74. Setu Bandha Sarvangasana(bridge lock Sarvangasana)

#### Intermediate Level

75. Jathara Parivartanasana(abdomen twisting pose)
76. Salamba Sarvangasana(supported Sarvangasana)
77. Matsyasana(fish pose)
78. Supta Konasana(reclining angle pose)
79. Urdhva Cakrasana(upward wheel pose)

#### Advanced Level

80. Anantasana(Vishnu couch pose)
81. Eka Pada Setu Bandha Sarvangasana (single leg bridge pose)
82. Niralamba Sarvangasana (without support Sarvangasana)
83. Supta Padangusthasana(supine holding big toe)
84. Halasana(Plough Pose)
85. Karnapidasana(ear pressure pose)
86. Dwi Pada Viparita Dandasana(both feet reverse stick pose)
87. Eka Pada Urdhva Dhanurasana(single leg upward bow pose)
88. Pindasana in Sarvangasana(embryo or fetus pose)
89. Urdhva Padmasana in Sarvangasana (upward lotus pose in sarvangasana)

#### 3. 5. Prone Asana (abdomen)

#### Beginners Level

90. Makarasana (crocodile pose)
91. Ardha Shalabhasana(half locust pose)
92. Salabhasana (locust Pose)
93. Sarpasana(snake pose)

- 94. Bhujangasana(serpent pose)
- 95. Ardha Dhanurasana (half bow)  
Intermediate Level
- 96. Dhanurasana(bow pose)
- 97. Urdhva Mukha Svanasana(upward facing dog pose)  
Advanced Level
- 98. Parsva Dhanurasana(sideways bow pose)
- 99. Bhekasana(toad or frog pose)
- 3. 6. Arm Balancing and Head Standing Asana  
Intermediate Level
- 100. Phalakasana(plank pose) or Santolanasana (balancing pose)
- 101. Chaturanga Dandasana(four limbed staff pose)
- 102. Tolasana(scale pose)
- 103. Purvottanasana(east intense stretch)  
Advanced Level
- 104. Bakasana(crane)
- 105. Mayurasana (mayura means a peacock)
- 106. Padma Mayurasana(lotus peacock pose)
- 107. Astavakrasana
- 109. Eka Pada Bakasana
- 110. Eka Pada Galavasana
- 111. Eka pada Koundinyanasana(Single Leg Sage Koundinyan Pose)
- 112. Vasisthasana
- 113. Kukkutasana(lifted cockerel pose)
- 114. Salamba Sirsasana -1

#### **4. Pranayama**

- 4.1. Introduction
- 4.2. Four aspects of pranayama
  - 1. Pooraka or inhalation
  - 2. Rechaka or exhalation
  - 3. Antar kumbhaka or internal breath retention
  - 4. Bahir kumbhaka or external breath retention.
- 4.3. The Pranic body
- 4.4. Breath, health and pranayama
- 4.5. Breathing and life span
- 4.6. General notes for the practitioner
- 4.7. Natural breathing
- 4.8. Abdominal (diaphragmatic) breathing
- 4.9. Thoracic Breathing
- 4.10. Clavicular Breathing
- 4.11. Full Yogic Breathing
- 4.12. Kapalbhatai Pranayama (frontal brain cleansing breath)
- 4.13. Bhastrika Pranayama (bellows breath)

- 4.14. Nadi Shodhana Pranayama (psychic network purification)
- 4. 15. Ujjayi Pranayama (the psychic breath)
- 4. Sheetalī Pranayama (cooling pranayama)
- 4.17. Sheetikari Pranayama (hissing breath)
- 4.18. Bhramari Pranayama (humming bee breath)

## **5. Mudra**

- 5.1. Introduction
- 5.2. Mudras and prana
- 5.3. A scientific look at mudras
- 5.4. Five Groups of Yoga Mudras
  - i) Jnana Mudra (psychic gesture of knowledge)
  - ii) Chin Mudra (psychic gesture of consciousness)
  - iii) Bhairava Mudra (fierce or terrifying attitude)
  - iv) Hridaya Mudra (heart gesture)
  - v) Shambhavi Mudra (eyebrow centre gazing)
  - vi) Nasikagra Drishti (gaze at tip of nose)
  - vii) Shanmukhi Mudra (closing the seven gates)
  - viii) Yoga Mudra (attitude of psychic union)

## **6. Bandhas**

- 1. Jalandhara Bandha
- 2. Moola Bandha
- 3. Uddiyana Bandha
- 4. Maha Bandha

## **7. Yoga Nidra**

## **8. Meditation (anapanasati)**

## **9. Shatkarma (internal cleansing)**

- i. Jala Neti (nasal cleansing with water)
- ii. Sutra Neti (nasal cleansing with thread)
- iii. Vaman Dhauti (regurgitative cleansing)
- iv. Shankhaprakshalana (cleansing entire digestive tract)

## **Paper - 2 Teaching Methodology & Techniques**

### **1. Classroom Setup and Orientation**

- i. Layout of the room & Placing Mat

### **2. Voice and Language**

### **3. Querying new students**

- i. Practiced yoga? Style? Duration? Frequency?
- ii. Any injuries
- iii. Are you pregnant?

iv. Daily work or lifestyle?

v. Any physical exercise?

#### **4. Ethics in Teaching and Touching**

i)Yama ii)Niyama

#### **5. Practice Teaching Observation**

#### **6. Yoga Marketing**

#### **8. Transitioning into Asanas**

#### **9. Transitioning out of Asanas**

#### **10. Seven Principles of Hands on Adjustments**

Principle 1: Teach What You Know

Principle 2: Ask Permission to Touch

Principle 3: Have Clear Intention

Principle 4: Move with the Breath Principle

5: Honor Safe Biomechanics

Principle 6: Teach Essential Asana Elements

Stability and ease Alignment principles

Transitioning in, refining, and transitioning out

Principle 7: Support Stable Foundations

#### **11. Basic Arc Structure of Classes**

11.1. Initiating the Yogic Process

11. 2. Warming the Body

11. 3. Pathway to the Peak

11.4. Exploring the Peak

11.5. Integration

#### **12. Principles of Sequencing Asana**

12.1. Applied Parinamavada(theory of transformation)

12. 2. Move from Simple to Complex Asanas

12. 3. Move from Dynamic to Static Exploration

12. 4. Sattvic Effect: Cultivating Energetic Balance

12. 5. Pratikriyasana(counter pose)

### **Paper - 3 Yogic, Anatomy, Physiology, and Kinesiology**

#### **1. Introduction**

1.1. Anatomy

1.2. Physiology

1.3. Anatomical Terminology

1.4. Directional terms

i) Superior or cranial

ii) Inferior or caudal

iii) Posterior or dorsal

iv) Lateral

v) Proximal

vi) Distal



- vii) Medial
- viii) Anterior or ventral

## **2. Respiratory system**

- 2.1. Gaseous Exchange
- 2.2. Respiratory System
  - a. Nasal Cavity
  - b. Pharynx
  - c. Larynx
  - d. Trachea (wind pipe)
  - e. Bronchi
  - f. Bronchioles
  - g. Alveoli (Air sacs)
- 2.3. Lungs
- 2.4. Pleura
- 2.5. Bronchi
- 2.6. Pulmonary Ventilation
- 2.7. Respiration mechanism
  - a) Shallow breathing
  - b) Deep Breathing
  - c) Unconscious control of breathing
  - d) Conscious control of breathing
- 2.8. Lung Volume

## **3. Muscular System**

- 3.1. Muscular tissues can be classified into
  - 1. Smooth, non-striated or involuntary muscles
  - 2. Cardiac muscle or myocardium
  - 3. Skeletal, striated or voluntary muscles
- 3.2. Characteristics of skeletal muscles
  - i) Contractility
  - ii) Excitability
  - iii) Extensibility
  - iv) Elasticity
- 3.3. Functions of Muscles
  - I. Movement
  - II. Maintaining posture
  - III. Producing Heat & Temperature Regulation
  - IV. Circulation

### **3.4. Muscle fiber types**

- 1. Slow twitch muscle fiber (type -1)
- 2. Fast twitch muscle fiber (type -2)

### **3.5. Aerobic (with oxygen) and Anaerobic (without oxygen) Exercise**

### **3.6. Types of Muscle Contractions**

- i) Isometric Contraction

- ii) Isotonic Contraction
- a) Concentric Contraction
- b) Eccentric Contraction

#### **4. Skeletal System**

- i) Cartilage
- ii) Tendon
- iii) Ligament
- iv) Fascia
- v) Bursa

#### **Types of bone and cartilage**

4.2. Functions of the Skeletal System?

4.3. The main bones of the human skeleton are

1. The axial skeleton
2. The appendicular skeleton

4.4. Classification of Bones according to shape

1. Long bones
2. Short bones
3. Flat bones
4. Irregular bones
5. Sesamoid bones

5. Skeleton Joints

Joints classifications

- i) Fibrous joints
- ii) Cartilaginous joints
- iii) Synovial joint

4. 6. Synovial joints

4.7. Synovial joints classifications

1. Hinge
2. Ball and socket
3. Pivot
4. Gliding
5. Saddle
6. Planar

#### **8. Kinesiology**

8.1. Biomechanics and Kinesiology

8.2. Body Movements

Body Movements and Their Descriptions

1. Flexion
2. Extension
3. Abduction
4. Adduction
6. Pronation
7. Lateral flexion

8. Rotation
9. Medial rotation (internal rotation)
10. Lateral rotation (external rotation) 11.Elevation
12. Depression
13. Dorsiflexion
14. Plantar flexion
15. Eversion
16. Inversion
17. Protraction
18. Retraction
19. Circumduction

#### **4. Yoga Philosophy, Lifestyle & Ethics**

##### **1. Introduction**

- 1.1. Meaning
- 1.2. Definition of Yoga
- 1.3. History of Yoga

##### **2. Hatha Yoga Glimpse**

- 2.2. Nadis
  - 2.2.1. Ida, Pingala, Shushmna

##### **2.2. Cakras**

##### **3. Purusharthas(Four attainments of life)**

- i) Dharma (Virtue)
- ii) Artha (Wealth)
- iii) Kama (Pleasure)
- iv) Moksha (Emancipation)

##### **3.1. Chaturvargas(Four stages of Life)**

- i) Brahmacharya Ashram
- ii) Grihastha Ashrama
- iii) Vanprastha Ashrama
- iv) Sanyasa Ashrama

##### **3.2. Karma Yoga (path of selfless action)**

##### **3.2.1. Types of Karma**

- i) Sanchita Karma or Stored Karma
- ii) Agami Karma or Forthcoming Karma
- iii) Prarabdha or Vartamana Karma or Present Karma

##### **3.3. Jnana Yoga (path of knowledge)**

- 3.3.1. Meaning
- 3.3.2. Jnana yoga(Adi Sankara, Vivekacudamani) Seven limbs of Jnana Yoga

##### **3.4. Raja Yoga (path of royal yoga)**

- 3.4.1. Aim of Raja Yoga
- 3.4.2. Practice (abhyasa) and dispassion (vairagya)
- 3.4.3. Astanga Yoga(eight limbs of yoga)

- I. yama- social ethical code
- II. niyama- personal ethical code
- III. asana- posture
- iv. pranayama- control of life-force
- V. pratyahara- sense withdrawal
- VI. dharana- concentration
- VII. dhyana- absorption
- VIII. Samadhi- ecstasy or super consciousness

## **5. Path of Devotion (Bhakti Yoga) Bhagavata Purana nine forms Bhakti**

### **5.1. Mandukya Upanisad**

- a. Waking - Vaishvanara
- b. Dreaming - Taijasa
- c. Deep Sleep - Prajna
- d. Beyond this three - Turiya

### **4. Taittiriya Upanisad**

- a. Annamaya kosha - food sheath
- b. Pranamaya kosha - breath sheath
- c. Manomaya kosha - mind sheath
- d. Vijnanamaya kosha - intellect sheath
- e. Anandamaya kosha - bliss sheath

## **Paper - 5 Practicum**

### **Part -1**

1. Name of Pose in Sanskrit
2. Name of Pose in English
3. Benefits
4. Contraindications

### **Part – 2**

1. Sthiti (initial)
2. Transition In with breathing and awareness
3. Final Pose reflection and refinement
  - a. Stability
  - b. Comfortability
  - c. Alignment
  - d. Active muscles and relaxed mind, with soft breathing)
4. Transition Out with breathing and awareness
5. Sithila (relaxation)

### **Part – 3**

- i. Counter Pose
- ii. Modifications
- iii. Alignment cues

#### Part - 4

Trainee should observe following elements in classes, under the guidance of lead trainee

Elements	Assessment
1. Individual and Group Observation Skill	
2. Observation of Transition In	
3. Observation of Transition Out	
4. Final Pose: Observation Skill	
5. Observation of Stability	
6. Observation of Comfortability	
7. Observation of Alignment	
8. Observation of Active muscles	
9. Observation of relaxed mind	
10. Observation of Breathing	
11. Overall observation skill	
1. Individual and Group Observation Skill	
2. Observation of Transition In	
3. Observation of Transition Out	
4. Final Pose: Observation Skill	

#### Part - 5

Trainee should take following yoga classes, under the guidance of lead trainer

Different hatha yoga class sequencing, with different theme.

The steps involved in, basics arc structure of class.

1. Centering
2. Prayer/ Chanting
3. Pranayama
4. Warm-Up
5. Surya Namaskara
6. For beginners: break 3-5 minutes either in Child's pose Balasana, or Corpse pose Savasana, or standing Intermediate and advanced students can continue without break.
7. Asana Practice
8. Standing Asanas – starting from Tree Pose or Tadasana and then transitioning to another standing
9. Kneeling Poses
10. Sitting Poses – starting from Seated Tree Pose or Sitting Tadasana and then transitioning to other sitting
11. Abdomen Poses
12. Supine Poses
13. Inverted Poses
14. Savasana
15. Closing Pranayama
16. Ending Prayer

Elements	Assessment
1. Language	
2. Pronunciation	
3. Space between words	
4. Voice	
5. Volume of voice	
6. Teachers Energy Level	
7. Teachers body language	
8. Demonstration	
9. Hands on adjustment	
10. Alignment cue	
11. Modification	
12. Teachers concern with students	

## 6. Tutorials, Assignment and Examination

i) Trainee will be required to engage in:

- a. Self-Study
- b. Group Discussion
- c. Self-Practice
- d. Oral Presentation
- e. Mock Classes
- f. Submit daily & weekly assignments on the basis of the day's lectures and discussions.

ii). There will be a practical and a theory exam on daily / weekly basis to assess the students on their learning, practice and teaching during the Teacher Training Course.

## 7. Project Writing

### Topics for Project Writing

**Description:** Related to Yoga, Minimum 50 pages, for 200 hour TTC.

1.	Concept & Basis of Yoga	31.	Restorative Yoga
2.	Applications of Yoga	32.	Yin Yoga
4.	Bhakti Yoga	33.	Core Strengthening Yoga
5.	Karma Yoga	34.	Iyengar Yoga
6.	Jnana Yoga	35.	Gentle Yoga
8.	Hatha Yoga	36.	Power Yoga
9.	Patanjali Yoga	37.	Prenatal / Postnatal Yoga
10.	Pranas & Nadis	38.	Yoga for Children
11.	Mudras	39.	Ashtanga Yoga
12.	Bandhas	40.	Kundalini Yoga

13.	Shat Karma	41.	Yoga for Teens
17.	Surya Namaskara	42.	Partner Yoga
18.	Yama	43.	Anusara Yoga
19.	Niyama	44.	Integral Yoga
20.	Asana	45.	Sivananda Yoga
21.	Meditation	46.	Kriya Yoga
23.	Pranayama	47.	Jivamukti Yoga
24.	Pratyahara	48.	Bikram Yoga
25.	Dharana	49.	Integrative Yoga Therapy
26.	Dhayana	50.	Tantra Yoga
27.	Chakras	51.	Kripalu Yoga
28.	Kundalini Yoga	52.	Satyananda Yoga
29.	Vinyasa Flow Yoga	53.	Ananda Yoga
30.	Hatha Yoga	54.	Forrest Yoga

### 8. Field Training(50 Hrs)

- Each student has to complete 50 hours of teaching yoga under the guidance of a certified lead yoga instructor.
- This can be completed within one month to maximum of three months, depending on the dedication and time commitment of the student.
- Upon completing the 50 hours, the student will be rewarded with his/ her certificate, affiliated by the yoga alliance USA.

### Rules and Regulations

1. The students may arrive one day earlier to the commencement of the course and the latest on the day of commencement of the course. And leave latest one day after the completion of the course.
2. Students arriving prior and departing after the stipulated days would have to pay for those number of days for accommodation and food or make their own arrangements.
3. An introduction session would be held on the day of the commencement of the course after breakfast.
4. The school management has all rights to decide and change, anytime (before or in-between the course begins), the venue and accommodation for the course as well as daily schedule and food items according to the best availability and climatic condition of the place.
5. It is compulsory for the students to attend all the classes. Exceptions would be in case of illness, etc. for which the students have to take prior permission for the acharyas to absent themselves from the class.
6. Students are expected to conduct themselves according to the rules of the school, namely, keeping up with school's meal timings, abstaining from the use of alcohol or any form of drugs, not damaging any equipment in the room or in the school, etc.
7. During the class, the students are expected to pay attention to the yoga faculty and not disturb the class.
8. All students are expected to co-operate in the smooth conduct and completion of the course. Anybody found disturbing other students in or out of the class, spoiling the general atmosphere of the course and found not adhering to the rules and regulations will be terminated from the course without refund the course fee or a part thereof.

9. In case of non-compliance to rules, indiscipline, misconduct and moral turpitude, Karuna Yoga Vidya Peetham reserves the rights to disqualify the student at any time during the course.
10. A minimum of 90% attendance is required to be eligible to receive the certificate.
11. Discipline is an integral part of the Yoga training program and so the course routine must be strictly observed without fail.
12. Disrespect to rules and regulations could result in termination of studentship with no refund of fee, at any situation.
13. Absenting physically oneself from the scheduled program without prior permission of the respective subject teacher or course coordinators concerned would be considered as a gross breach of Course discipline.
14. Students must inform in advance and should get permission from the course coordinator, if they plan to go out for any emergency work.
15. The Karuna Yoga Vidya Peetham does not make any arrangements for guests of students. Any activity that is not related to the Yoga course is not entertained.
16. Make sure you are on time for every Yoga class or you will not be allowed to enter any class once it has commenced.
17. Before departure from the Karuna Yoga Vidya Peetham students must clear all fee dues and return all library books.
18. Non-Vegetarian food, Smoking and alcohol are not allowed strictly, during the Yoga teacher training course.
19. Students have to maintain Yogic Atmosphere.

#### **Terms & Conditions**

1. All fees are payable 10 days before the course starts or the given due date, in case of nonpayment in time the registration may be cancelled and the deposit may be forfeited.
2. In case the course is rescheduled or cancelled due to unforeseen circumstances, Karuna Yoga Vidya Peetham liability is limited to the refund of deposited fees only.
3. Karuna Yoga Vidya Peetham reserves the right to use any pictures / videos taken during the course and activities for its records and promotional purposes.
4. Even in possession of the student the copyright for the Karuna Yoga Vidya Peetham teacher training manual and content stays with Karuna Yoga Vidya Peetham and is forbidden to share / distribute it.
5. Certificate will be awarded after passing the exams with at least 200 of attendance hours.
6. Students should complete their number of hours and syllabus within their stipulated period, as mentioned in admission letter.
7. If students missed to complete their number of hours as well as syllabus within their stipulated period, he/she has to pay per hour INR 250 and should complete their course work according to the availability of faculties.
8. Karuna Yoga Vidya Peetham is not responsible if the course does not meet personal expectations of the student. We only assure you what is mentioned on the website.
9. If you have any doubts regarding your physical or mental fitness and health please check with us in a prior to submitting your application through a separate email. By receiving your application we assume that you are physically and mentally fit and stable and not pregnant.
10. By partaking in trainings, workshops, retreats or classes, trainees retain control and direction over all their physical activities and voluntarily assume full liability and accept the risk of harm, including physical injury and discomfort as a result of my participation in activities during the programme.
11. Karuna Yoga Vidya Peetham accepts no liability for any injury or illnesses that occur to trainees during the trainings, workshops, retreats or classes.
12. The nature of a yoga teacher training, retreats, workshops and classes includes a certain level of interpersonal



physical contact. By participating in this yoga events trainees voluntarily agree to this contact and understand its professional nature.

**Refund / Cancellation Policy**

13. In order to reserve your place on the training program, a non-refundable deposit of USD 100 is required, to confirm your seat.

14. At Karuna Yoga Vidya Peetham, we do not refund, whether fully or partially, any fees that have been paid, whether fully or partially.

15. Due to operational costs, reservation charges, fixed remunerations of our yoga teachers, and administrative expenses, the course fee, once paid, cannot be refunded, transferred, or canceled. This also includes the registration fee.

16. If student have to leave the training once it has started at any point, Karuna Yoga Vidya Peetham will not be able to offer a partial refund for the remainder of the course and will not be able to transfer your place to a future training.

17. If student must withdraw from the program for special circumstances such as a serious illness, injury, change in circumstances or bereavement, Karuna Yoga Vidya Peetham will unfortunately not be able to give any refund. It is up to the discretion of Karuna Yoga Vidya Peetham if they can defer the remaining modules to a future training.

18. If student cancel their place on the training less than one week before the start date of the training, Karuna Yoga Vidya Peetham will not be able to refund any of the full payment.

19. No refunds will be given if the school removes a student from the training for bad conduct. Bad conduct is violation of the Code of Conduct, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the training or to fellow students.

20. In case of cancellation or rescheduling of the course by the Karuna Yoga Vidya Peetham, students have the choice to transfer to another course or to receive a full refund of the paid fees. Our liability is limited to the refund of the received fees only.

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