



Karuna Yoga Vidya Peetham

200 - Hour

Yoga Teacher Training Course

PROSPECTUS



WELCOME TO THE KARUNA YOGA VIDYA PEETHAM BANGALORE INDIA

We deeply believe that yoga is not only an ancient art, but also a very precious treasure which is extremely helpful in our contemporary world. It is especially beneficial for individuals suffering from psycho-somatic disorders.

Our yoga school has a team of experienced and highly qualified teachers from various yogic styles and traditions. We come together to share the knowledge and benefits of yoga with students – on a practical and theoretical level. We work towards integrating ancient yogic traditions into our contemporary world and promoting yoga as an art of living as well as a very effective path to well-being of the body, mind and soul.

We believe that everyone has different needs and preferences. To give you choice and variety we teach different styles of Hatha Yoga including 200 hr in Hatha Yoga style and 300 hr in Multi-Style yoga includes Hatha Yoga, Ashtanga Yoga, Vinyasa Yoga, Gentle Yoga, Yin Yoga and Restorative Yoga. We deeply understand the anatomical differences as well as limitations and pre-dispositions, which we are all born with. Our trainings are focused on adjustments for students of all levels. Our 200 and 300-hour yoga teacher training courses are internationally recognized and registered with Yoga Alliance USA.



ABOUT US

Our Karuna Yoga Vidya Peetham TTC is an accredited 200 & 300 hour program by Yoga Alliance USA, that provides aspiring yoga teachers with a complete teacher training experience.

Our team consists of highly trained teachers from all over India and the world who bring their own unique styles, focus areas and approaches together to create a comprehensive and wellrounded training. Meet our team at <http://www.karunayoga.in/teachers>.

Karuna Yoga Vidya Peetham founder and lead trainer Dr. S. Karuna Murthy, M.Sc, Ph.D, E-RYT 500, who has trained several graduates in International Yoga Teacher Trainings over the last 20 years, will guide you individually to deepen your personal practice and teaching capacities.

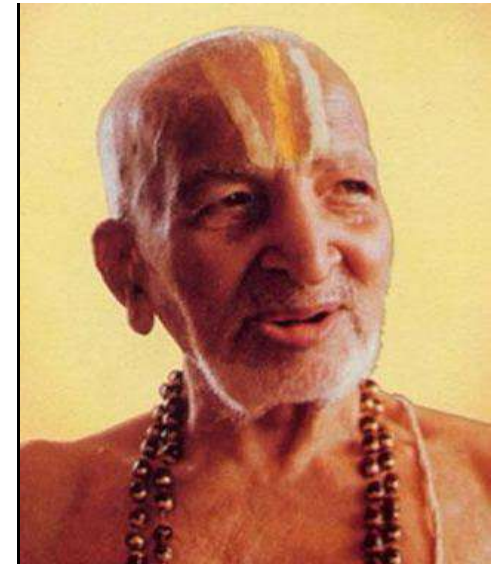


Teaching Tradition

While contemporary in application and language, all our teachings are based on the thousands of years old Vedic and Yogic tradition of India.

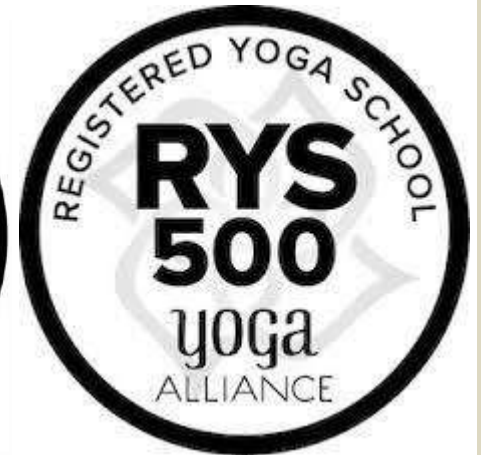
The source of our practice and teachings is Swami Satyananda Saraswati from Bihar school of yoga, asana, pranayama, mudra, bandha, shat-karma, yoga nidra, trataka, ajapa japa, meditation. B. K. S. Iyengar's alignment principle and Vinyasa style of yoga inculcated from Tirumalai Krishnamacharya Ashtanga Yoga, from Mysore.

We practice and teach Swami Satyananda Saraswati, B. K. S. Iyengar's & Tirumalai Krishnamacharya. Yoga of Synthesis which aims at the harmonious development of a human being through the practice of all three styles of hatha yoga.



ACCREDITATION

ACCREDITED BY YOGA ALLIANCE USA



WHAT MAKES THIS COURSE UNIQUE

SMALL GROUP SIZE

Our TTC provides you with an intensive, small-group learning environment where there is ample room to come forward with your questions and receive individual guidance for your practice and teaching skills.

AUTHENTIC TEACHINGS

The program honors the traditional Yogic knowledge system as it has been passed down to us via a lineage of thousands of years. Our focus is on applying the ancient practices in modern day life while maintaining the integrity of the teachings.

MODERN APPROACH

We explore connections between the Yogic science and modern scientific findings to give you the theoretical, practical as well as the spiritual foundation to teach Yoga to anyone in all its aspects.

HONORING INDIVIDUALITY

All techniques and teachings acknowledge and honor the individuality of each students' path and the different physical, mental and emotional conditions they come to the course with.



To Whom This Training For?

a) All levels welcome

The course is designed for anyone – from complete beginner to longtime student on the path of Yoga – who wishes to deepen their knowledge and practice.

This course is a deep immersion into all aspects of Yoga both for those who feel called to teach and those who simply want to advance their own studies.

b) Yoga teachers from any tradition

The course is also open to Yoga teachers who have already completed 200 hours of yoga teacher training and who look to deepen their knowledge and bring new impulses and inspiration to their own practice and teaching.



RYT 200 Hr TTC Week-Day Morning (6:30am – 9:30am) Two Months

Week-End Yoga Teacher Training Certificate courses are designed for college going students and working professionals. The duration of this course is approximately 3 months. The classes are conducted 5.00pm to 08.00pm, on weekdays and public holidays. Since the total teaching hours required for completion of (200 Hr) certificate course, if it is not available on weekends (Saturday & Sunday) and public holidays hence efforts are made to complete the course. Personal attention and doubt clearing time given to each and every student. The classes can be extended during weekdays and public holidays in order to complete the syllabus on time. Batch venue and timings are subjected to periodic changes as per the availability of classrooms and faculties.



WHAT WILL BE COVERED ?

With so much to learn in yoga, we've developed a unique, comprehensive program that covers a fascinating range of key yoga topics taught by experts in each field.

We believe having experienced senior facilitators as well as guest teachers to guide you through the course gives you unrivaled access to 200 hours of yoga teaching experience and a range of different perspectives, teaching styles and techniques to help you discover what you like, giving you the best possible foundation to start your yoga journey on.

Anatomy and Physiology

Be inspired by the basic and functional workings of the human form. You'll learn how to understand different student bodies, and how muscles and joints work in yoga in practical lessons.

Yoga Physiology

Yoga is a complete system of well-being. You'll build an understanding of how the practice affects our physical and energetic bodies, including the musculoskeletal system, nervous system, circulatory system and respiratory system.

Yoga, Anatomy and Physiology

- Pranas, Upa-pranas, Chakras, Nadis, & Granthis. Pancha Kosa(five layer of existence)
- Introduction to Human Anatomy and Physiology.
- Cardiovascular system, Nervous System.
- Respiratory System
- Musculoskeletal System & Spinal Cord.
- Yoga and Spine, Structure and function of spine.
- Types and functions of bone. Skeletal system and asana.

- Physiology of stretching during asana practice.
- How to stretch safely with their individual limitation.
- Biomechanism & asana
- Kinesiology: asana and movement

SYLLABUS OVERVIEW

Course Content

The syllabus consists of Hatha Yoga, Asana, Pranayama, Mudra, Bandha, Yoga Nidra, Kriyas and Meditation. This course also covers additional topics on Karma Yoga, Bhakti Yoga, Patanjali Yoga sutra, Yoga Philosophy, Hatha Yoga-based anatomy, and physiology.

Yoga Styles

- Hatha Yoga(B.K.S. Iyengar Alignment Principles & Satyananda Style)

This course is open to all students who wish to deepen their knowledge and application of some of the highest teachings of yoga. Participants do not need to be yoga teachers. Mastery of any yoga practice is not necessary. Only your sincere desire for knowledge and your commitment to personal growth. Even if you do not wish to be a yoga teacher, you may attempt this course to deepen the understanding of the philosophies as well as for the intense purification experience and for the personality development. Classes start at the Beginners' Level and progress through to the Intermediate Level.

Curriculum

Theory and Practice of Hatha Yoga

- Yoga Asanas



- Asanas beginners to intermediate level
- Sun salutation and its advanced variations
- Proper posture alignment
- Benefits and limitations of Yoga Asanas

Course outlook

1. Techniques Training and Practice

- Basic elements of Asanas and Pranayamas, Mudras & Bandhas.
- Transitioning into Asana – Transitioning out of Asana.
- Classical Surya Namaskara & Astanga Surya Namaskara
- Standing forward bending – Balancing & Twisting Asana.
- Core Strengthening Asana, Arm Balancing Asana, Backward Bending Asana,
- Seated forward bending & twisting Asanas.
- Balancing asana. Supine Twists – Backward bending. Hip & Pelvic Opening Asanas.
- Inverted Asana
- Shoulder work, arm strengthening, arm balancing, rotation of arms and shoulders.
- Pranayama- going deeper into the essence of breathe. Chakra balancing asana sequence.

2. Teaching Methodology

- Classroom Set up and Orientation
- Business approach
- Querying new students
- Ethics in Teaching and Touching
- Practice Teaching Observation
- Yoga Marketing

- Transitioning into Asanas
- Transitioning out of Asanas
- Seven Principles of Hands on Adjustments
- Basic Arc Structure of Classes
- Principles of Sequencing Asana

3. **Yoga, Anatomy and Physiology**

- Pranas, Upa-pranas, Chakras, Nadis, Pancha Kosa(five-layer of existence)
- Introduction to Human Anatomy and Physiology.
- Respiratory System, & Musculoskeletal System.
- Types and functions of bone. Skeletal system and asana.
- Kinesiology: To understand different movement of human body at minor and major joints levels.

4. **Yoga Philosophy**

- Karma Yoga, Bhakti Yoga, Jnana Yoga, & Raja Yoga
- Taittiriya Upanisad, & Mandukya Upanisad
- Patanjali Yoga Sutras (astanga yoga)
- Ethics: Dharma, Artha, Kama, Moksa. Brahmacharya, Grihastha, Vanprastha, Sanyasa Ashrama.

5. **Practicum**

- Practicing of Asana, Pranayama, Mudras, Kriyas, & Bandhas
- Practicing the basics of assisting and adjusting
- Methodology of Asana, contraindications, and benefits
- Observing others teaching, receiving/giving feedback

6. **Tutorials, Assignment, and Examination**

i) Trainee will be required to engage in:

- Self-study,
- Group discussion,
- Self-practice,
- Oral presentation,
- Mock class and
- 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

Description: Related to Yoga, Minimum 30 pages, for TTC.

Scheme of Course Execution

Phase -1

- Introduction
- Meaning
- History of yoga
- Definition
- Nadis
- Chakras
- Hatha Yoga Foundation
- Taittiriya Upanishad (Yoga Anatomy Physiology)

Phase -2

- Warm ups
- Asana
- Pranayama
- Mudra
- Bandha
- Shatkarma

Phase -3

- Teaching Methodology
- Techniques
- Training
- Alignment and Misalignment
- Asana Correction

Phase -4

- Practices and Training
- Human Anatomy Physiology
- Biomechanism
- Kinesiology

Phase -5

- Yoga Philosophy
- Examination
- Practice and Training
- Revision

Phase -6

- Project Work
- Convocation

Phase -6

- Continuing Education

Title of the Course: “200 hr Yoga Teacher’s Training Course in Hatha Yoga”.

Fee: INR 32,000(For Indian citizens only), for foreigners USD 600.

- Yoga Book (05), T-Shirt (1), Catheter Tube (1), Jala Neti Pot (1).
- Excluded with accommodation and food.

Excursion: Fees are calculated excluding the educational excursion expenses.

Note: Minimum of 06 student enrollment required to start the batch.

Duration: 2 Months (weekdays) 6.30am to 9.30am

Medium of Instruction: English

Yoga Styles

- Hatha Yoga(B.K.S. Iyengar Alignment Principles & Satyananda Style)
- Gentle Yoga

Scheme of Study: Theory - 50 % & Practical Training - 50 %

About the course facilitator: Dr. S. Karuna Murthy

Number of Seats: Intake Capacity: 11

Training Venue: No. 1271, 20th Main, 2nd Phase, J. P. Nagar, Bangalore -78 Land Mark: Behind Central Mall.

Make-Up Classes: Students are able to make up a maximum of 10 classes.

Student Conduct: Students are expected to act in an appropriate, respectful and professional manner at all times whilst in attendance at the karuna Yoga. Please come to class neat, tidy and appropriately dressed. Please do not wear overpowering perfumes, oils etc.

Sample Schedule

10:00-10:30 Techniques, Training and Practice

10:30-11:00 Anatomy and Physiology/ Upanisad

11:00-12:00 Asana/Hatha Yoga

12:00-01:00 Vinyasa/Gentle Yoga

13:00-14:00 Lunch

14:00-15:00 Restorative Yoga

15:00-15:30 Teaching Methodology

15:30-17:00 Patanjali Yoga Sutra/Bhagavad-Gita

Fees (200 hr Yoga Teacher Training course) Payment Methods:

- The fees is payable online/cheque/cash/Phonepe/Google Pay.
- Course Facilitators – Dr. S. Karuna Murthy

Pay through PhonePe or Google Pay(9686549129).

Pay through Net Banking:

Bank Name : HDFC BANK ACCOUNT

Account Holder Name: KARUNA MURTHY. S

Account No : **501 0000 519 6219**

Account Type : Saving Account

IFSC Code : HDFC0000885 (5th character is zero) MICR Code : 560240029

Branch Code : 000885 Branch : Bangalore

Address : NO. 71, 1st Cross, BTM Layout, 2nd Stage,

Next to Karanth Hospital, Bangalore, Pincode: 560068

Course Completion Requirements

Assessment and Certification

The students are continuously assessed throughout the course at all levels. There will be a practical as well as written examination at the end of the course to evaluate the understanding of the philosophy of Yoga and skills of the students. Participant should pass all different aspects of the course to be eligible for the Yoga teacher Training Course.

Assessment is based on

1. Regular attendance of all classes.
2. Attitude and behaviour inside and outside of the ashram while attending the course.
3. Performance and attitude in the practical asana, pranayama, bandhas and kriya classes.
4. Hatha yoga teaching skills.
5. Written daily summary of the main philosophy classes and Hatha yoga theory classes.
6. Upon successful completion of the course students receive the Certificate of the Karuna Yoga.

Project Writing

- Project Writing(for 30 pages)

Tutorials, Assignment and Examination

- Trainee will be required to engage in self-study and submit daily & weekly assignments on the basis of the day's lectures and discussions.
- There will be a practical and a theory exam at the end of the course to assess the students on their learning, practice and teaching during the Teacher Training Course.

WHO WILL TEACH YOU ?

Dr. S. Karuna Murthy, M.Sc, Ph.D, E-RYT 500



Dr. S. Karuna Murthy is the Director and Founder of Karuna Yoga and he has been practicing yoga since the age of 18, Inspired by Swami Sivananda, founder of Divine Life Society.

Dr. S. Karuna Murthy is a living Yogi. He is a Master Yogi who is well versed with the greatest Yoga traditions with modern scientific view he teaches. Hatha Yoga as taught in the Sivananda tradition and Yoga Therapy, SVYASA Bangalore, tradition is his expertise. A practical Yogi, practicing multi styles of Yoga, in depth of understanding, as Yoga is unique in uniting Body, Mind and Soul.

He served as a Yoga therapist at S-VYASA, Bangalore, as a yoga lecturer at Bharathidasan University and at overseas as a yoga instructor at Cali wow fitness center.

Dr. S. Karuna Murthy has completed M.Sc in Yoga from Swami Vivekananda Yoga Anusandhana Samasthana University & Ph. D from Bharathidasan University, also Teacher Training Course (TTC) 200hr and Advance Teacher Training Course (ATTC) 500hr, and too registered E-RYT-500 with American yoga alliance(USA), which reflects his in depth knowledge and expertise in context of Yoga. His life is totally dedicated to the teaching and spreading his great knowledge and experience.

Dr. Rathi, B.D.S.

Dr. Rathi, a dentist who discovered a love for Yoga in 2011. Have been teaching and practicing regularly Yoga since then.... finding joy in evolving both. Flow Vinyasa Yoga is her basic style. I am committed to correct and safe alignment practice through knowledge on anatomy, body mechanics and use of props during a sequence whenever required. A Yoga Alliance certified Prenatal Yoga teacher, have taught several mothers the art of easy birthing, being a mother of two herself. Experienced in handling large corporate groups, students aspiring to be Yoga teachers and people from all walks of life around the globe. She is fluent in English, Hindi, Kannada and Tamil.



Dr. Siddhartha M.Sc, Ph.D.

Chow Siddhartha (Chametcha Singphow) studied yoga systematically undergoing Certificate, Diploma, Bachelor and Master Degree courses in Yoga under the internationally renowned yoga experts Dr. R. Nagarathna, MD, FRCP and Dr. H.R. Nagendra, Ph.D. at SVYASA University, Bangalore, India.

Later, he served as the Head of the Department of Back Pain Section at Arogyadhama, the yoga therapy hospital attached to the university for 5 years. During this period Chow Siddhartha taught yoga therapy to under graduate and postgraduate students at the university and also helped hundreds of patients hailing from different parts of the world to overcome their back pain through non-invasive yoga therapy management and rehabilitation.



Chow Siddhartha started learning yoga when he was a young student for 6 years at a Buddhist Monastery of North East India. Before joining SVYASA University, Bangalore in 2001 he underwent systematic yoga training at Vivekananda Kendra, Dibrugarh, Assam, India for 5 years.

Chow Siddhartha is also an ardent practitioner of vipassana meditation. He had undergone many vipassana meditation courses of Sri Sri Satya Narayan Goenkaji. His love for vipassana meditation had its beginning when he was a young novice under venerable Wannasara Mahathera at the Buddhist Monastery.

Yogi Suhas

Teaching Hatha Yoga for over five years, Yogi Suhas has earned his good name in motivating students with utmost professionalism. He helps students gain an understanding on body alignment and asana. His passion in yoga is visible in the classes he takes; students find his classes highly effective. Yoga has been his part of life since his childhood. Yogi Suhas help students plunge into what he has been teaching with enthusiasm and open mind. Suhas has completed Graduation degree in Commerce and 200 hrs Yoga Teacher Training course, from Karuna Yoga Vidya Peetham, Bangalore, India.



Atul Kumar Goel, M. Sc., RYT-500.



Atul Kumar Goel is the Founder Director of Anushasan Yoga. He is well versed with Hatha Yoga tradition with modern medical and scientific approach. His approach towards yoga is to bring balance between body and mind with breathing as a tool.

He started his yoga journey in Himachal Pradesh University Shimla with diploma in yoga studies. He completed his masters in yogic sciences from Gurukul Kangri University Haridwar. Integrated approach of yoga therapy (IAYT) from SVYASA Bangalore and RYT 200 Yoga Alliance (USA). He served as yoga teacher, lecturer and yoga therapist in different corporate companies. He regularly conducts regular workshops on different streams of yoga.

Dinesh Thakur

Motivated Yoga Instructor with advanced training in Yoga and specialization in Hatha Yoga principles. Enjoy inspiring others to improve wellness and commit to long term health and fitness goals. Energetic and outgoing with collaborative spirit.

- Teach student correct postures to ensure maximum benefit and
- Work with students of all body types and fitness and customizing the program
- Pay attention to need of every student throughout the
- Teach various styles, Hatha Yoga, Vinyasa Flow Yoga, Pranayama,
- More than 150 hours of teaching experience (Personal and Group Classes).



Admission Process

Karuna Yoga Vidya Peetham will review the applications and select the applicants according to the norms of the current section procedure pursued by the Board of Studies.

Application and Admission Requirements

Checklist of documents to enclose with this application:

1. Current passport-size photos (2)
2. Certificate of educational qualifications
3. Photocopy of Drivers license / Voters ID / Aadhaar card
4. Photocopy of passport and visa (overseas applicants)
5. Medical Fitness Certificate
6. Curriculum vitae (CV)
7. Filled in application form

Written Examination: Each applicant will also be required to write and send in an essay (each 1000 words) on any two of the questions given below:

Sample Questions:

1. Relevance of Yoga in today's world
2. Why do you wish to become a Yoga teacher?
3. What is your own understanding of Yoga? Write from your experience.
4. Do you think Yoga will help in personal transformation? If yes, how?

Interview: On receipt and approval of your application. Each applicant will be required to attend an online interview via Zoom or Skype with one of the members of the selection committee.

Response: After the evaluation and selection procedure is over, selected applicants will be notified.

CONTACT NUMBERS AND ASSISTANCE

Whom to Contact:

Mr. Murthy the course facilitators. Any yoga questions should be directed to Mr. Murthy. All administration and payment queries should be emailed to drkarunayoga@gmail.com

Course Queries:

If needed once you commence you can arrange a meeting with Mr. Murthy, to go over the course and answer any questions you may have please email drkarunayoga@gmail.com to arrange an appointment.

Email contact: drkarunayoga@gmail.com

Student Grievances and Complaints:

Student grievances and complaints will only be accepted in writing to the Director of the yoga centre (Mr. Murthy (+91 9686549129)). They will be responded to and remedied as soon as possible.

Other General Information: Please Contact (Mr. Murthy +91 9686549129)

Training Venue

**No. 1271, 20th Main, 2nd Phase,
J. P. Nagar, Bangalore – 78
Land Mark: Behind Central Mall & Near
Samatvam Diabetic Centre**

Office Address

**No.162/1(Ground Floor), 7th ABC Cross,
Venkatapura Main Road, Koramangala
Bangalore – 560034**

Frequently Asked Questions

I am travelling to india for the first time. Is there anything I need to know?

Our confirmation email contains detailed information regarding transportation and from the course site. Indian visa and health recommendations, and FAQs about the location and daily schedule. If you have any questions before receiving the confirmation email or if any questions has not been answered, please feel free to contact us anytime by email, whatsapp or phone. We are happy to support you in your first journey to india.

What is the process to register?

if you are interested in any of our yoga teacher trainings, please fill out the registration form on our website <http://www.karunayoga.in/application-for-admission/> once your application is approved deposit must be made to hold your spot in the course. Full payments due weeks prior to start date of the course, as specified in our confirmation email.

Can I take yoga as soon as I complete this course?

You will leave the course with the knowledge and skill to teach hatha yoga classes and we recommend that you do so. Teacher training is the very first step on a continued learning journey to becoming the yoga teacher you can be, and teaching practice is crucial, as with anything else in life. If you wish to teach in a studio, you may be asked to present your graduation certificate and register with the yoga alliance. This course prepares you with the foundational requirement of yoga teacher training course.

Do you speak any other languages than english ?

The course language is english. Our team member also speaks tamil, kannada, hindi.

is this course only for people who want to teach yoga ?

Many people attend the training session to learn more about the postures, benefits and alignments for their own bodies/or to take time to connect to themselves and deepen their yoga practice. Each session typically has a mix of people exploring the possibility of teaching and those seeking personal development.

Do I need to be a yoga expert to take this training?

No. this training is designed to meet you wherever you are in your journey. Prior practice of yoga is suggested but by no means necessary. People have attended in the past with just a little experience, alongside those who have been practicing for many years. The course typically has nice balance of experience, ages and objectives.

TESTIOMONIAL & REVIEW

Moulya Varma

Excellent. The classes were very easy to understand and always dependent on the level of the students and I felt comfortable at all times, felt treated with love and respect and felt I was in presence of a true teacher.



The course gives a good background knowledge of theory, as well as practice. The teacher are very professional and supportive to students. I have enjoyed the course very much and made many friends. The yoga and meditation 200 hour course was for me all that I needed and was looking for, I'm very grateful for all that I've learned, and im looking forward to learn more from them.

Karuna murthy and rati rao are the great teachers and very approachable and knowledgeable. I would recommend them especially for beginners, who need special attention and personal care. Karuna murthy sir can be a very responsible friend who knows how to take care of students even outside the yoga studio. The amount of knowledge that I have obtained at karuna

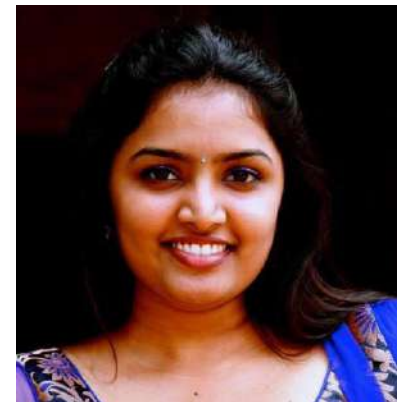
yoga vidya peetham is life changing.

I'm so happy I chose my yoga teacher training with karuna yoga vidya peetam because they really the best knowledgeable teachers. @ Dr karuna murthy and Dr rati rao. Hope everyone who is searching for a true yoga and had a passion to learn and teach yoga this is best place u can come.

Nikeetha B

I can't say enough about how thrilled I am to have found yoga at Karuna Yoga Vidya Peetham. Excellent yoga school for an integrated practice that is traditional yet modern.

A great place to grow as a yogi and learn proper alignment and more challenging postures. I have travelled from Canada to visit my parents and I have been in search of a nice yoga studio in Bengaluru. Sadly, I've been noticing a trend among teachers and studios and that is they aren't giving any personal attention to their students. I now typically find that instructors will stand in front of the class but seldom do any of them give valuable personal corrections. That is not the case at Karuna Yoga. The instructors Dr. Karuna Murthy and Dr. Rathi Rao at Karuna yoga are very diligent about teaching proper form and giving personal attention.



Karuna sir is very welcoming and has been in touch on whatsapp throughout my 200 hours TTC. He always helped me with ideas to open my own studio in Canada. He sometimes cheers us up with jokes but I never told him his sense of humour is

average ☺. He will know it now ☺. I made a lot of friends here and all of us girls in this batch. we are all going to be best pals forever. My yoginis Premanjali, Moulya, Prasanna, Latha, Sukruthi and Rengmirso. I am terribly going to miss this studio, friends and instructors. Such a yogic, beautiful and spiritual month.

I highly recommend Karuna yoga Vidya Peetham If you are looking for yoga classes where you can grow your practise. If you want to take your yoga practice to the next level - be it meditation, physical asana, or philosophy and history - this is the school for you. It's serious but light hearted and the teachers are approachable and knowledgeable.

Hands down. Five stars!

Madhalasa Varma

Happy to be part of YTT program at karuna yoga vidya peetham .Very good place to learn yoga for all levels. Beginner, intermediate and advanced. Very interesting and useful asanas has been taught here. I like to grow myself as a yogini from this place.Nice place for beginners. Karuna sir is very good teacher. Each class is innovative, has different techniques to learn and push the body for better strength and flexibility.Such a wonderful place to start a new journey towards spirituality and healthy lifestyle..rati mam was such a knowledgeable and wonderful mentor who treats and supports everyone equally ,am really lucky and proud to be a part karuna yoga vidya peetham institute.. guys if r really looking for a right place to learn yoga or to become yoga teacher here is the right platform.

More testimonial at <http://www.karunayoga.in/yoga-review/> <http://www.karunayoga.in/yoga-ttc-india-video-reviews/>