

2018

RAVINDER YOGA SCHOOL

Ravinder Yoga



Founded by Mr. Ravinder Singh Padiyar

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Welcome to the Centre for Yoga Teacher Training Course/Retreats

You will receive a warm welcome at the Ravinder Yoga School for Yoga Teacher Training Course and Yoga Retreats. We are proud of our international reputation for outstanding Hatha & Ashtanga Vinyasa Yoga Courses and Yoga Retreats. Students from across the globe study with us as part of our exciting and growing international student community.

Our Courses

We offer high-quality Professional Yoga Teacher Training Courses and Yoga Retreats, designed to develop your academic and knowledge abilities. If you want to study with us, our courses enable you to:

Yoga Teacher Training Course

- 100 Hour Yoga Teacher Training Course
- 200 Hour Yoga Teacher Training Course

Yoga Retreats

- 3 Days Yoga Retreat
- 5 Days Yoga Retreat

We offer a range of courses, depending on your current Yoga skills. When you have successfully completed your course then we will give you a completion Certificate

Assessment and Assignments

Each candidate will be required to complete a range of written and practical assignments throughout the course that cover yoga theory and practical yoga teaching. Examples of assignments include:

- Preparation and presentation of a handout of a Yoga posture within the syllabus
- Documenting the first yoga teaching practice
- Essay on “Yoga” in the western hemisphere
- Essay: Explaining the meaning of a Mudra
- Yoga lesson and course planning: preparing a series of Lesson Plans for a yoga class, with attention to Krama Yoga (intelligent sequencing)
- Developing a client record form suitable for a Yoga class
- Written Exam on Anatomy and Physiology
- Final written Exam

Practical Exam

At the end of the course, each student must complete and pass a practical exam in order to become a fully qualified yoga teacher. The final practical exam will involve a personal practice which will be observed and assessed by the examiner. Candidates will then be required to demonstrate. The duration of the exam is usually (depending on group size).

Accommodation

In order to ensure a pleasant stay at Ravinder Yoga School, we provide carefully selected amenities, as well as the latest facilities to ensure relaxation. Ravinder Yoga School makes sure that its students get the right atmosphere to attend a yoga program and we have chosen all our locations carefully, keeping all the needs of our international participants in mind. Our all locations are overlooking the nature and suitable for any yoga practitioner attending any programs. Upon arrival you will receive wonderful welcome drink all your course materials and a shatkarma kit. Each student will receive everything they need for the course i.e, Yoga course material, Shatkarma Kit etc. The on-site yoga room is filled with all necessary props and yoga mats, so students do not need to worry about bringing their own. We believe that students should have a simple time getting from the airport in Delhi to their yoga teacher training destination and all the facilities mention below are provided by us and inclusive in the course fee.

Shared Room – Yoga Teacher Training Course

Private Room – Yoga Retreat

High Speed WIFI Internet

Air conditioning Rooms

TEACHERS

Ravinder Sing Padiyar - ASANA

(Graduate from Physical Education (Three Year Degree Course, National Player of Football Rugby in India) Post Graduate in Yogic Science(one year Yoga course, 1st Place in Uttarakhand State Yoga Championship 2009),Master Degree in Yogic Science(two year Yoga course, 1st Place in Uttarakhand State Yoga Championship 2016 & Participate in National Yoga Championship 2016) E-RYT-200,RYT-500 Yoga Alliance USA) , (Two Month Certificate of Ashtanga Vinyasa Yoga Mysore South India) Ravinder and his gentle nature always surprises his students with his strength and endurance. He is compassionate about yoga, which mirrors his deep knowledge about Yogasana and his everlasting love for detail giving his classes and teachings the unique extra. Ravinder teaching approach is playful but firm. He is creating a space of acceptance within, and allows the students to explore and study and also to overcome limitations. Ravinder is an Experienced Registered Yoga Teacher with Yoga Alliance (E-RYT). He has trained with renowned yoga teachers. Ravinder is passionate about sports and established himself as the expert YOGA for SPORT.

Jagjeet Singh - Anatomy and Physiology

Msc in Yogic Science,E-RYT-200, RYT-500) Jagjeet Singh working with young people with developmental disabilities, with a special interest in developmental orthopedics. Combined with his under- and post-graduate training, this provides him with a unique insight into the developing and mature neuro, musculo, skeletal system. Jagjeet Singh graduated with a BSc Degree from University an M.SC Masters from Gurukul Kangri University, Uttarakhand, India. Jagjeet Singh also teaches weekly PhysioYoga classes from their practice.

Vimal – Philosophy

E-RYT200,RYT-500) Acharya Vimal Was Born in a Brahmin Family in Rishikesh,Uttarakhand, India Located in the Foothills of Himalaya along the Holy Bank of River Ganga.He has been Yoga & Meditation for the Last Ten Years and has been Teaching it for the past Seven Years to National and International Students.He Studied under the guidance of H.H.Swami Veda Bharti Acharya Vimal was born in a Brahmin family in Rishikesh, India located in the foothills of Himalaya along the holy banks of River Ganges. He has been practicing Yoga & Meditation for last ten years and has been teaching it for past seven years to national &international students. He studied under the guidance of H.H.Swami Veda Bharati, a direct disciple of H.H.Swami Rama of the Himalayas. He completed a three year study and training program at the Ashram. It included conceptual and applied knowledge of Indian philosophy focusing on yogic tradition and the yoga – sutras of Patanjali. It also included methodologies of teaching

yogapostures, breathing practices, relaxation and meditation techniques; plus scientific and medical approaches to Yoga

Chitrangana Rawat – Pranayama & Meditation

Post Graduate in Yogic Science (one year course) E-RYT-200,RYT-500) Chitrangana was first introduced to yoga in childhood under the guidance of her esteemed guru Yogiraj Shri Rajpalji. Later she completed her 2 years yoga diploma from Yog mahavidyalaya, Bhayla. She has done post graduate diploma in yogic science from Dev sanskriti vishvavidyalaya,Haridwar. She has got more than 8 years of experience in teaching yoga and has imparted her extensive knowledge on hatha yoga, pranayama and meditation

Fees

For the most up to date fee information, Visit www.ravinderyogaschool.com this includes Accommodation, Food(Breakfast, Lunch & Dinner), comprehensive course notes, administration fees, and exam and assessment fees.

- 100 Hour Yoga Teacher Training Course - \$799.00
- 200 Hour Yoga Teacher Training Course - \$1499.00
- 3 Days Yoga Retreat - \$700.00
- 5 Days Yoga Retreat - \$1050.00

Refund Policy

- An advance of the course fees will not be refundable; only in the case of emergency students can join us on other schedules.
- If student cancel the course, we accept cancellation but advance deposit will not be refund in cancellation.
- There is no charge of course cancellation. Student just has to inform by email.
- Ravinder Yoga School is not responsible for any miss happenings before course schedule.

Visa Information

The Ravinder Yoga School offer support and advice about Visa, If you are from outside the India. You will apply Tourist Visa for this course.