International Advanced Yoga Teachers' Training Course - Level II

RESIDENTIAL

Course details

Welcome to the Sivananda Yoga Centre, Gurgaon's International Advanced Yoga Teachers' Training Course Level II (IAYTTC – II). Instituted for the first time in 2016, the course fulfills the eligibility criteria for Yoga Alliance RYT 300 hours certification.

Yoga is a vast science. IAYTTC –II is designed to give Yoga Teacher Graduates like yourself, from any tradition, a deeper experience of this ancient science. It intends for you to have an ongoing and stronger commitment to Yoga.

You can view the full daily schedule of the Advanced Course at www.yogashowstheway.com as well as below.

The course contains advanced Asanas and Pranayama. There is an introduction to Sanskrit, and wider and deeper understanding of human anatomy and physiology. The syllabus includes Patanjali's Yoga Sutras, and Advaita Vedanta. There is also an introduction to yoga and its use in illnesses, and the cultivation of health.

The advanced course looks at the participant as someone who is not a beginner. In this sense, the course builds on the foundations set in the RYT 200 hours Yoga Teachers' Training Course.

The IAYTTC cements the methods, the knowledge and the understanding on how yoga can become a practical way of life.

This four-week course offers a profound personal experience, designed to build a firm foundation of inner discipline and an even better proficiency to teach yoga to others. The essence of yoga is learned through a combination of repeated practice and inspirational lessons. The approach to teaching is personal, focusing on the individual student. Among the many benefits students report are increased strength and flexibility, greater spiritual awareness, improved power of concentration, enhanced self-esteem and a new found sense of self-discipline, proper breathing, proper relaxation, proper diet, positive thinking, and meditation.



Arrival and Departure Dates

- **Arrival - 19 December 2026**
- **Departure – 17 January 2027**

Course Dates

19 December 2026 – 16 January 2027

Course Location

Sarsoli Dham, Kudal (near Goa), Maharashtra, India

Curriculum

1. **Yoga Asanas:** Progress in your yoga asana practice (advanced variations and prolonged holding of the postures), increase your concentration and learn detailed corrections. Step by step methods to help progress to the more advanced postures. 4 hours daily practice.
2. **Pranayama, Bandhas & Kriyas:** One hour of practice early each morning including kriyas, advanced pranayama and bandhas.
3. **Philosophy:** Overview of the different philosophical schools of India. In-depth study of Advaita Vedanta. Vedantic meditation methods.
4. **Raja Yoga:** In-depth study of Patanjali Yoga Sutras for deeper understanding of how to control and eventually transcend the mind.
5. **Sanskrit:** The alphabet, pronunciation, recitation and the writing of sacred mantras.
6. **Anatomy and Physiology:** A close look at the human body's major systems in relationship to principles and practices of the 5 Points of Yoga.
7. **Karma Yoga and Bhakti Yoga:** Inner attitudes of selfless service through Karma Yoga. Bhakti Yoga as a means for transforming emotions into love and devotion.
8. **Meditation:** Guide to meditation and different meditation methods, benefits of meditation, the use of mantras and mantra initiation.
9. **Satsang:** Satsang consists of silent meditation, chanting and a talk or reading on the philosophy of yoga and Vedanta. It will help you develop a strong and steady meditation practice**.**
10. **Yoga and medical ailments:** The approach to medical disorders, their causes from a yoga point of view, their diagnoses and amelioration, using yoga, Ayurveda, Naturopathy, home remedies and ancient wisdom.

Daily schedule

4.30 am Wake up

5.00 am Warm ups, Kriyas, Advanced Pranayama and Bandhas.

6.00 am Meditation, chanting and talk or silent walk



7.30 am Tea time

8.00 am Advanced Asana Class

10.00 am Brunch

11.00 am Seva time – selfless service

12.00 noon Sanskrit class/Yoga Sutras class

1.30 pm Tea time

2.00 pm Main Lecture. Philosophy as well as anatomy and physiology

4.00 pm Advanced Asana Class. Practice and teaching methods

6.00 pm Dinner

7.30 pm Satsang (meditation, chanting and lecture or special programme)

9.30 pm Lights out

- Attendance at all activities is mandatory. Changes in the programme may occur from time to time
- There is one day off in a week. Students are required to attend morning and evening satsangs and to complete their Seva duties. The rest of the day is free for their personal study and activities.

Recommended texts

1. Sivananda Training Manual – by Sivananda Yoga Vedanta Centre
2. The Complete Illustrated Book of Yoga – by Swami Vishnudevananda
3. Meditation and Mantras – by Swami Vishnudevananda
4. Vivekachudamani - Adi Guru Shankaracharya – Commentary by Swami Turiyananda
5. Panchadasi – by Vidyaranya
6. The Sivananda Chant book - ISYVC
7. Sivananda Companion to Yoga - by Sivananda Yoga Vedanta Centre
8. Sivananda Beginners Guide to Yoga – by Sivananda Yoga Vedanta Centre
9. Yoga Mind & Body – by Sivananda Yoga Vedanta Centre

The above mentioned texts are available for purchase in the ashram boutique. However, if you have already got these books, please carry 1, 2, 3 and 6 with you for the course.

Assessment and Certification

The students are continuously assessed throughout the course at all levels. There will be a written exam at the end of the course to evaluate the understanding of the philosophy of Yoga and skills of the students.

Assessment is based on:

- Regular attendance of all classes
- Written summary of the main classes
- Attitude and behaviour inside and outside of the ashram while attending the course
- Performance and attitude in the practical asana, pranayama, bandhas and kriya classes
- Understanding and grasp of hatha yoga teaching skills

Upon successful completion of the course students receive the Certificate of the Sivananda Yoga Centre, Gurgaon.

This training course fulfills the requirements for the Yoga Alliance 300-hour certification, for which graduates of the programme are invited to register.

Prerequisite

This course is open to

- All Sivananda style teachers' training graduates
- Yoga teacher graduates from any other style or school.
- The only condition is that it should be a recognized Yoga Alliance as RYT 200 hours training.
- The Registered Yoga School, and Registered Yoga Teacher 200 hours certificate must be produced as evidence for admission to the RYT 300 hours course.
- **Participants do not need to be active yoga teachers.**
- **Mastery of any yoga practice is not necessary.**
- **Only a keen desire to continue the yoga journey and an intention to improve one's understanding of health, and well-being.**

Course donations (Please check "How to apply" section below for discounts, and registration mandates)

A. Indian citizens living in India (plus 5% GST)

- Rs 90,000 (twin)
- Rs 1,44,000 (single)
- Rs 72,000 (triple)



B. Indians living abroad (plus 5% GST)

- $ 2200 (twin)
- $ 3520 (single)
- $1760 (triple)

C. Foreign citizens living in India or abroad (plus 5% GST)

- $ 2800 (twin)
- $ 3840 (single)
- $ 1920 (triple)

Included in the Course donation

The donation includes (for the four weeks of stay)

- triple, twin, or non-sharing rooms with attached bathrooms, and hot water
- food at scheduled times every day
- two pairs of SYCG – IAYTTC uniforms
- tuition for the entire advanced yoga teacher training course
- recommended books as mentioned above which forms part of the study material, including the Students' manual, and
- internationally accepted yoga certification.

How to apply

Please fill in the online application form and send it back to us. **Kindly also submit a minimum, non-refundable and non-adjustable deposit of 25% of the course fee (plus 5% GST),** to reserve your place in the course. The whole fee can either be paid immediately, or by latest 1 December 2026. In case the course fills up, please note that the last date for payment may be moved to an earlier date.

Of the fees stated above, 25% is a non-refundable, and non-adjustable deposit. Kindly apply only if you are completely sure of participating in the course.

THERE IS A 10% DISCOUNT FOR SYCG TTC GRADUATES. AND 20% DISCOUNT FOR SYCG ACTIVE TEACHERS.

25% deposit is non-refundable and non-adjustable.

In the event of cancellation, this 25% of the total fee is non-refundable and non-adjustable.

For cancellation after 1 December 2026, 50% of the total fee is non-refundable and non-adjustable.

For any cancellation on and after 10 December 2026, or if you leave in the middle of the programme, there will be no refund.

You can pay with the information given below.

BANK DETAILS (for bank-to-bank transfer)

SIVANANDA YOGA CENTRE (GURGAON)

Account no - 017705013936

IFSC code - ICIC0000177

SWIFT code – ICICINBBNRI

You can also use the QR code given alongside to pay

Sivananda Yoga Centre, Gurgaon

Sivananda Yoga Centre, Gurgaon (SYCG) was set up on 1 April 2004. Its main purpose is to spread the teaching and practice of an authentic and ancient system of yoga, thereby promoting health, well-being, freedom from stress and more balanced and visionary individual.

SYCG has daily yoga classes, special courses, annual programmes and retreats, yoga teacher training courses, advanced teacher training courses, yoga during pregnancy, and yoga classes for children and teenagers.

The classes are both online (on Zoom and YouTube), and onsite (in Gurgaon).

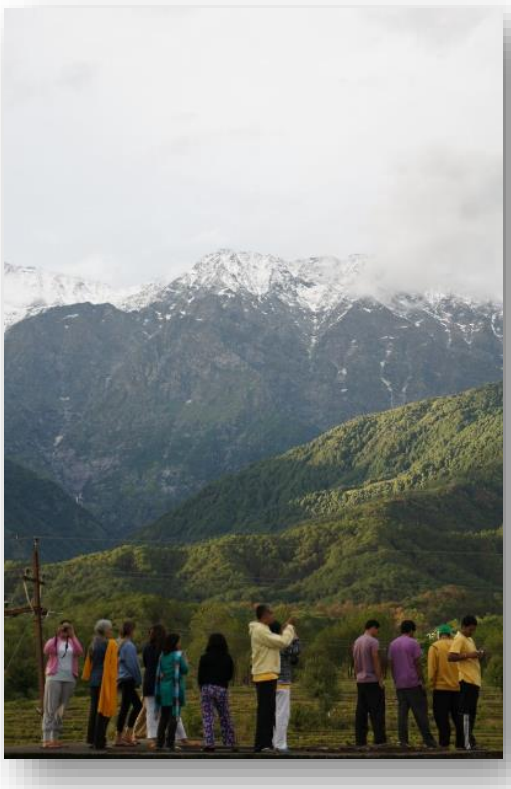
All the teachers at the Centre have taken an international residential or non-residential, or online teachers' training course (recognized by Yoga Alliance).

Each teacher goes through the same rigorous Gurukula system of training – learning by repetitive practice under the supervision of senior, more experienced teachers. They learn to have sensitivity, respect and a deep understanding of the human condition.

The yoga class and yoga system which we teach, is one of the most popular forms of yoga in the world today, easy to begin and to understand and to practice.

SYCG initiated its offsite programmes in October 2010, and has concluded many yoga retreats and teacher training courses over the past 15 years. More than 5,00,000 people have done yoga with SYCG.

More details about SYCG can be had from the website www.yogashowstheway.com.



Teachers of SYCG

Sivananda Yoga Centre, Gurgaon has a teacher body of over 100 active teachers. Each of them has completed his or her International Yoga Teachers' Training course certified by Yoga Alliance to teach yoga anywhere in the world. This teacher body, growing and maturing as each day goes by, is one of the largest pools of qualified yoga teachers of the Sivananda system in the world, practicing and teaching together at one centre, online and onsite.

All the teachers at the Centre offer their time and teaching on a voluntary basis, making their work an act of seva, selfless service. The students therefore get a teacher who is not only highly trained and knowledgeable about yoga, but also one who is compassionate, gentle, caring and giving, without any inclination towards external reward. Each teacher leads by example, and it is a profound learning experience, just to be in their presence. Many of our yoga teachers teach on an average between 100 and 500 classes in a year.

Our greatest assets are the faculty who teach the IAYTTC. They are some of the very best in the world, vastly experienced, senior, wise, charismatic, articulate, passionate, and highly motivated in sharing knowledge.

Many highly trained teachers will be faculty and assisting teachers for the IAYTTC 2026.

Teachers of the IAYTTC

YOGA ACHARYA ARUN PANDALA (MASTER OF YOGA - MY)



is one of the senior-most Sivananda yoga teachers in India.

He started practicing yoga at the Sivananda Yoga Vedanta Nataraja Centre in New Delhi in 1992 (33 years ago).

He did his RYT 200 hours Yoga Teachers' Training Course from Sivananda Yoga Vedanta Dhanwantari Ashram, Kerala in January 1995. (www.sivananda.org) In 1996, he did his Advanced Yoga Teachers' Training Course (RYT 300 hours) from the same venue. He has had an unbroken run of teaching yoga for the past 30 years.

Arun is an Experienced Registered Yoga Teacher (E-RYT) 500 hours as designated by Yoga Alliance USA, (www.yogaalliance.org) the international certifying body for world standards in yoga. He is also registered as a Yoga Alliance Continuing Education Provider (YACEP).

Since the time he started teaching yoga in 1995, Arun has reached out to more than 5,00,000 people in India and abroad, through more than 20,000 hours of teaching and training.

In 2004, he set up Sivananda Yoga Centre, Gurgaon, (www.yogashowstheway.com) with purpose of spreading an authentic and traditional lineage of yoga and allied sciences.

In 2014, Arun was inducted as a Yoga Expert into the AYUSH mandated Yoga Certification programme, at the behest of the Prime Minister Shri Narendra Modi. He was part of the various Task Forces and Steering and Advisory committees to create world standards for both individuals (Personnel certification) and institutions (Institutional certification). The current standard Yoga Teacher Level 2 was originally drafted by him, and launched on 22 June 2015. Arun was also the lead examiner in many of the QCI led yoga examinations in Mumbai, Delhi, Pune, Kolkata and Tokyo, Japan, in addition to being part of the policy and strategy teams.

Since 2011, Arun has been leading the training of Yoga teachers. He has personally trained over 1000 yoga teachers in the Sivananda system in the past 30 years.

He also leads seminars on health and well-being, specialized courses on pranayama and meditation, therapy programmes for back problems, stress and lifestyle disorders, women's health issues and yogic management of pain. Under his leadership, Sivananda Yoga Centre, Gurgaon has successfully

conducted since 2015, Yoga for reversing PCOS, a condition that affects many millions of women across the world, and for which modern medicine has no cure.

Arun specializes in teaching future generations of yoga teachers, and is especially good with asana and pranayama practice and theory; he is also an expert in the yogic management of diseases, and is a well-renowned expert on holistic health.

He is now also an author of a cookbook, ***Food for the Soul***, which hit the stands in early 2026. The cookbook brings together the wisdom of yoga and satvic cooking in a collection of over 60 vegetarian recipes.

ARUN PANDALA (446, Sector 40, Gurgaon, Haryana, India)

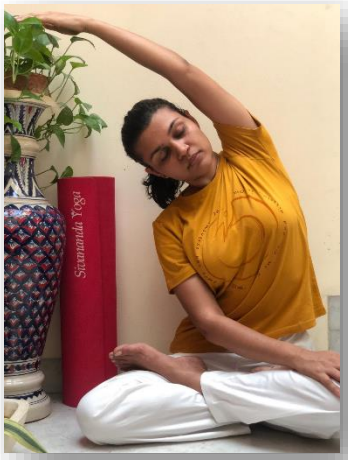
Age 63

Corporate work experience – 20 years in advertising, marketing, marketing communications, corporate communications, event management, and public relations

Yoga – practitioner for the past 33 years; Teacher since 1995

+91 9810645850

DYUTIMA GOEL (ERYT 500; RCYT)



Dyutima represents the modern yoga teacher. She has graduated more than 300 yoga teachers by herself year, under eight teacher training courses recognized by the Yoga Alliance, presented by the Sivananda Yoga Centre, Gurgaon. Trained as a professional architect, Dyutima has preferred to pursue her passion, as a life occupation and career, since 2011, teaching yoga to literally thousands of people every year.

Dyutima has an ability and agility with yoga practice, which puts her in the top one per cent of the population. She is well versed with the simple and advanced practices, theory, the philosophy, and all round aspects of yoga, including selfless service, uncompromising work ethic and discipline, an extraordinary ability for caring for and teaching people and kirtan and satsang.

Dyutima independently manages the daily yoga classes, and operations of the largest of the Sivananda Centres in Gurgaon. She also teaches many of the courses which the Centre offers, including the yoga for kids programme, and the yoga beginners' courses for adults. She is one of the chief administrators at the Centre, working on policy, administration, finance, logistics, and communications.

She is fun to be with, interesting, knowledgeable and funny in her presentation of yoga classes, and highly enthusiastic. She brings great charisma, as well as the fearlessness of youth, to her own personal practice, as well as the many hundreds of classes she teaches every year.

She provides deep insight into the spiritual aspects of yoga, as well as the intelligence she brings to adapt this ancient science to make it accessible to herself and her students. The combination of humour and cheerfulness, and a sense of gentleness and calm, and purpose makes Dyutima yogic and endearing to all those who meet her.

Her yoga credentials –

Dyutima Goel, age 35; Experienced Yoga Teacher 500 Hours (ERYT 500) as recognized by Yoga Alliance; International Yoga Teachers' Training Course Level 1 June 2011; International Yoga Teachers' Training Course Level 2 January 2016; Senior staff, Sivananda Yoga Centre, Gurgaon since 2014. Dyutima has been an integral part of the activities at Sivananda Yoga Centre, Gurgaon, since her graduation from the Yoga Alliance certified RYT 200 hours Yoga Teacher's Training Course. Yoga teacher since 2011. Teacher of teachers since 2015.

FACULTY FOR VEDANTA, AND ANATOMY & PHYSIOLOGY

The teachers for the specialized subjects of Vedanta and Anatomy & Physiology are experts in their fields. We usually have the direct disciples of Swami Dayananda Saraswati in Swami Chinmayananda's tradition for teaching the subjects of Bhagawat Gita, Vedanta and Yoga Philosophy. They bring very deep subjects to life, with their pure and direct approach, even while making these ancient scriptures a pleasure to understand. For modern human biology and its relationship with yoga, we depend on medical doctors, either practicing Ayurvedic physicians or professors of Ayurveda, or allopathic doctors, who are also trained in yoga and allied sciences.

How to reach here

Sarsoli Dham, Village Sarambal, Kudal, Sindhudurg District, Maharashtra, India
Kudal is 95 kilometeres by road from Panjim, the capital of India's tourist epicenter, Goa and 21 kilometers from Sawantwadi, on the New Delhi-Mumbai-Goa railway line.

By air

The nearest international airport is in Goa (North Goa, MOPA, GOX). You can fly in from Delhi, Chennai, Mumbai and Bangalore, and any of the other major hubs. Once you land at Goa's Manohar International airport, a taxi will drive you to Sarsoli Dham, in one hour.

By train

Please check exact updated train timings on the Indian Railways website www.indianrail.gov.in.
The closest major railway station is in Kudal and Sawantwadi. The Rajdhani from New Delhi to Trivandrum is ideal, with a stop in Kudal, 20 mins from the ashram.

Local taxi operator: Anil +91 9637082832

Sivananda Yoga Centre, Gurgaon does not provide any support in travel bookings.

Participants may please plan their travel as appropriate. You can let us know once you have made your bookings and we will help in coordinating the carpool from and to the ashram.
Please plan and book your flight travel early. All other planning can come later.





Accommodation

The ashram has about 20 twin sharing rooms and a few triple sharing rooms. All rooms have attached baths and hot water. There is no room service or television.

Admission is on a first come first served basis.

To maintain the sanctity of the campus, we accommodate guests on the following conditions:

- No consumption of alcohol & non-vegetarian food
- No smoking either on campus or outside while undertaking the course.
- Should follow the yogic way of life while in the ashram.

Sivananda Yoga Centre, Gurgaon reserves the rights of admission.

Anyone found not following the ashram rules, at any time during the course, will have to vacate the ashram property.

Food

The main meals are provided daily at 10.00 am and 6.00 pm.

The food is based on the Indian tradition. Menus are vegetarian, simple, nutritious... and tasty! Prepared with love and care according to yogic dietary principles, two buffet style, lacto-vegetarian meals are served daily. Absent from the menu are meat, fish, fowl, eggs, garlic, onion, mushrooms etc. A cup of herbal tea is available at 7.30 am and 1.30 pm!!!

Boutique

The boutique stocks many items including spiritual books, yoga mats, and yoga clothing.

Internet and mobile network

The internet and mobile network inside the Ashram, is very good. However participants must keep communications to a minimum, anyway, since the course requires a focus and hard work. Use of mobile phones in all classes and dining areas is prohibited.

Safe Keeping

We suggest that you do not bring high value items to the ashram as we cannot guarantee the facilities to secure them. The rooms are safe, as long as they are kept locked when not in use.

Health Hut/Canteen

The Health Hut provides a relaxed atmosphere to enjoy fruit salads, juices and snacks outside the class schedule, for a nominal cost. This is open at some specific times during the day.

Money exchange & travel arrangements

The Ashram is situated in a village area. The nearest bank and ATM is in Kudal town (6 kilometers from the location). Please convert your currency to Indian rupees to pay extras like laundry, canteen, or for local and souvenir shopping.

Before you come

Visas

Check whether you are required to arrange a visa before you enter India. Be careful to apply for a tourist visa, whilst you will be studying yoga here, a student visa is a very different visa and you will require supporting information which only academic establishments like universities can provide. Your reason for visiting should be stated as a tourist.

If you have any questions about the course, please contact
8.00 am – 8.00 pm Indian Standard Time – (international callers add +91)
Arun 9810645850; Dyutima 9811855855; Yashika 98784 45850
email – yogashowstheway@yahoo.com

