



# Yoga Bharati

(SF Bay Area Chapter)

<http://www.yogabharati.org>



## Yoga Instructor Certificate Course (YICC)

Yogabharati, a non-profit organization in association with **VYASA, India** is conducting YICC every year in bay area. Yoga has gained popularity as an effective tool for holistic living. Practicing yoga through well researched, authentic methods with in-depth concepts, taught by enlightened masters like Sri. N V Raghuram, an integrated approach towards Yoga - are the highlights of YICC.

VYASA (Swami Vivekananda Yoga Anusandhana Samsthana), with its scientific research over 20 years in the field of yoga, spirituality and healing, designed the YICC as a powerful teaching tool.

Key aspects of this course are:

- Empowering you with yoga career to serve the society
- Get certified as Yoga instructor from one of the best
- Holistic understanding of philosophy of Yoga
- Stress Management and prevention of stress related ailments
- Practice yoga for a holistic personality development

Basic knowledge of yoga and some practice is advised, not mandatory. Get ready for YICC, by taking advantage of the FREE yoga classes offered by Yogabharati in the bay area. YICC is a pre-requisite for many other courses from VYASA, like Yoga Therapy Instructor Course (YTIC), Diploma in Yoga and Naturopathy (DYN), MS in Yoga, PhD in Yoga, etc.

**YICC Inauguration:** Friday, April 16<sup>th</sup>, 2004 from 7:00PM to 9:00PM (**FREE** and open for all)

**Part 1** - Complete Theory – **April 17<sup>th</sup> – May 2<sup>nd</sup>, 2004**  
Weekend mornings and Friday evenings

**Part 2** - Practices – **May 8<sup>th</sup> – June 27<sup>th</sup>, 2004**  
Weekends only – 8:00 AM to 11:00 AM

**Part 3** - Field Practice

**Part 4** - Project Report

### *Tri-City Physical Therapy*

2805 Whipple Road  
Union City, CA 94587

(Off I-880 Freeway)

Upon successful completion, certificates will be issued by VYASA, a deemed Yoga University.

**More information:** <http://www.yogabharati.org/yicc>  
<http://www.vyasa.org>, <http://www.nvraghuram.vyasa.org>

**Registration:** [rsvp@yogabharati.org](mailto:rsvp@yogabharati.org)  
**Contact:** [venkat@yogabharati.org](mailto:venkat@yogabharati.org) or 510-894-8945