

# Yoga Bharati



INVITES YOU TO OUR SPRING 2010

## YOGA TEACHER TRAINING

*Change your life and the lives of others... learn Yoga with world-renowned Guru  
Yogashri. N.V.Raghuram*

**Open House: March 6th, 2010** Sat, 10 am to 12 noon  
India Community Center (ICC), Milpitas

**Inauguration: April 2nd, 2010** Fri, 7 pm

**Classes: April 3rd to June 27th, 2010** Sat, Sun: 7:30 am to 11:30 am

**Venue: Bay Area VP**  
**25 Corning Avenue, Milpitas, CA 95035**

(Registration Deadline: 3/15/2010)  
<http://www.yogabharati.org/yicc>

**This course is developed by Vivekananda Yoga University Bangalore with over 25 years of research.**

Whether you want to become an authentic yoga teacher or just want to deepen your own practice this course is suitable for all. Our course is not just about studying yoga postures – it's a complete package including the philosophy and research. In the process you get the opportunity to connect with dedicated students and teachers who want to share their healing gifts of yoga. You have a choice of taking Part I, Part II or Part III (Includes Part I, Part II, Field Practice & Thesis).

**Part I: Yoga Philosophy Course (YPC)**

**Part II: Yoga Foundation Course (YFC)**

**Part III: Yoga Instructor Certification Course (YICC)**

Definition of Yoga	8 Step Teaching Methodology	Asanas	Mudras
Four Streams of Yoga	Therapeutic Applications	Kriyas	Pranayama
Concepts of Health, Happiness, Disease & Stress	Ayurveda Sanskrit	Bandhas	Meditation

### For details contact:

Shailesh: [shailesh@yogabharati.org](mailto:shailesh@yogabharati.org) (408) 719-8064  
Ram: [ram@yogabharati.org](mailto:ram@yogabharati.org) (408) 493-5331  
General email inquiries: [info@yogabharati.org](mailto:info@yogabharati.org)