



Yoga Bharati

(SF Bay Area Chapter)

<http://www.yogabharati.org>

Yoga Instructor Certificate Course

The wave of Yoga awareness is sweeping across the world and Yoga is gaining popularity as an effective tool for holistic living. For general public, to maintain a healthy body and a sound mind, practicing Yoga correctly through qualified teachers has become the immediate need of the times. There is great demand for yoga teachers who can combine the right knowledge of Yoga and reach out to people.

To meet the need for trained Yoga Teachers, Vivekananda Yoga University (VYOMA) in association with its Research wing, Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) has designed and developed a popular need-based module called YOGA INSTRUCTORS CERTIFICATE COURSE (YICC). For more info about the course visit <http://www.vyasa.org>. Yoga Bharati is conducting this course in association with SVYASAUSA (<http://www.svyasausa.org>), Houston.

Who is this for?

Anyone who wants to become a Certified Yoga instructor, and/or who wants to develop a better understanding of Yoga. Basic knowledge of yoga and some practice is needed. **To get basic Yoga knowledge and practice, Yogabharati conducts free Yoga classes before joining the course.** YICC is a pre-requisite for more courses from SVYASA, like Yoga Therapy Instructor Course (YTIC), Diploma in Yoga and Naturopathy (DYN), etc.

Grand Inauguration function on February 14th from 7:00PM to 9:00PM - Event is free & open for all.

Sri. Prasad Kaipa, Dr. Raji Ayyar and Dr. Naras Bhatt will talk about benefits of Yoga, etc.

Venue: Ponderosa Park Building
811 Henderson Ave, Sunnyvale, CA

Course Structure:

Part 1 - Complete Theory - Feb 15th - March 2nd, 2003 (Weekends only – 7:30am to 12:30pm)

Part 2 - Practices and exam – April 5th – June 8th, 2003 (Weekends only - 3 to 4 hours per day)

Part 3 - Field Experience (June/July/August 2003) - Flexible

Certificate: Certificate will be issued, to the successful candidates after completing the above. Participants can start teaching Yoga anywhere, and will be recognized as Yoga Instructors certified by SVYASA.

Faculty:

Sri. N. V. Raghuram, International coordinator of SVYASA

Sri. B. S. Rama Rao, Chief Instructor, SVYASA, Houston

Smt. Meera Rama Rao, Chief Instructor, SVYASA, Houston

Registration: Send email to rsvp@yogabharati.org (RSVP is absolutely necessary, seats are limited)

For more information: Please visit <http://www.yogabharati.org> OR mail to info@yogabharati.org

Anil Surpur	anil@yogabharati.org	510-790-0724
Navin Rao	navin@yogabharati.org	925-846-7036
Krishna Raghavan	krishna@yogabharati.org	408-830-0959
Venkat Reddy	venkat@yogabharati.org	510-894-8945