

# Yoga Bharati

(SF Bay Area Chapter)

[www.yogabharati.org](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, practising 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: [www.vyasa.org](http://www.vyasa.org)

Yoga Bharati is conducting this course in association with SVYASAUSA ([www.svyasausa.org](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. No prior knowledge of yoga is needed.

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 October 11th from 7:00PM to 9:00PM - Event is free & Open for all**

Dr. Naras Bhat will demonstrate effects of yoga on human physiology using latest techniques. Dr. Raji Ayyar will talk about benefits of Yoga and Dr. Pratichi Mathur will talk about Ayurveda and Yoga.

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

### **Course Structure:**

Part 1 - Practices and Basic Theory (42 hrs) - Oct 12th - Nov 17th 2002, Weekends from 8:00AM to 11:00AM

Part 2 - Complete Theory (40hrs) - Feb - March 2003, Weekends by

Part 3 - Field Experience (48hrs) - 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  
Sri C. Udaya Kiran, Yoga Instructor, Yogabharati

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

**For more information:** Please visit [www.yogabharati.org](http://www.yogabharati.org) OR [info@yogabharati.org](mailto:info@yogabharati.org) OR 408-244-9119

Anil Surpur [anil@yogabharati.org](mailto:anil@yogabharati.org) 510-790-0724

Sampath Krishnabhat [sampath@yogabharati.org](mailto:sampath@yogabharati.org) 408-887-9096

Uday Kiran [uday@yogabharati.org](mailto:uday@yogabharati.org) 408-727-4674