

# yoga

**GROUP EX**<sup>®</sup>  
**FITNESS ACADEMY**

## 200 HRS TEACHER TRAINING COURSE



[academy@groupexfitness.co.in](mailto:academy@groupexfitness.co.in)

CONTACT : +91 9741436077

YOGA ALLIANCE INTERNATIONAL  
India's first International Yoga Alliance

## CERTIFICATE OF REGISTRATION



### GROUP EX FITNESS ACADEMY (R) SHAMEEM ALAM TRUST (R)

DIRECTOR and MASTER TRAINER: AZEEMUDDIN

## CERTIFIED YOGA SCHOOL

Teachers Training Programs conducted here meet all the requirements of  
YOGA ALLIANCE INTERNATIONAL  
at the 200/300/500 hr levels

28th August 2019

स्वामी विद्यानंद

Swami Vidyanand  
President | Founder  
Yoga Alliance International



K.M. Chandrashekar  
Organizing Director  
K.M. Chandrashekar

- ❖ **GROUP EX FITNESS ACADEMY®** has been consistently involved since 2013 in adding quality to its members' lifestyle through Yoga and specialized group fitness programs.
- ❖ We at **GROUP EX FITNESS ACADEMY®** want you to finish the TTC, with authentic in-depth, precise and qualitative teaching skills with profound knowledge of asanas and a profound sense of practice.
- ❖ Yoga is a very broad science that requires a lifetime of practice. It's only the practice and entering your MAT every day, which will give the expertise to become a great yoga teacher.
- ❖ Our theory class will be more focused on going through the asana, knowing their benefits and correct approach. Meditation, lectures, talks, and discussions of different themes will be the everyday rhythm of the TTC.



❖ Based on the mentioned holistic way of approach we have started our TTC 200 hours wherein as per the Guidelines of Yoga Alliance International and Guidance of Sri Swami Vidhyanand a very holistic and structured approach is designed to train future yoga teachers.

- ❖ **GROUP EX FITNESS ACADEMY**® runs all the certifications under the name of **SHAMEEM ALAM TRUST**®. It is a non-profit, educational, health and fitness organization, which addresses all aspects of human well-being. Founded by AZEEMUDDIN and registered in 2018 under the Indian Trust Act.
- ❖ **SHAMEEM ALAM TRUST**® has been successfully registered and under **Indian Income Tax 12A and 80G certifications**. It is a non-profit organization dedicated to serving children from lower socio-economic status, orphaned and abandoned for their education, medical expense, clothing and food.



**AZEEM UDDIN – FOUNDER & DIRECTOR**

## ❖ ABOUT OUR TEAM



**Mr. Azeemuddin** is CEO and a master trainer for TTC Yoga 200 and 500 hours, a Former World Champion in Boxing, Muay Thai, kickboxing and Karate. He is one of the pioneers in group fitness classes with 24 years of experience in Yoga, fitness, and sports. Azeem has designed DMF (Dynamic Movement Fitness) a unique and innovative approach to new generation fitness. He believes Yoga and fitness is for everyone, every time and everywhere & for overall wellbeing.



**Ms. Varsha.D** is an entrepreneur and one of the directors. She is a master trainer for TTC Yoga 200 and 500hr. She is Pilates and nutrition coach. She started her career in the fitness industry 8 years back. She believes your decision today will define your tomorrow.



**Dr. Ramya.C** is a doctor, entrepreneur, and one of the directors. She started her fitness journey 3 years ago as a fitness consultant and rehab coach. Presently she teaches Yoga anatomy and physiology for TTC Yoga 200 and 500hour. Ramya was involved in many research projects and has published many journals. She firmly believes Health is not Wealth, it's Priceless!



**SRI SWAMI VIDYANAND – FOUNDER  
YOGA ALLIANCE INTERNATIONAL - INDIA**

**Sri Swami Vidyanand** will personally guide the trainees **the unique TIME Meditation Course** where students can obtain practical, in-depth, multi-faceted knowledge of Meditation.

*"TIME Meditation provides the methodology for a fast-track and multidimensional self-purification, at the core of which is the theory that underpins the practice. It enables direct connection with the higher self, bringing true wisdom and enlightenment."*  
- Sri Swami Vidyanand

## ❖ WHY CHOOSE US?

- ❖ FIRST YOGA SCHOOL IN INDIA TO CERTIFY COMBINATION OF HATHA YOGA, ASHTANGA YOGA, T.I.M.E MEDITATION AND PILATES.
- ❖ A YOGA ALLIANCE INTERNATIONAL REGISTERED SCHOOL.
- ❖ MEDITATION ALLIANCE INTERNATIONAL AFFILIATED.
- ❖ Committed teachers of more than 22 years of experience
- ❖ Authentic teaching and excellent support system.
- ❖ Meditation, Career guidance/International Career in Yoga and discussion with the founder~ Sri Swamy Vidhyananda ,Yoga Alliance International .
- ❖ Guest lectures by eminent personalities~ Rekhi, Laughing yoga, Ayurveda, Laughing Yoga and Wellness .
- ❖ Yoga retreat in Pondicherry (near Auroville)
- ❖ Outdoor activity and cultural program.
- ❖ Business opportunity via franchise partnership with GROUP EX FITNESS ®

## MONDAY - FRIDAY

ASTHANGA PRACTICE

7:30 AM – 9.00 AM

BREAKFAST

9.00 AM – 10.00 AM

THEORY

10.00 AM – 1.00 PM

LUNCH BREAK

1.00 PM – 2.00 PM

HATHA YOGA

2.00 PM – 3.30 PM

THEORY

3.30 PM – 5.00 PM

PRANAYAMA & MEDITATION

5.00 PM – 6.00 PM

## SATURDAY

PRACTICAL EXAM

8.00 AM – 9.00 AM

ADJUSTMENT & ALIGNMENT

9.00 AM – 11.00 AM



## TTC-WEEKDAYS SCHEDULE



*“Yoga is like a light,  
Which once lit, will never dim.  
The better you practice,  
The brighter the flame”*

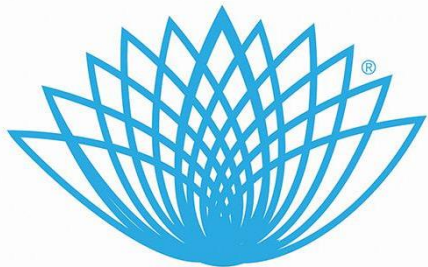


## ❖ TTC-WEEKEND SCHEDULE

### SATURDAY & SUNDAY

ASTHANGA PRACTICE	9.00 M – 11.00 AM
BREAK	11.00 AM – 11.15 AM
THEORY	11.15 AM – 1.00 PM
LUNCH BREAK	1.00 PM – 2.00 PM
HATHA YOGA   PILATES	2.00 PM -3.30 PM
THEORY	3.30 PM -5.00 PM
PRANAYAMA & MEDITATION	5.00 PM – 6.00 PM





**TIME**  
**MEDITATION**  
Founded by Swami Vidyanand

## ❖ RETREAT SCHEDULE

6 AM TO 8 AM

PHYSICAL MEDITATION

8 AM TO 9 AM

BREAKFAST

9 AM TO 12 PM

PRANA + MIND  
MEDITATION

12 PM TO 1 PM

LUNCH

1 PM TO 6 PM

SIGHT SEEING

6 PM TO 7.30 PM

PSYCHIC MEDITATION

7.30 PM TO 8.30 PM

DINNER

ORIGIN, HISTORY & DEVELOPMENT OF  
YOGA

AIM, PURPOSE & COMMON  
MISCONCEPTIONS OF YOGA

HATHA YOGA, ASANAS FROM THE  
CLASSICAL HATHA YOGA

ASHTANGA YOGA

PRANAYAMA - PRACTICE &  
METHODOLOGY

MEDITATION – T.I.M.E MEDITATION,  
PHYSICAL, PSYCHIC ,PRANA &MIND

CHAKRAS, NADIS, MUDRAS, SHAT KRIYA -  
PURIFICATION EXERCISES AND  
BANDHAS

PILATES PRINCIPLES, ORIGIN, CULTURE,  
SCIENCE, TRANSFORMATION, AND  
TEACHING



# COURSE HIGHLIGHTS



ANATOMY AND PHYSIOLOGY – FROM  
THE PERSPECTIVE OF YOGA AND PILATES

PSYCHOLOGY, STRESS MANAGEMENT,  
RELAXATION & HEALTHY LIVING

TEACHING METHODOLOGY AND  
TECHNIQUES

THE ART OF SEQUENCING, ALIGNMENT  
AND FORM

MOTIVATION & GUIDANCE

LANGUAGE AND FINDING YOUR VOICE

BUSINESS ASPECTS,MARKETING &  
ETHICS OF TEACHING YOGA

INDIVIDUAL CONSULTATIONS WITH  
MENTORS

## ❖ ADMISSIONS

- Apply online by submitting the online application.
- Acceptance for application will be communicated through email.
- Applications are processed on first come first served basis.  
Batch of 15 only.
- Send the scanned copies of original documents issued by government. Please ensure you send all the documents and fill in the form carefully.



## ❖ DOCUMENTS REQUIRED

- 2 Passport size Photos
- Medical Fitness Certificate
- Passport and Visa for foreign students.
- Aadhaar Card is a must for Indian students.

## ❖ ELIGIBILITY

- The course is designed for anyone – from beginner to a longtime student of yoga from any tradition – who wishes to transform their teaching skills and deepen their knowledge and practice.

## ❖ ABOUT FEE & PAYMENT MODE

- Payment of fees is only through online mode.
- Please have the payment transaction receipt or note the transaction id and date of payment for future reference.
- 200hrs TTC admission will be confirmed and seats will be blocked only after payment.

## ❖ CANCELLATION POLICY

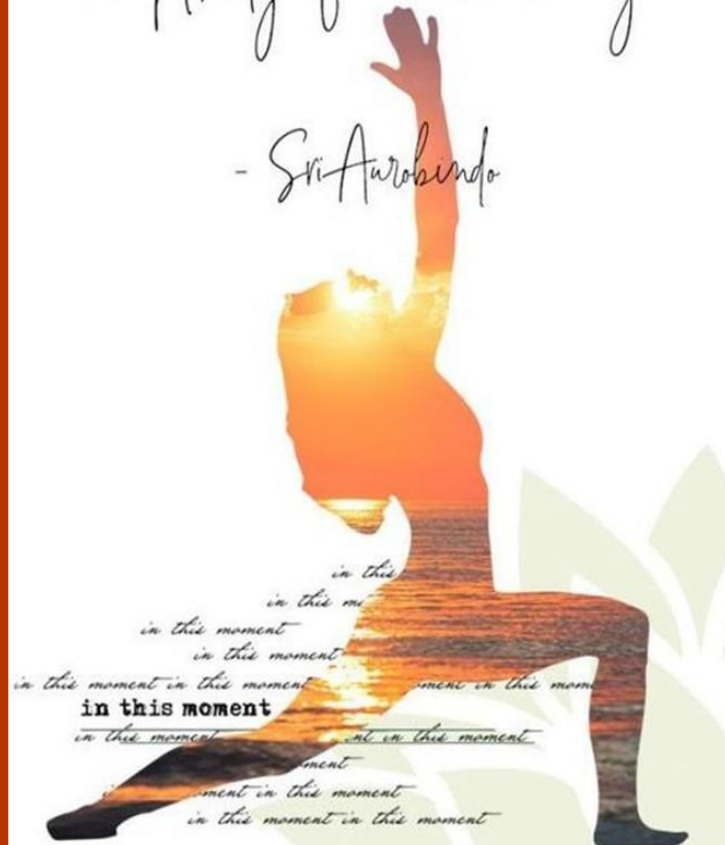
- Initial 50% of the fees to be deposited - non refundable if cancelled.
- The rest of the payment should be paid before commencement of the course

WEEKDAYS BATCH	INDIAN RUPEES
RESIDENTIAL	50,000/-
NON RESIDENTIAL	35,000/-
MEDITATION CERTIFICATION + YOGA RETREAT	15,000/-

WEEKEND BATCH (10 WEEKS)	INDIAN RUPEES
NON RESIDENTIAL	35,000/-
MEDITATION CERTIFICATION + YOGA RETREAT	15,000/-

The practice of Yoga brings  
as face to face with the extraordinary  
complexity of our own being.

- Sri Aurobindo



## ❖ COURSE FEE INCLUDE

- Course manual, necessary training worksheets.
- A bag, yoga tee and stationary provided.
- Internationally recognised certificate of Yoga from GROUP EX FITNESS ACADEMY<sup>®</sup> and Yoga Alliance International India, upon successful completion of the course.
- Pilates course completion certificate.
- Meditation Course completion certificate from Meditation Alliance International.

## ❖ FEE DOESN'T INCLUDE

- International and local transfer to / from the school
- Medical/injury insurance not included.
- Food not provided.
- Excursions on days off (optional)

## COURSE OFFERED

100 HOUR YOGA TEACHER TRAINING  
200 HOUR YOGA TEACHER TRAINING  
300 HOUR YOGA TEACHER TRAINING  
500 HOUR YOGA TEACHER TRAINING  
YOGA WORKSHOPS

## ADDRESS

GROUP EX FITNESS ACADEMY®  
P&T COLONY,R.T NAGAR MAIN ROAD  
ABOVE UNILET ELECTRONIC SHOWROOM  
RT NAGAR, BENGALURU, KARNATAKA, INDIA  
560032

[academy@groupexfitness.co.in](mailto:academy@groupexfitness.co.in)

Contact : +91 9741436077

