

# YOGA TEACHER TRAINING

ALIYA AGHA ACDEMY OF INTERNAL ARTS



KHI - ISB- LHR



# INTRODUCTION

Aliya Agha Academy of Internal Arts offers Yoga Teacher Training with in-depth understanding of the ancient system of yoga in the light of modern scientific research. We aim to equip students with safe practice techniques and build a firm foundation in the art of authentic & classical Hatha yoga.

Aliya Agha Academy of Internal Arts is the first yoga education provider in Pakistan. We are honored to be accredited with Yoga Alliance USA, Yoga Alliance International (India) & World Yoga Federation. We are based in Islamabad & travel with our training programs to Karachi & Lahore or other chosen destinations.





## ALIYA'S JOURNEY

From professional corporate lawyer, founder of internationally recognized first Yoga School in Pakistan and cancer survivor, the texture of Aliya's extraordinary life journey, is illuminated in her trainings.

With her remarkable combination of authenticity and vulnerability, Aliya emphasizes on character building, leadership, resilience and empowerment. Aliya is a recognizable face that delivers meaningful and deeply felt inspirational lessons.

Ms. Agha has been facilitating wellness sessions in universities & private sector. She was also the wellness columnist for the Daily Times.

Relevant qualifications:

- E-RYT 500 hours Yoga Alliance
- YACEP - Yoga Alliance, USA
- Yoga Therapy 500 hours
- IAYT 300 hours
- Post Graduate Diploma in Yoga (advance) 300 hours
- Specializes in Yoga for Cancer
- Regional Director for World Yoga Federation



**ALIYA AGHA**

**Lead Trainer**





# LEARN ART & SCIENCE OF YOGA

If you are a believer in healthy lifestyle & mental well-being, then kick-start your powerful journey with our yoga teacher trainings (YTT):

- 200 hour YTT is International Certification accredited with Yoga Alliance USA
- 100 hour YTT is National Level Certification

If you choose to do 100 hours, you can avail academic credits to complete 200 hours at a later date.





# COURSE CONTENT

## 100 HOURS

180 Yoga poses  
Alignment  
Modifications & Cautions  
Creating Yoga Sequences  
Styles of Yoga (Hatha & Vinyasa)  
History of Yoga  
Fundamentals of Movement  
Anatomy - Skeletal system,  
Muscular system, Key Muscles,  
Bandhas - Locks  
Breathing - 14 techniques  
Physiology  
role of heart & hormones  
Impact of yoga on digestive  
system & nervous system  
Yoga as a Business

## 200 HOURS

**Includes all modules of 100 hours**

Chakras  
Cleansing techniques of energy channels  
Energy balancing  
Yogic Diet  
Fundamentals of Ayurveda  
Relaxation Methods in Yoga  
Meditation Techniques & Traditions  
Science of Mudras  
Understanding Dharna & Dhyana  
Adding Sounds  
Discovering yourself  
Self discipline techniques  
Purifying mind & emotions  
Workshops on Pre-natal & Kids Yoga



**START DATE: 10TH JANUARY, 2023**

**END DATE: 9TH MARCH, 2023**

**IN-PERSON PHYSICAL PRACTICE**

**Jan 14, 15, 21, 22**  
**Feb 18, 19, 25, 26**  
**Mar 4, 5, 11, 12, 18, 19**

**SAT/SUN CLASSES**

**6PM TO 9PM (IN-PERSON)**

**ONLINE THEORY**

**Jan 10, 12, 17, 18, 24, 26, 31**  
**Feb 16, 21, 23, 28**  
**Mar 2, 7, 9**

**TUE /THUR ONLINE CLASSES**

**6.30PM TO 8.30PM (ONLINE)**

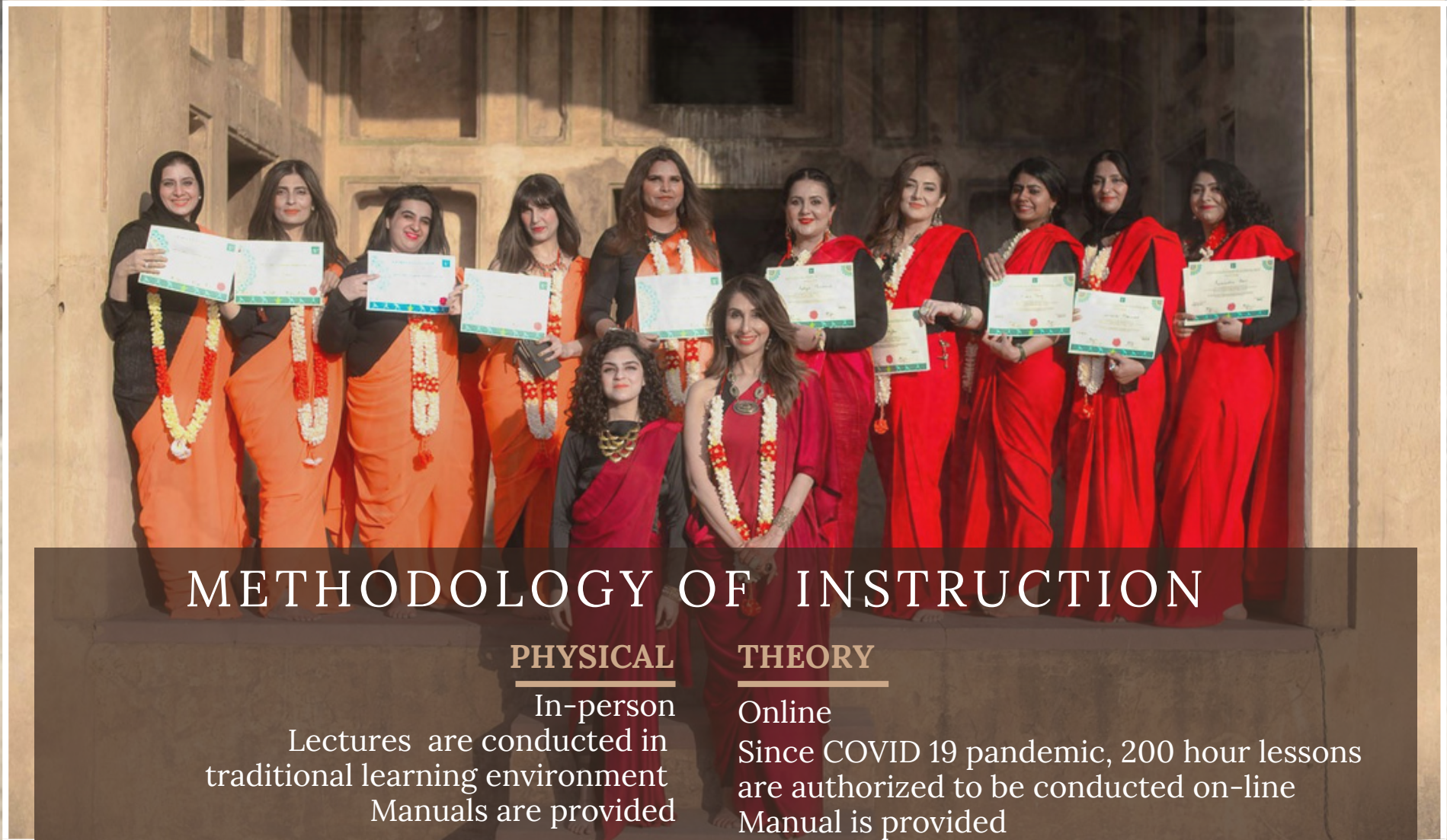
**FEE: RS. 210,000**

**REGISTRATION: RS. 15,000 NON-REFUNDABLE**

**VENUE: ALIYA AGHA YOGA STUDIO, F8/2, ISLAMABAD**

**YOU WILL GET: MANUAL OF YOGA**





# METHODOLOGY OF INSTRUCTION

## PHYSICAL

In-person

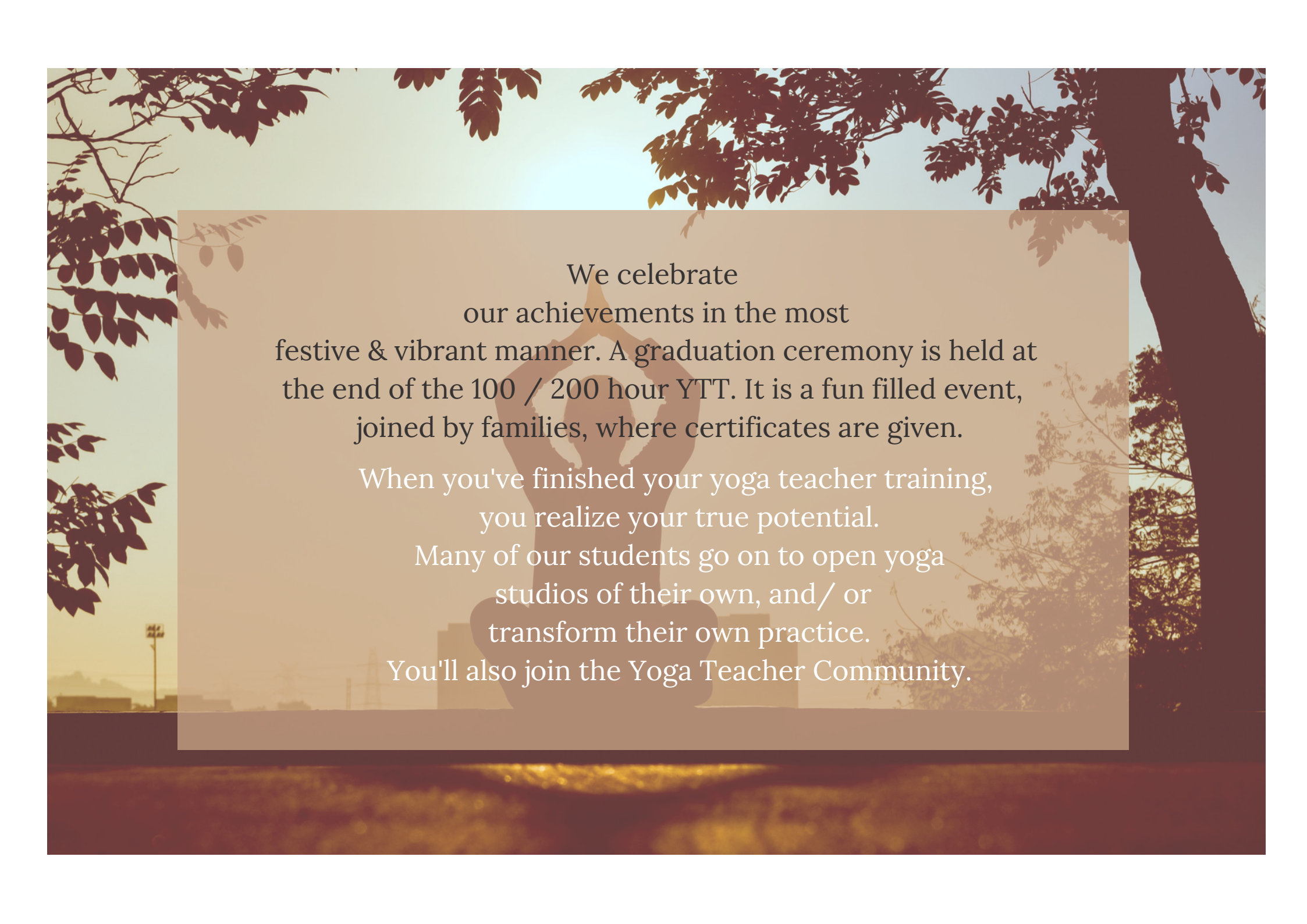
Lectures are conducted in traditional learning environment  
Manuals are provided

## THEORY

Online

Since COVID 19 pandemic, 200 hour lessons are authorized to be conducted on-line  
Manual is provided





We celebrate  
our achievements in the most  
festive & vibrant manner. A graduation ceremony is held at  
the end of the 100 / 200 hour YTT. It is a fun filled event,  
joined by families, where certificates are given.

When you've finished your yoga teacher training,  
you realize your true potential.

Many of our students go on to open yoga  
studios of their own, and/ or  
transform their own practice.

You'll also join the Yoga Teacher Community.



# FAQS

**Q. Do I need prior experience in Yoga?**

**A. We teach from scratch. It is a beginner's to intermediate level program.**

**Q. What is the minimum qualification for an Internationally Certified Yoga Teacher?**

**A. The minimum qualification for an internationally certified yoga teacher is 200 hours.**

**Q. Can I complete my 200 hours YTT in two parts?**

**A. AAAIA provides you the option to complete 200 hours in two parts. 100 hours academic credits are given to complete 200 hours at later date. You will be provided a certificate at the end of each course.**

**Q. I need schedule for the next course?**

**A. Each course has a separate schedule which is provided on request.**

**Q. What are the charges?**

**A. 100 hours & 200 hours YTT is priced differently. Ask about available discounts (early bird or special dates).**

**Q. What is the location?**

**A. Islamabad studio is centrally located in F8 sector.**

**Karachi trainings are held in Phase 5 DHA.**

**Lahore trainings are held in Cantt & Gulberg 3**



# Book Your YTT



[info@aliyaagha.com/](mailto:info@aliyaagha.com/)



Aliya Agha



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**0092 333 5950 222**

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