

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 29, 30

**Feb 1, 2, 3, 4, 5, 6, 8, 9, 10, 11,
12, 13**

Tuesdays are off

ONLINE THEORY

Jan 10, 12, 17, 18, 24, 26, 31

Feb 16, 21, 23, 28

Mar 2, 7, 9

6PM TO 9PM (IN-PERSON)

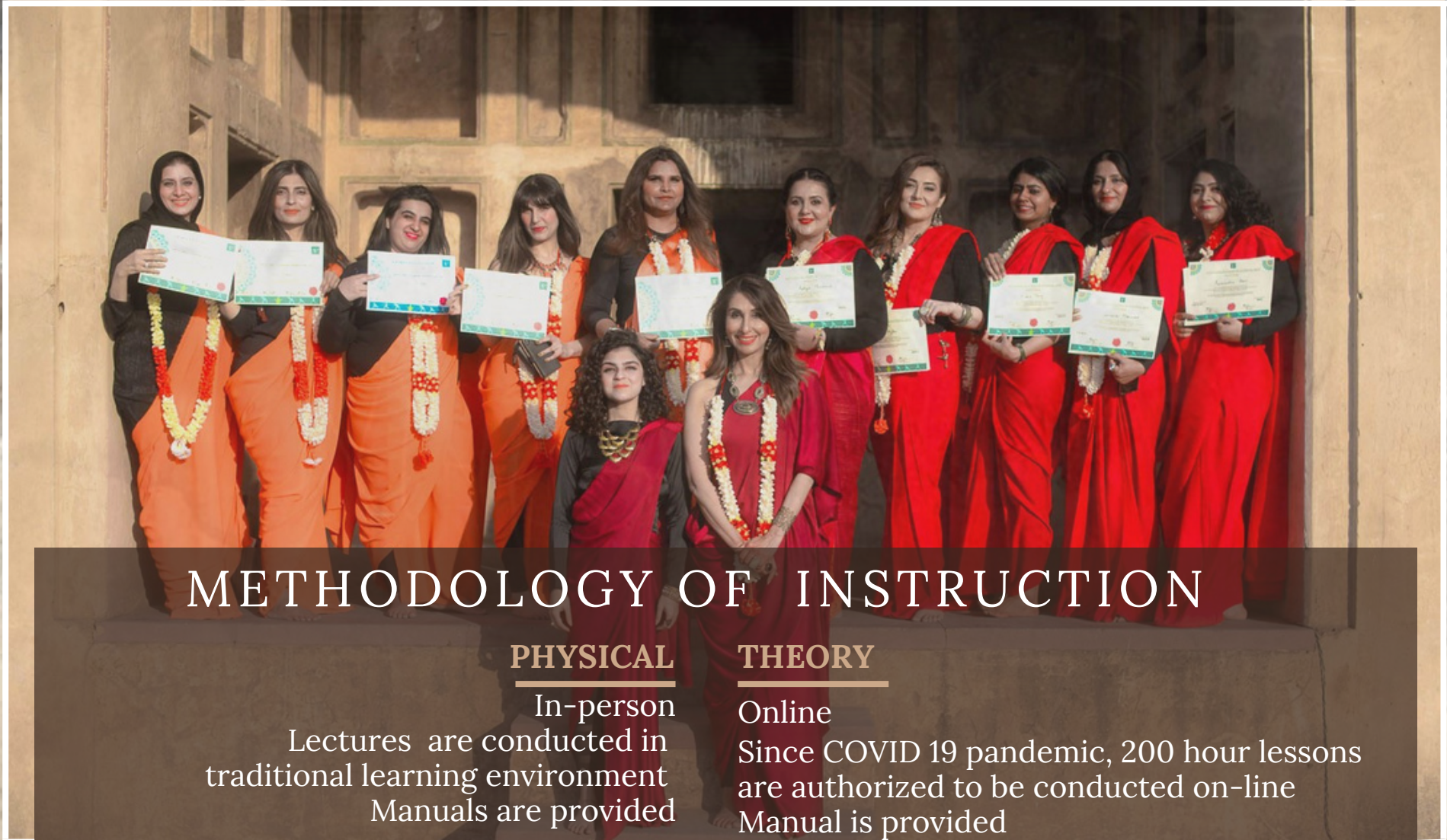
6.30PM TO 8.30PM (ONLINE)

FEE: RS. 210,000

REGISTRATION: RS. 15,000 NON-REFUNDABLE

VENUE: SABA COMMERCIAL AVENUE, PHASE 5, DHA, KARACHI

YOU WILL GET: MANUAL OF YOGA



METHODOLOGY OF INSTRUCTION

PHYSICAL

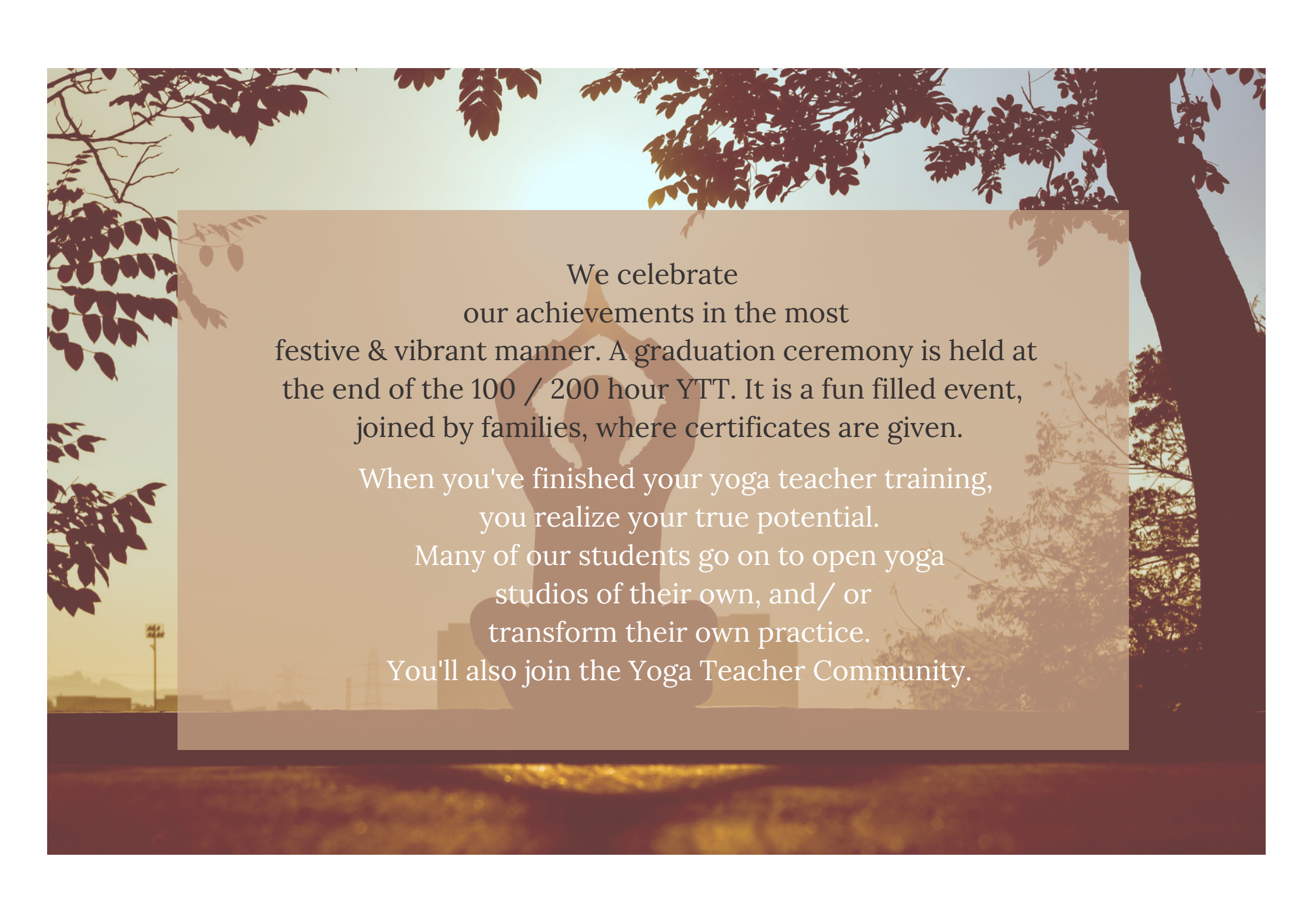
In-person

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/



Aliya Agha



www.facebook.com/aliyagha/



www.instagram.com/aliyaagha



www.aliyaagha.com



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