



# Welcome to Pankaj Yogpeeth

**Exhale The Past & Inhale The Future**

**Pankaj Yogpeeth** offers traditional yoga guided by expert teachers, with Yoga Alliance USA certification. Rooted in ancient wisdom, our courses promote well-being and are accessible to all at affordable prices.



## **100/ 200/ 300 HRS YOGA TEACHER TRAINING**

Where ocean breeze meets ancient wisdom—Varkala offers a soulful space for transformation, deep practice, and a global path to teaching.

# COMPLETE CURRICULUM

## TRADITIONAL HATHA YOGA

Explore core poses, breathwork, and meditation from ancient traditions.

## ASHTANGA YOGA

Experience Ashtanga's flow through the primary series and its deep philosophy.

## ALIGNMENT AND ADJUSTMENT

Learn safe practices with adjustments and injury prevention for all body types.

## YOGA PHILOSOPHY

Explore yogic texts, ethics, and philosophy to deepen your practice.

## MEDITATION TECHNIQUES

Learn meditation techniques to boost focus and clarity for practice and teaching.

## PRANAYAMA (BREATH CONTROL)

Understand the breath's role in yoga and learn techniques to direct energy flow.

## ANATOMY AND PHYSIOLOGY

Get a basic understanding of body systems and how yoga supports overall well-being.

## TEACHING METHODOLOGY

Gain key teaching skills to create a safe, supportive, and engaging class environment.



# WHY KERALA?

- Practice by serene beaches & peaceful backwaters
- Recharge in nature's calm embrace
- Experience authentic yoga at its roots
- Grow in a setting made for transformation



## VARKALA : NEARBY PLACES

Stroll - Breathe - Explore



# ACCOMMODATION



Comfortable single or double rooms with en-suite baths, hot showers, and serene green surroundings—plus easy access to local sights.

# YOGIC FOOD



Enjoy fresh, sattvic vegetarian meals daily—vegan and gluten-free options available, all supporting your yoga journey.

# CERTIFICATION & YOGA ALLIANCE USA ACCREDITATION



Pankaj Yogpeeth in Varkala, Kerala offers internationally recognized Yoga Alliance USA–certified teacher training programs, qualifying students for global RYT® registration.

# Our Teacher

Yogi **Pankaj Ji**, born in Rishikesh, has over 10 years of global teaching experience. A master's degree holder in Yoga and Holistic Health, he specializes in Hatha Yoga, alignment, teaching methodology, and anatomy.



**Purnima Dutta** is a dedicated teacher of Meditation, Pranayama, and Mudra with over 6 years of experience. Trained at renowned Rishikesh ashrams, she blends breath, stillness, and inner awareness in her classes.

**Himanshu Ji**, a dedicated yoga teacher from Rishikesh, has been teaching Ashtanga and Hatha Yoga at Pankaj Yogpeeth for years. He offers dynamic asana classes, backed by years of practice and study under renowned gurus.



Yogi **Shiva Maurya**, born in Lucknow in 2004, holds a BA in History and Geography. Certified in 200 & 300 hour YTT and Kids Yoga, he teaches Hatha, Ashtanga, Pranayama, and Meditation. With 2+ years of experience, he brings energy and inspiration to every class.

# YOGA TEACHER TRAINING IN VARKALA – FEES 2025

## 100 HOUR

Dates	Shared Room	Private Room	Total Seat
7 Febuary to 17 Febuary	\$800	\$1100	15
7 March to 17 March	\$800	\$1100	15
7 April to 17 April	\$800	\$1100	15

## 200 HOUR

Dates	Shared Room	Private Room	Total Seat
07 Nov to 30 Nov	\$950	\$1250	15
07 Dec to 30 Dec	\$950	\$1250	15
10 Jan to 30 Jan 2026	\$1100	\$1400	15
07 Feb to 1 March 2026	\$1100	\$1400	15
07 March to 30 Mar 2026	\$1100	\$1400	15
07 April to 30 April 2026	\$850	\$1200	15

300 HOUR

Dates	Shared Room	Private Room	Total Seat
07 Nov to 3 Dec 2025	\$1100	\$1350	15
10 Jan to 4 Feb 2026	\$1250	\$1500	15
07 Feb to 3 March 2026	\$1250	\$1500	15
07 March to 3 April 2026	\$1250	\$1500	15
07 April to 3 May 2026	\$1100	\$1350	15

WHAT'S INCLUDED AND EXCLUDED IN THE COURSE PRICE

INCLUDED	EXCLUDED
Comprehensive Curriculum	Travel Costs
Accommodation	Visa Fees
Meals	Health Insurance
Yoga Alliance Certification	Personal Expenses
Course Materials	
Yoga Equipment	
Guided Excursions	

# WHAT DO WE EXPECT FROM STUDENTS

Students should maintain proper discipline and decorum in the school environment.

No alcohol, meat or smoking allowed on the campus.

Students should abstain from the intake of intoxicants during the course.

An attendance of 85% is mandatory for the successful completion of the yoga alliance certificate.

Any misbehavior during the course in the campus or in classes will lead to a point of cancellation of your certificate even forceful abandonment from the campus.

In case of any emergency, if a student needs to leave the course halfway, his/her money will not be reimbursed, however, he/she can attend the same course, at the same location at a different time with the permission of the organizers.

A non-refundable fee of \$250 will be charged to book a seat for one time before the course.

The school does not provide health insurance any damage covering during the course.

A student will be responsible for his or her own wellbeing and must communicate his/her special needs and follow teachers advice to avoid injuries.

The time table will be provided during the orientation and must be adhered to by all and sundry.



# Join US NOW

Experience the calm of the ocean and the wisdom of tradition in Varkala. Pankaj Yogpeeth welcomes you to explore, evolve, and awaken your inner self. Your yoga journey begins here — join us in Kerala's spiritual haven.



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