DIVINEPATH
YOGA SCHOOL & RETREAT

Yoga Alliance Registered School
School ID 457520



FOUNDATION COURSE · ARAMBOL · NORTH GOA

100 Hour Yoga Teacher Training

An 11-day residential immersion in Hatha, Ashtanga and Vinyasa — five minutes from Arambol Beach, and the first half of your 200-hour training.

11	5 min	Max 15	$450
days residential	walk to the beach	students per batch	from, with stay & meals

New batch 1st–11th of every month

divinepathretreat.com · +91 88680 43473

THE COURSE

Begin your teaching journey by the sea

This 100 hour yoga teacher training is an 11-day residential course at our garden campus in Arambol, North Goa. Practise Hatha, Ashtanga and Vinyasa every day, and learn the foundations of pranayama, meditation, philosophy, anatomy and teaching. It is ideal for beginners, for shorter trips, or for anyone who wants to test the path before committing to a full 200 hours.







At a glance

Duration	**11 days, residential**
Dates	**1st–11th of every month**
Check-in / out	**10:00 AM / 12:00 PM**
Styles	**Hatha, Ashtanga & Vinyasa**
Level	**Beginner**
Certificate	**100-hour certificate of completion**
Group size	**Maximum 15 students**
Language	**English**
Airport	**Mopa / Manohar Intl (GOX), ~40 min**
Beach	**Arambol Beach, 5-minute walk**

Residential fees include

- ✓ 11 days of tuition
- ✓ Cottage or dorm accommodation
- ✓ Three sattvik meals a day
- ✓ Course materials
- ✓ Daily pranayama, meditation & kriya
- ✓ Beach yoga and a group excursion
- ✓ Campus Wi-Fi, pool and garden
- ✓ Visa invitation letter
- ✓ 100-hour certificate of completion

Not included: flights, visa fees and airport pickup ($40 from GOX, on request).

What you will learn

· How to build, sequence and theme a class

· Ujjayi, Nadi Shodhana and Kapalabhati

· Yoga Sutras, the eight limbs, yamas & niyamas

· Peer teaching with instructor feedback

· Safe adjustments and modifications

· How to teach pranayama and meditation

· Anatomy for teaching different bodies

· Karma Yoga — service on and off the mat

Your path to RYT 200

This course is the first half of our 200-hour programme. Return for the second 100 hours, pass the practicum and written assessment, and you can register with Yoga Alliance as an RYT 200 teacher.

CURRICULUM

A day in the training

06:45 – 07:45	Pranayama, Meditation & Kriya
08:30 – 10:00	Ashtanga / Vinyasa
10:00 – 10:30	Breakfast
11:00 – 12:00	Anatomy
12:15 – 13:15	Yoga Philosophy
13:15 – 14:00	Lunch
14:00 – 15:45	Rest / Self-study
15:45 – 16:45	Teaching Methodology & Alignment
17:00 – 18:30	Hatha Yoga (Mon–Fri)
19:00 – 19:30	Dinner
20:00 – 21:00	Kirtan (Thursdays)







Sequencing & Assists
Building, sequencing and theming a class; postural arcs; safe adjustments and modifications.

Pranayama & Meditation
Ujjayi, Nadi Shodhana, Kapalabhati and meditation — and how to teach them.

Teaching Practice
Peer teaching, instructor feedback, class observation and guided practice.

Philosophy & History
Yoga Sutras, eight limbs, yamas and niyamas; Hatha, Ashtanga, Vinyasa and Iyengar lineages.

Anatomy & Physiology
Skeletal, muscular and joint systems; safe teaching for different bodies.

Karma Yoga
Selfless action and service, applied to teaching and daily life.

IDEAL FOR

Beginners & short trips

Or anyone testing the teaching path before a full 200 hours.

WHO CAN JOIN

No certificate needed

Bring basic yoga knowledge, self-motivation and full attendance.

ASSESSMENT

Learn by teaching

Peer teaching with feedback, plus homework and guided practice.

STAY ON CAMPUS

Wooden cottages among the palms

Our gated garden campus in Arambol has a pool, a café and an open-air shala. Choose a quiet wooden cottage with a private veranda, or a budget-friendly dorm pod — every option is air-conditioned and includes all meals and campus access.



Wooden cottage **Shared $750 · Private $899**

Private veranda, AC, attached bathroom, 24/7 hot water, pool or garden view



Dorm pod **USD 450**

Bunk pods with curtains, reading light, power outlet and AC









Timings
Check-in 10:00 AM
Check-out 12:00 PM

Campus
Pool · Garden · Café · Shala
Gated, team on hand 24/7

Every stay
Air-conditioning · Wi-Fi
Three meals a day

MEALS

Three sattvik meals a day

Pure vegetarian food, cooked fresh on campus. Breakfast is fruit with poha or parathas; lunch is dal, rice, chapati and seasonal vegetables; dinner is lighter. Vegan or gluten-free? Just let us know in advance.







YOUR FACULTY

Learn from experienced, caring teachers



Ayushi Tondon

Lead Teacher

500-hour certified and AYUSH Level 3. Teaches Hatha and Vinyasa foundations, breathwork, meditation and sequencing.

PK

Prakriti Khajuria
Philosophy

BD

Barsha Das
Supporting Faculty

Life in Arambol



Pool & garden campus

Gated, green and quiet, with a team on hand 24/7



Beach yoga & excursion

Arambol Beach is a 5-minute walk



Kirtan & rest days

Thursday kirtan; explore Mandrem and Chapora Fort

CERTIFICATION

100-hour certificate of completion

Issued by Divinepath, a Yoga Alliance Registered Yoga School (ID 457520). It counts as the first half of your 200-hour training.

4.9 / 5

Google rating for our Arambol campus

Getting here

- **Mopa / Manohar Intl (GOX)** — about 40 minutes
- Airport pickup from GOX: $40, on request
- **Dabolim (GOI)** — about 2 hours
- Visa invitation letter sent once you book

DATES & FEES

A new batch every month

COURSE ONLY	DORM POD	SHARED COTTAGE	PRIVATE COTTAGE
$375	$450	$750	$899
Tuition; no stay or meals	Stay + 3 meals a day	Dec / Jan: $899	Dec / Jan: $1,199

All prices in USD. A **20% deposit** reserves your seat; you then receive a confirmation letter and visa invitation letter. **Early bird: book 6+ months ahead and save an extra 5%.**

EVERY MONTH	COURSE STARTS	COURSE ENDS
Monthly batches	1st of the month	11th of the month

Cancellation & changes

· 30+ days before start: 100% refund

· Under 30 days: not refundable

· One free move to a later batch, up to 7 days before start (genuine reason)

· No-show or partial attendance: no refund

· If we cancel: full refund or free reschedule within 12 months

Good to know

· Most students travel on an Indian e-Tourist visa

· No meat, fish, eggs, alcohol, tobacco or drugs

· Attend every session — late arrivals miss the class

· Pack yoga wear, a shawl, sunscreen and modest clothing

· Tell us about dietary needs before you arrive

HOW TO BOOK

Reserve your seat today

1. Choose your month and stay · 2. Pay the 20% deposit online · 3. Receive your confirmation & visa letter

WHATSAPP / CALL
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WEBSITE
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