



*Start Healing Your*  
**MIND, BODY & SOUL**



One of the Best Yoga Teacher Training Courses  
Retreats in India & Indonesia.

◉ RISHIKESH ◉ GOA ◉ BALI

# YOGA TEACHER TRAINING COURSES

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## Certified By Yoga Alliance USA

Located in the spiritual hubs of Rishikesh, Goa, and Bali, Divine Path Yoga School & Retreat offers a sanctuary for self-discovery and holistic well-being. We specialize in Yoga Teacher Training Courses (YTTC) certified by Yoga Alliance USA, alongside yoga retreats, online classes, and professional yoga therapy programs.

Rooted in Vedic wisdom and integrated with modern techniques, our courses empower individuals to deepen their practice, achieve mindfulness, and become globally recognized yoga teachers.

Whether you seek certification, healing, or a peaceful retreat experience, Divine Path Retreat provides a nurturing environment for spiritual growth and personal transformation.



Yoga Teacher Trainings



Yoga Retreats



Online Yoga Classes





## Certified By **YOGA ALLIANCE USA**

Divine Path Yoga School & Retreat is proudly accredited by Yoga Alliance USA, ensuring our Yoga Teacher Training meets global standards. Graduates receive internationally recognized Yoga Alliance certification.

# Our Yoga TTC in **BALI**

## **200**<sup>HOURS</sup> Yoga

- Duration: 20 Days
- Language: English
- Level: Beginner to Intermediate
- Certification: Yoga Alliance
- Multi-Style Yoga Training
- Weekly Excursions
- Private/Shared Accommodation
- Satvik Meals
- Course Materials Provided

**\$ 1550**

## **300**<sup>HOURS</sup> Yoga

- Duration: 30 Days
- Language: English
- Level: Intermediate
- Certification: Yoga Alliance
- Hatha / Ashtanga / Vinyasa / Yin Yoga Styles
- Weekly Excursions
- Private/Shared Accommodation
- Satvik Meals
- Course Materials Provided

**\$ 2200**

## **500**<sup>HOURS</sup> Yoga

- Duration: 55 Days
- Language: English
- Level: Intermediate
- Certification: Yoga Alliance
- Hatha / Ashtanga / Vinyasa / Yin Yoga Styles
- Weekly Excursions
- Private/Shared Accommodation
- Satvik Meals
- Course Materials Provided

**\$ 3900**

# Welcome to Divine Path Yoga School

## BALI

Located in Ubud, Bali - the cultural & spiritual hub of Indonesia, Divine Path Yoga School offers internationally certified Yoga Teacher Training Courses (YTTC), retreats, and healing programs.

Certified by Yoga Alliance USA, our Bali programs are rooted in ancient Vedic wisdom and integrated with modern yoga practices. From beginners seeking transformation to advanced practitioners aiming for mastery, our courses provide the perfect balance of practice, philosophy, and community.

### What You'll Experience :-

- Daily Yoga Practice: Hatha, Vinyasa, Ashtanga, Yin Yoga
- Pranayama, Meditation, Yoga Nidra & Chanting
- Anatomy, Alignment, Philosophy & Teaching Methodology
- Satvik vegetarian meals, mindful lifestyle & wellness routines
- Excursions: Temples, waterfalls, rice fields, cultural activities
- Supportive community & personalized teacher guidance
- Comfortable retreat accommodation (private/shared AC rooms)
- Internationally recognized Yoga Alliance Certification





## Course Levels

### 100 Hour YTTC (\$999-\$1250)

- 10-12 days; beginners or those with limited time
- Foundation in asana, pranayama, philosophy & meditation
- Option to upgrade to 200 Hr course later
- Non-Yoga Alliance certificate

### 200 Hour YTTC (\$899-\$1550)

- 3-4 weeks (standard Yoga Alliance foundational course)
- Full training for aspiring yoga teachers (RYT-200)
- Daily practice + teaching methodology + philosophy
- Globally valid certification

### 300 Hour YTTC (\$2300-\$2400)

- 4-5 weeks, intermediate to advanced level
- Designed for certified teachers wanting depth & mastery
- Advanced sequencing, assists, philosophy, and practicum

### 500 Hour YTTC (\$3900-\$4900)

- 8+ weeks; integrates 200 + 300 Hr modules
- Advanced & integrative curriculum for mastery
- Leadership, advanced alignment & philosophy
- Highest certification credential

## Why Choose Divine Path Goa

- **Location:** Peaceful Ubud - lush jungles, waterfalls & temples
- **Authentic & Affordable:** Genuine yogic lifestyle without luxury pricing
- **Flexible Learning Path:** Start with 100 Hr, upgrade step-by-step
- **Community:** Small class sizes, diverse international students
- **Yoga Alliance Recognition:** Global credibility for teachers
- **Balance:** Practice + philosophy + excursions = holistic growth

## How to Book

- Choose your course (100, 200, 300, 500 Hr) & start date.
- Select accommodation type (shared or private).
- Submit online application & pay deposit (receive confirmation & invitation letter).
- Fly to Denpasar International Airport (DPS) - airport pickup available.
- Attend orientation, meet teachers, begin your yoga journey in Bali!



# Syllabus & Schedule

**06:30 - 07:30 AM**

Pranayama & Meditation

**08:00 - 09:30 AM**

Asana (Hatha Yoga & Alignment - Intro to Technique & Practice)

**09:30 - 10:00 AM**

Breakfast

**11:00 - 01:00 PM**

Teaching Methodology, Anatomy & Physiology, Alignment & Adjustment

**01:00 - 02:00 PM**

Lunch Break

**02:00 - 03:30 PM**

Rest or Self-Study

**03:30 - 04:30 PM**

Philosophy (History of Yoga, Yoga Darshan)

**04:30 - 06:00 PM**

Asana (Vinyasa & Flow)

**06:10 - 06:30 PM**

Yoga Nidra & Sound Healing

**07:00 PM**

Dinner

## **1. ASANAS (3 HOURS DAILY PRACTICE)**

- Hatha Yoga: Traditional postures & alignment.
- Vinyasa & Flow: Dynamic sequencing.
- Restorative & balancing postures.

## **2. PRANAYAMA (BREATHING TECHNIQUES)**

- Breathing practices: Kapalabhati, Bhastrika, Anulom-Vilom, Ujjayi.
- Breath awareness & energy control.

## **3. MEDITATION**

- Mindfulness & concentration techniques.
- Sound healing & mantra meditation.

## **4. MANTRA CHANTING**

- Om chanting, Gayatri, Shanti Mantras.
- Vibrational healing with sound.

## **5. ANATOMY & PHYSIOLOGY**

- Skeletal and muscular systems.
- Understanding movement & injury prevention.

## **6. ALIGNMENT & ADJUSTMENT**

- Correct body alignment principles.
- Safe and effective adjustments.

## **7. PHILOSOPHY**

- History of Yoga & Yoga Darshan.
- Yogic lifestyle & ethics.

## **8. SHATKARMAS (CLEANSING PRACTICES)**

- Neti, Kapalabhati, Dhauti basics.
- Importance of purification in yoga.

## **9. TEACHING METHODOLOGY**

- Class sequencing & structure.
- Effective cueing, voice modulation, and student engagement.
- Practicum & feedback for teaching confidence.





# Meet Our Expert Yoga Teachers



**RAJESH RAWAT JI**  
Vinyasa Flow & Ashtanga



**SACHIN JI**  
Lead Ashtanga,  
Vinyasa & Hatha Teacher



**SUNIL JI**  
Vinyasa Flow, Pranayama Teacher



**NAVEEN JI**  
Hatha & Vinyasa Flow



## RISHIKESH

Laxman Jhula, Rishikesh, Sakalana, Uttarakhand-249137



## GOA

Plot No 81/1, Moddlo Waddo, Arambol, GOA-403512



## UBUD, BALI

Jalan pura dalem, Satra, Kec. Klungkung, Kabupaten Klungkung, Bali 80761,



YOGA SCHOOL & RETREAT

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