



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



**GOA**

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

# YOGA TEACHER TRAINING COURSES

---

## 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 **GOA**

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

- Duration: 23 Days
- Level: Beginner to Intermediate
- Yoga Alliance Certification
- Yoga Asana & Philosophy Classes
- Anatomy & Physiology Sessions
- Daily Pranayama & Meditation
- Beach Yoga & Sunset Meditation
- Excursions & Cultural Activities
- Course Materials Provided
- Private/Shared Accommodation
- Healthy Satvik Meals

**\$699**

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

- Duration: 26 Days
- Level: Beginner to Intermediate
- Yoga Alliance Certification
- Multi-Style Yoga Training
- Excursions & Cultural Activities
- Daily Asana, Pranayama & Meditation
- Course Materials Provided
- Private/Shared Accommodation
- Healthy Satvik Meals

**\$ 899**

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

- Duration: 56 Days
- Level: Intermediate to Advanced
- Yoga Alliance Certification
- Multi-Style Yoga Training
- Weekly Excursions & Cultural Activities
- Daily Asana, Pranayama & Meditation
- Course Materials Provided
- Private/Shared Accommodation
- Healthy Satvik Meals

**\$ 1399**

# Welcome to Divine Path Yoga School - GOA

---

Embark on a meaningful yoga journey with our Goa Yoga Teacher Training courses – offered in 100-, 200-, 300- and 500-hour formats. Whether you're just starting or seeking advanced immersion, these courses give you time, guidance & space to evolve. Set by the coast in Arambol, Goa, you'll train in a peaceful tropical environment, with everything you need to learn, rest, and grow.

## What You'll Experience :-

- Daily yoga practice including Hatha, Vinyasa, Ashtanga, along with Guided meditation, Pranayama, Chanting, and Yoga Nidra.
- Balance of Physical & Theoretical Learning: Anatomy, Alignment, Philosophy, Teaching methodology.
- An immersive yogic lifestyle: Satvik vegetarian meals, Simple routines, Mindful rest, with opportunities to experience local Goan culture and nature.
- Community & Personal Growth: Small group sizes, Dedicated teachers, Peer support, and Personalized feedback.
- A chance to connect deeply with yourself-in nature, by the beach, in a space that supports inner reflection.





## Course Levels

### 100 Hour YTTC (\$299-\$399)

- 11-12 days; introduction & foundation.
- Beginners curious about yoga; short time availability
- Basic asana, breath & meditation, philosophy; non-Yoga Alliance certification with option to upgrade.

### 200 Hour YTTC (\$699-\$799)

- 3-4 weeks; Full foundational certification
- Those who want to become certified teachers; build confidence
- Yoga Alliance certified; ability to teach globally.

### 300 Hour YTTC (\$899-\$999)

- 4-5 weeks; Intermediate-advanced training.
- Teachers who wish to deepen & expand their practice & teaching skills.
- Wider range of techniques, deeper theory, more teaching & practicum.

### 500 Hour YTTC (\$1399-\$1599)

- 8 weeks+; Advanced & Integrative
- Serious practitioners & teachers aiming for mastery
- Full spectrum of yoga; leadership in teaching; advanced alignment & philosophy; highest credential from the school.

## Why Choose Divine Path Goa

- **Location:** The Beauty and calm of Arambol, Goa- Perfect blend of Nature, Beach, and Nom-Retreat ambience.
- **Authentic And Affordable:** Genuine yogic lifestyle without luxury price; focus is on growth, not glamour.
- **Flexible Path:** Start with 100 hours and upgrade; multiple levels allowing you to build your certification and depth over time. Experienced teachers & supportive staff who guide you personally.
- **Community :** Small class size, international participants; opportunity for connection & shared experience.
- **Recognized certification** (especially for the 200/300/500-hour levels) that enhances your credibility as a teacher.

## How to Book

- **Choose Your Course Level & Date:** check upcoming schedules for the 100-, 200-, 300- or 500-hour training.
- **Select Accommodation Type:** shared or private room / cottage. Adjust price accordingly.
- **Submit application** via the website & pay the deposit. You will receive confirmation & an invitation letter (useful for visa).
- **Arrange Travel:** Fly into Manohar International Airport, Goa (GOX). We offer optional airport pickup.
- **Pack & Prepare:** Yoga clothing, basic yoga props (if you have them), journal, open mind. Adhere to school prerequisites & lifestyle guidelines.
- **Arrival & Orientation:** settle in, meet teachers and fellow students, get familiar with schedule, rules, and expectations. Then begin your training journey.

# Syllabus & Schedule

**06:45 - 07:45 AM**

Pranayama / Meditation  
/ Kriya

**08:30 - 10:00 AM**

Ashtanga / Vinyasa Yoga

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

Breakfast - Brunch

**11:00 - 12:00 PM**

Anatomy

**12:15 - 01:15 PM**

Yoga Philosophy

**01:15 - 02:00 PM**

Refreshment / Break

**03:45 - 04:45 PM**

Teaching Methodology &  
Alignment

**05:00 - 06:30 PM**

Hatha Yoga Class  
(Monday - Friday)

**07:00 - 07:30 PM**

Dinner

**08:00 - 09:00 PM**

Kirtan (Thursday only)

## 1. TEACHING METHODOLOGY

- Class structuring and sequencing.
- Voice modulation, cueing, and corrections.
- Confidence building through practicum.

## 2. HISTORY, PHILOSOPHY & FOUNDATIONS

- Origins of Yoga & evolution of different styles.
- Patanjali's Yoga Sutras and the Eight Limbs of Yoga.
- Yogic lifestyle and ethics.

## 3. ANATOMY & PHYSIOLOGY

- Skeletal and muscular systems.
- Respiratory and nervous systems.
- Application of anatomy in yoga practice.

## 4. PRANAYAMA & MEDITATION

- Breathing techniques: Anulom-Vilom, Kapalabhati, Ujjayi, Bhastrika.
- Meditation practices: Trataka, Yoga Nidra, Mindfulness.
- Cleansing practices (Kriya).

## 5. SEQUENCING & ASSISTS

- Designing a safe and effective yoga sequence.
- Adjustments and assists for students.
- Building flow between Asana, Pranayama, and Meditation.





# 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,



# Divine Path

YOGA SCHOOL & RETREAT

WhatsApp 

+91 8868 043 473

Follow Us  
for More Inspiration!



Divinepathretreat