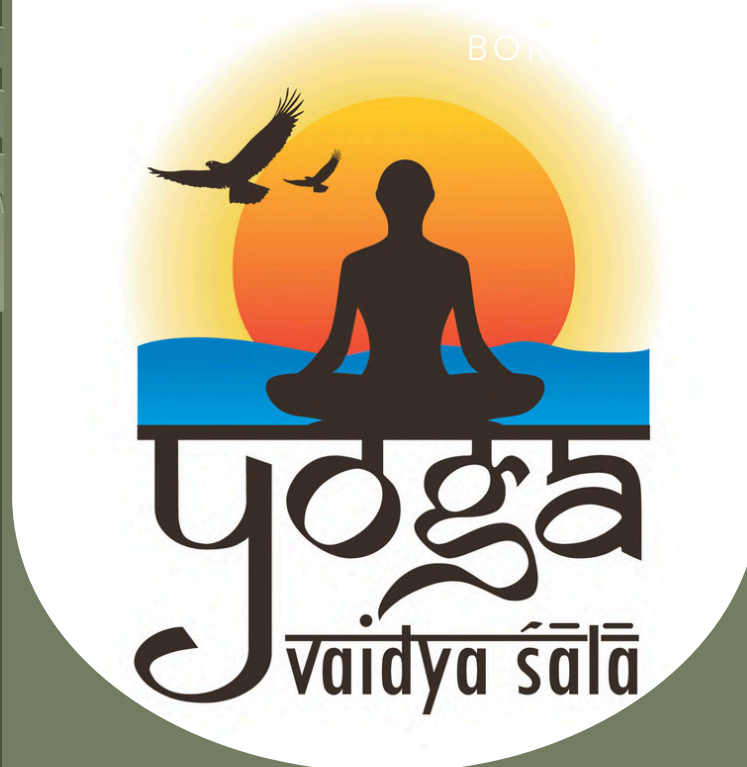


Dr NC's

200-HOUR YOGA TEACHER TRAINING PROGRAM



Become a Certified
Yoga Teacher in the
Sri. T. Krishnamacharya Tradition



ABOUT US

Yoga Vaidya Śāla stands as an advanced centre for higher education in yoga, yoga therapy, and Vedanta. With its offerings of Yoga Teacher Training and Yoga Therapist Training courses in multiple countries including India, France, Belgium, Australia, and England, along with its wide array of seminars and workshops on yoga-related subjects, it serves as a global hub for spreading knowledge and fostering growth in the field of yoga and holistic wellness.



PROGRAM HIGHLIGHTS

200+ Hours
6 Month Program
(February – July 2026)

3 Modules :
24 Online Classes &
8 In-Person Retreats

2 Private Mentorship
Sessions

Weekend – Friendly
Timings

FACULTIES



Dr. N. Chandrasekaran
Founder, YVS



Dr. N.C. Siddharthan
Director, YVS



N.C. Harini
Director, YVS

PROGRAM SCHEDULE

Saturday / Sunday **24 ONLINE SESSIONS**
4 PM – 8 PM

Saturday / Sunday **8 RETREAT SESSIONS**
9 AM – 5 PM

**Admission
OPEN**



+91 81245 02999



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JOIN NOW!

