



AKASHA
YOGA ACADEMY

Brochure

200-Hour Online

Yoga Teacher Training



02

BROCHURE 200HR
ONLINE YOGA TTC



200-Hour Online
YOGA TTC

ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM

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WELCOME
to the Akasha Family

Are you ready to embody your true potential?

Many people are apprehensive about starting an online Yoga teacher training course. They're worried they won't get an authentic Yoga experience or adequate guidance to expand their practice and prepare them for teaching Yoga. Akasha Yoga guides you step-by-step through a 200 Hour Certified Hatha Yoga Teacher Training course that combines practice, philosophy, and self-awareness with whole-hearted support from experienced Yoga teachers.

At Akasha Yoga Academy, we will guide you through our Online 200-Hour Yoga Teacher Training, and help you to take the next step – the one you've been waiting for.

Start Your Yoga Journey Today!

Get in touch with us and learn more about our program

BOOK A CALL



CHAT WITH US

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We offer one of the best educational programs available!

As the top-rated yoga school, our reputation is clearly reflected in our 5-star review ratings. In the span of a decade, we've successfully conducted 25 one-month intensive programs, shaping over 1100 Yoga Instructors. These instructors have gone on to teach yoga successfully across all six continents, embodying the excellence and expertise that we instill in our programs.



Now all of this experience is available for you online – offering complete accreditation by the international Yoga Alliance.

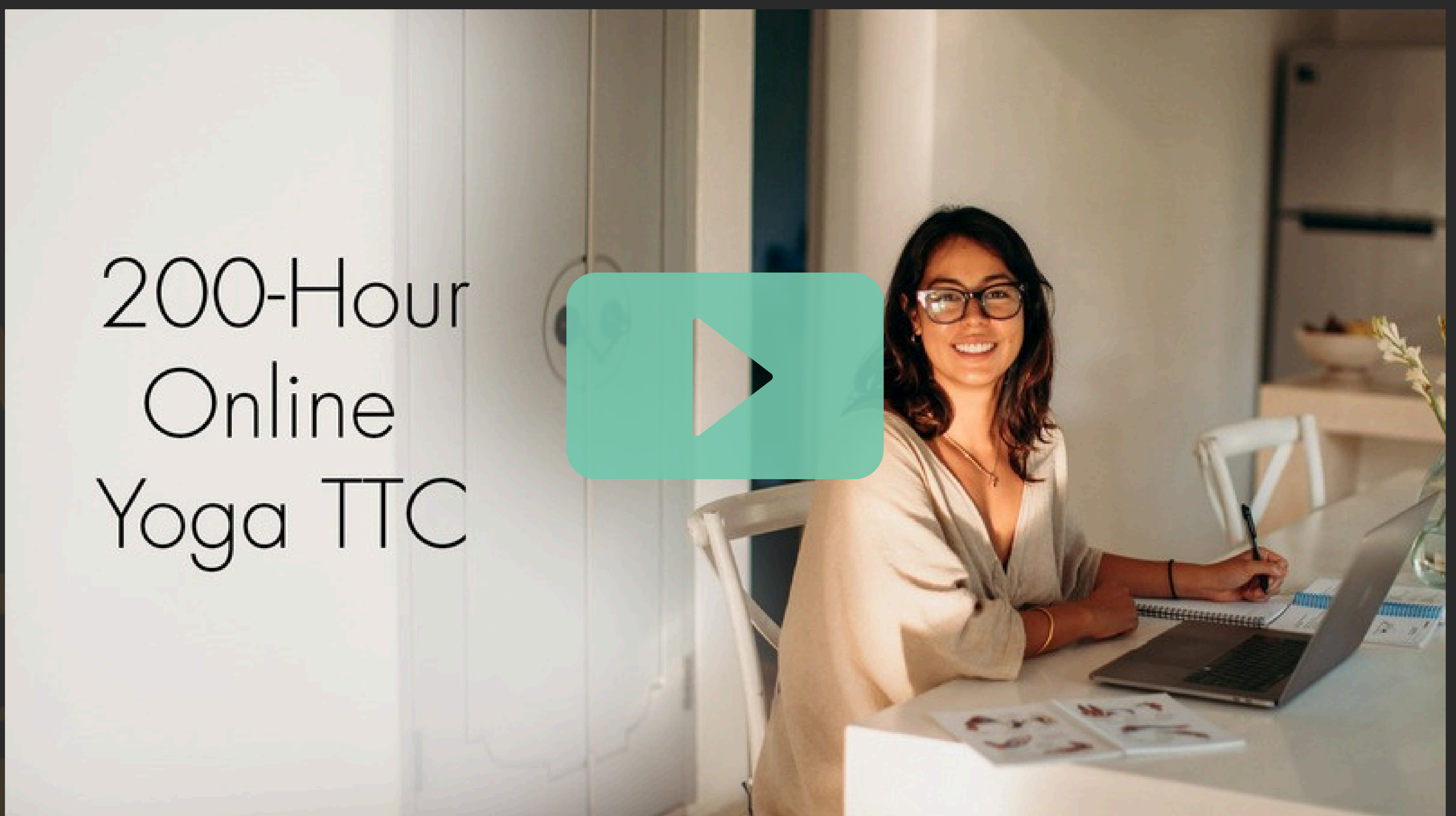
Be flexible & study in your own rhythm, while receiving our heart-felt support every step of the way!
Our competent & dedicated team will personally guide you.



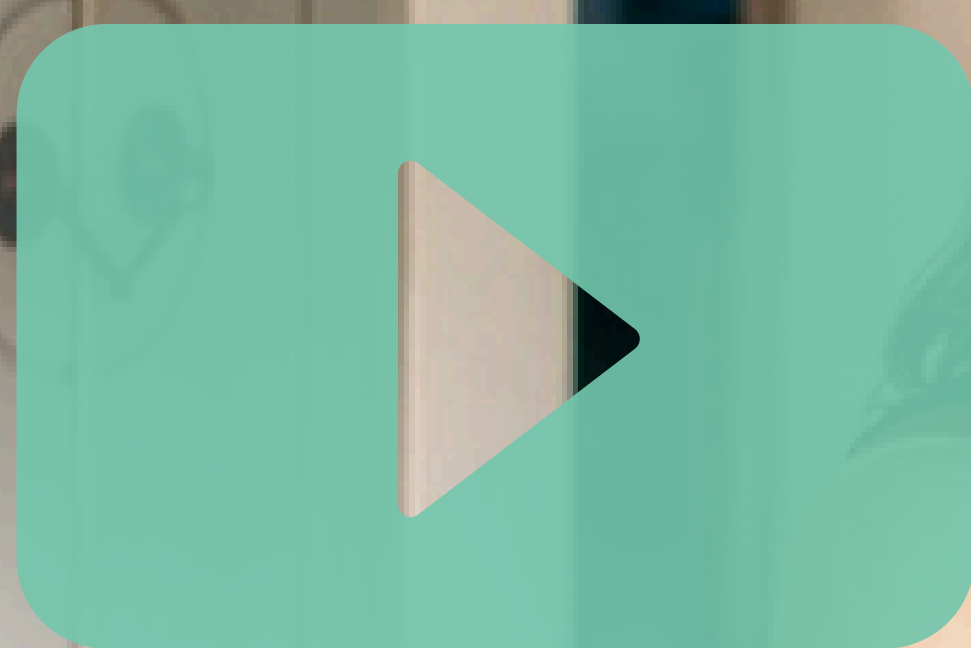
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WATCH THIS VIDEO TO LEARN MORE ABOUT US



200-Hour
Online
Yoga TTC



WATCH THIS VIDEO NOW

Get in touch with us and learn more about our program

BOOK A CALL

 **CHAT WITH US**



Lana Mazahreh

"The true essence of the word family is what Akasha brings to their teachings. It's a combination of passion wisdom, love, support combined with extensive knowledge."

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"The true essence of the word family is what they bring to their teaching. Every teacher is beyond phenomenal, so great full for all that they bring. It is a combination of passion wisdom, love, support. Base on a strong foundation of an extensive knowledge.

Is them that are able to bring students from all over the world and bring that unity in diversity, they create that unity, they create the family "



Join us at Akasha Yoga Academy for a life-changing experience & dive deep into the Heart of authentic Yoga.

Turn your passion into a meaningful profession with our Yoga Alliance Certified Training

- ✿ Discover your purpose
- ✿ Turn fear into courage
- ✿ Deepen your practice
- ✿ Teach with confidence
- ✿ Become an authentic yoga teacher
- ✿ Transform your life and many others along the way

Get in touch with us and learn more about our program

BOOK A CALL



CHAT WITH US

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WE KNOW THIS IS A BIG STEP FOR YOU

So we do everything to make this the best investment of your life



5.0/5 Stars – Facebook Testimonials



4.8/5 Stars – Google Maps Reviews



4.8/5 Star – Yoga Alliance Verified Reviews



5.0/5 Star – BookRetreats Verified Reviews



4.5/5 Star – BookYogaRetreats Review Score

Over the past decade, we empowered more than 1100 awesome Yoga Instructors – who are now successfully teaching on all 6 continents.



AKASHA
YOGA ACADEMY

WATCH THIS VIRTUAL TOUR

Most of your questions are answered in our in-depth introduction video. Discover our clearly structured curriculum and get inspired by the breathtaking quality of our life-changing course by watching this clip:



WATCH THIS VIDEO NOW

Get in touch with us and learn more about our program

BOOK A CALL



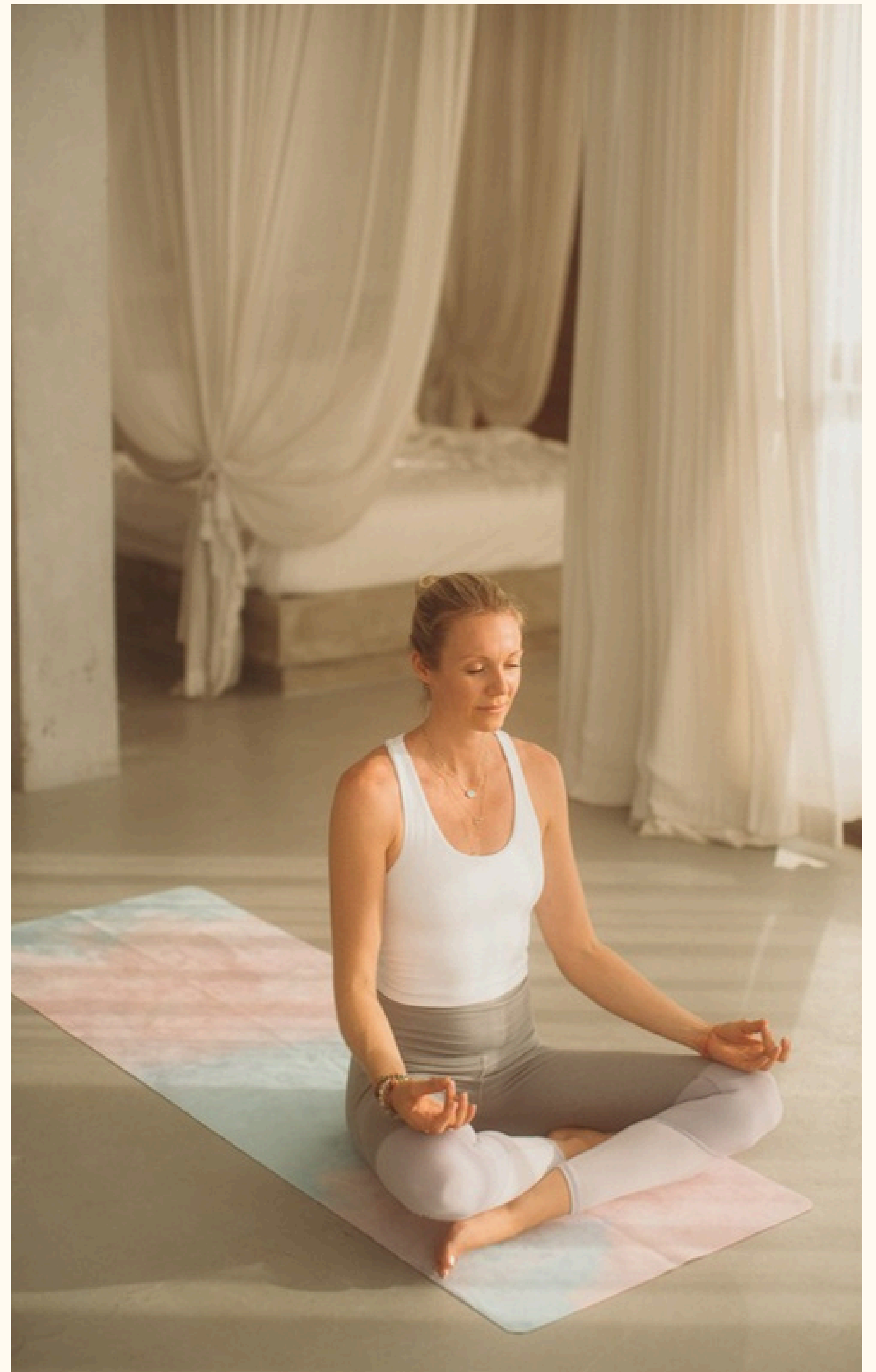
CHAT WITH US

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NOW IS THE RIGHT TIME

“OPEN YOUR HEART – TRANSFORM
YOUR LIFE UNCOVER THE PROFOUND
RELATIONSHIPS BETWEEN BODY,
MIND, SOUL & SPIRIT”

THE SECRET TO PICKING THE PERFECT
TIME IS THAT THERE IS NONE. YOGA
SUTRA CHAPTER 1 VERSE 1 SAYS
“YOGA BEGINS NOW”



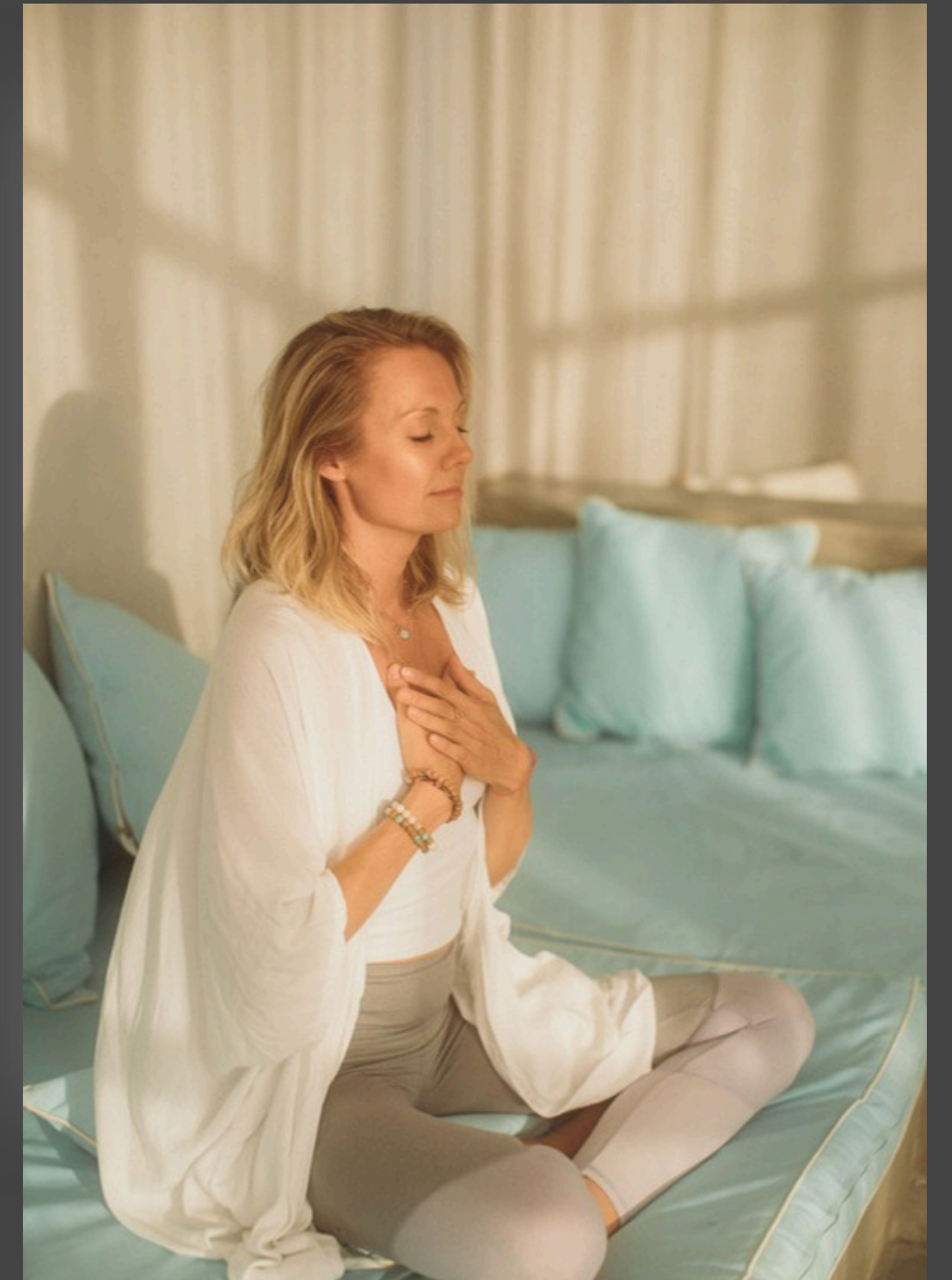
You feel it in your bones—you were meant for more. Greater self-knowledge. Heart-felt connections. Inner peace. But what if you miss the signs that guide you toward a more fulfilling life? What if you don't take advantage of that one opportunity that could change everything? Don't be held back by inexperience or doubt what you're capable of. Commit yourself to living exquisitely, from your heart, with passion and purpose. Deepen your knowledge of who you are through traditional Hatha Yoga Teacher Training. Start from where you are, right here, right now.

The truth is there is no better time to begin a yoga teacher training than now. In these uncertain times Yoga and Meditation have been recognized to be the best tools for handling stress today and reconnect more deeply with ourselves. Akasha Yoga guides you step-by-step through a 200 Hour Certified Hatha Yoga Teacher Training course that combines practice, philosophy, and self-awareness with whole-hearted support from experienced Yoga teachers.

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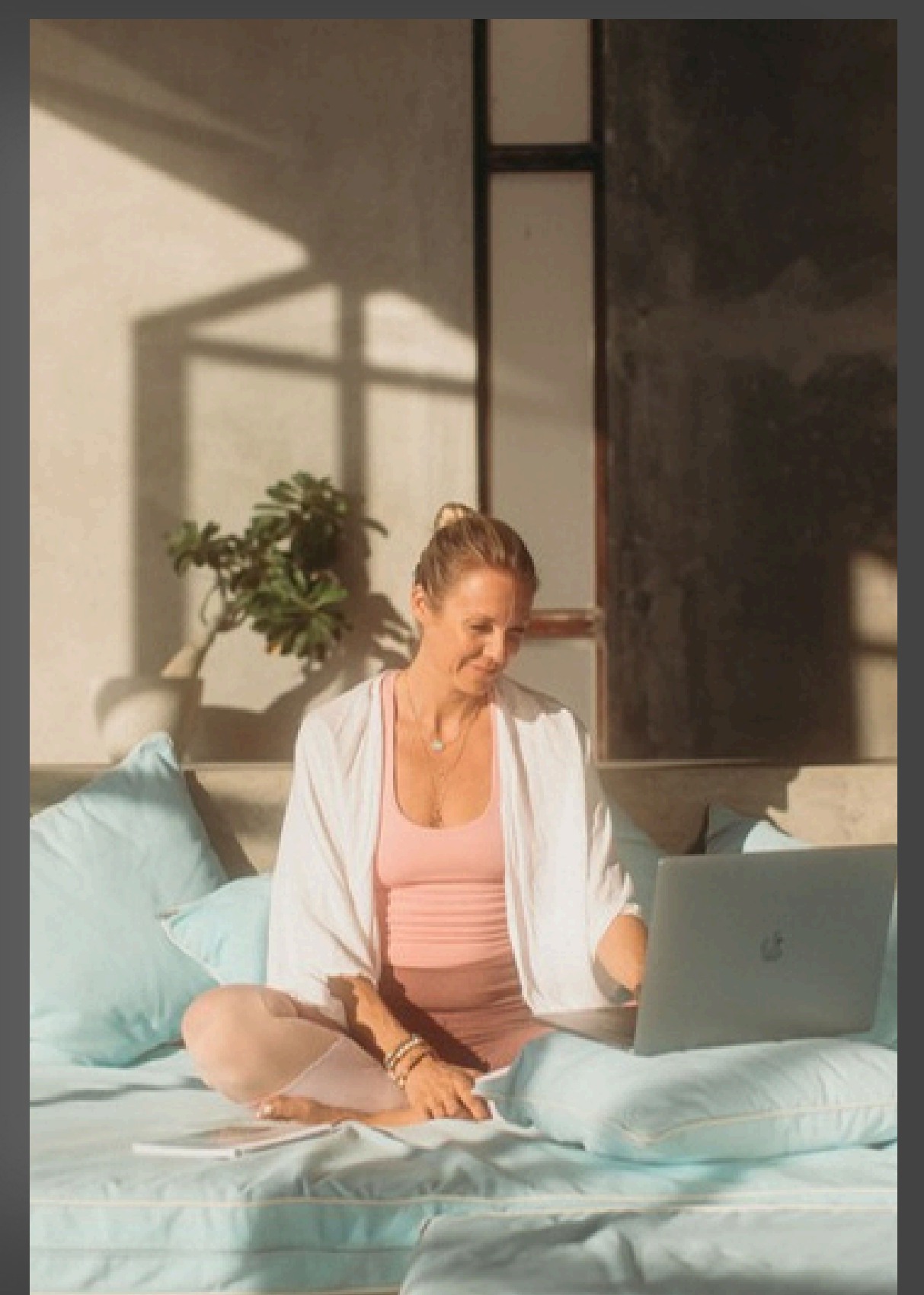
IS THIS YOU? OR DOES THIS SOUND LIKE YOU?

- You are feeling called to deepen your spiritual practice and you sense the time has come.
- You are looking for a professional program with heart-centered teachers who actually embody the teachings and share their wisdom in a relatable way
- Taking teacher training has been on your list for a while, but you couldn't find the time.
- You are looking for a Teacher Training Course that offers authentic Yoga and really deepens your practice & knowledge



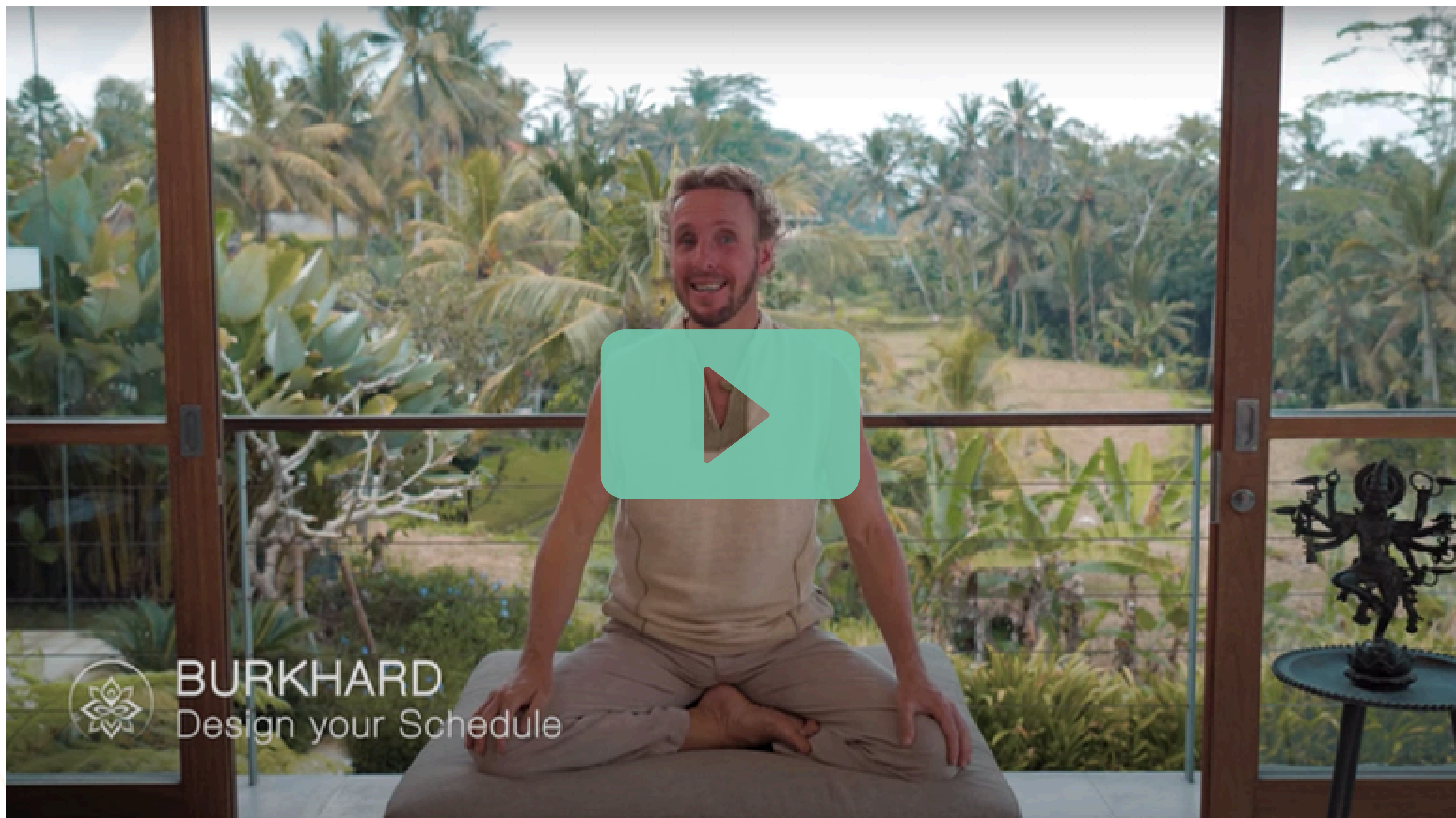
- You want to know your True Self and start living your True purpose with passion
- You are seeking a high-quality certification-
- You love Yoga, enjoy its many benefits and you are ready to learn more
- You are ready to embrace your deepest and authentic self
- You are looking for a lifestyle shift while being still committed to your life schedule

- You have been looking for a way to offer others and yourself the stress relief of Yoga to support your/their mental, emotional and physical well-being
- You want to create a career that you are passionate about and feels aligned with your values
- You have a desire to inspire, making a meaningful contribution to the world
- You might have already completed a 200 hours of YTTC and are looking to refresh your teaching skills and gain more confidence



PERSONALIZED SCHEDULE

The Online Yoga Teacher Training Course is fully flexible. You can take the course in your own rhythm, and change between slow and fast pace.



To help you complete the entire 200 hours in a smooth and efficient way, we provide a personalized scheduling service. Together we evaluate in a realistic way, your availability, and then create an individual schedule for you, which is tailored to your specific needs.

These schedule variations are provided for you to give you some orientation and some guidance, you of course don't need to commit to them.

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If you are working a regular job Monday through Friday and have little time during the weekdays, your availability is rather a weekend intensive format or if your availability is rather everyday a little bit that you can do some practice and lectures every morning and do another lecture in the evening. In this way, we create an individualized schedule that is really tailored to your needs.



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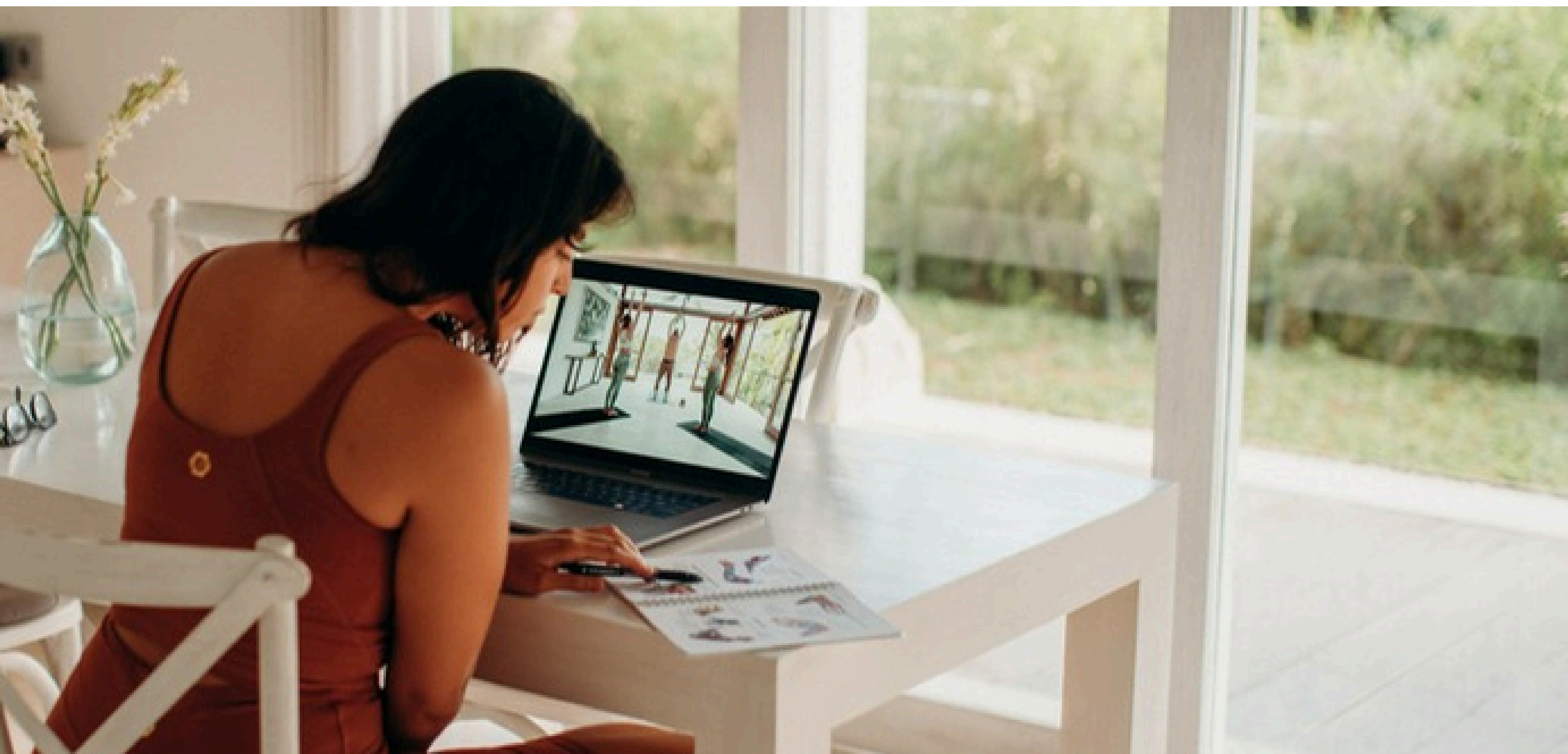
BENEFITS OF ONLINE TEACHER TRAINING

- ✿ Save time and money by not commuting
- ✿ You will get days support free (for Premium Plan)
- ✿ Training offered at a lower investment than an in-person training
- ✿ Full time access to the content. You can repeat your sessions as many times as you like
- ✿ You can learn at your own pace, manage your own time, and find your rhythm
- ✿ Yoga Alliance-accredited
- ✿ You can train anytime, anywhere as long as you have access to a Wi-Fi connection
- ✿ Open up new possibilities, new career path-Connect to a global yoga community
- ✿ 30 Zoom calls per week allow you to practice in a fun and interactive group setting, ask questions, listen to others' insights, and foster life-long connections.

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INTERACTIVE LEARNING ENVIRONMENT

Daily Zoom calls allow you to practice in a fun & interactive group setting, ask questions, listen to others' insights & foster life-long connections.



ENROLL NOW

EXAMS

Upon completing the training you are certified to teach when you:

- ✓ Part 1 - Quiz, Film & send self-practice.
- ✓ Part 2 - Film & send 60 min practicum.
- ✓ Part 3 - Film & send 90 min practicum.
- ✓ Part 4 - Final Assessment
- ✓ A minimum of 30 Zoom cals live sessions.

BOOK A CALL



CHAT WITH US

ENROLL NOW

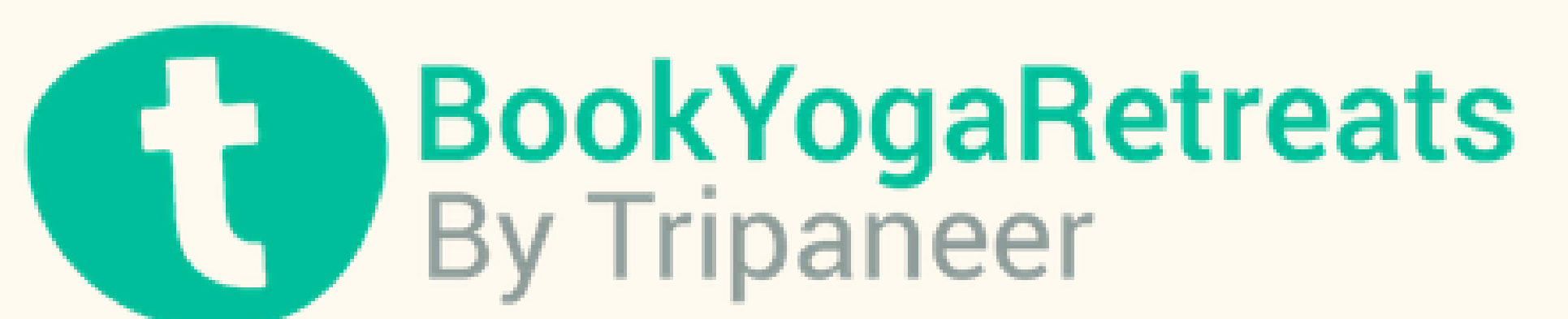
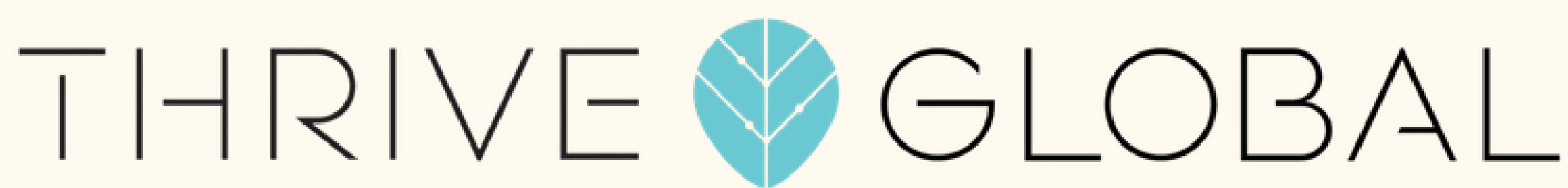
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AS SEEN ON BEST ONLINE YTT



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Hear from Lana

"The true essence of the word family is what they bring to their teaching. It is a combination of passion wisdom, love, support combined with extensive knowledge."



Hear from Seyla

"It's been a fantastic experience that I would encourage anybody to sign up for. You can learn a lot about yourself."



Hear from Nina

"The Akasha teachers are just amazing and passionate. They are so supportive and even though I did the yoga teacher training online I never had the feeling of being alone. You could really feel this connection even through the screen."



Get in touch with us and learn more about our program

BOOK A CALL



CHAT WITH US



Evelyn Müller-Lüsher

"The way the teachers shared their wisdom and knowledge with such love and passion was heart warming."

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"Akasha Yoga Academy (online course) offered me a great opportunity to become a better version of myself. The holistic approach to yoga was very important to me personally and my expectations were fully met.

The teachers succeeded in creating a warm, intimate, and unifying atmosphere. The learning and teaching material was of high quality, easy to understand, and directly applicable.

The structure of the course simply makes sense and includes the three learning steps of knowledge, reflection, and action. I am so pleased that I have booked a new course with them directly. I also like the possibility of staying in touch with all the graduates and teachers via Messenger after completing the teacher training. Keep on doing what you are doing dear souls! It will bring more light to our universe!"

WHY CHOOSE AKASHA?

WHAT MAKES US SPECIAL

TRAIN WITH MASTERS

Akasha Yoga is the real deal. Senior, devoted teachers with decades of experience guide you every step of the way. Dive deep into fundamental Yoga scriptures. Learn breath-based asana, pranayama, meditation, and anatomy. Grow a spiritual foundation for authentic practice. Develop and practice key teaching techniques for safe, expert guidance and alignment.



LEARN AT YOUR OWN PACE

Study at a rhythm that's right for YOU. Unlike the other Yoga schools, our 200-Hour certified online Yoga Teacher Training course is designed to give you total freedom to study and practice at a pace that suits your life. You will develop a flow that puts you in a change of your Yoga journey.



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JOIN OUR COMMUNITY

Learning doesn't happen in isolation. When we connect with like-minded people we grow our understanding and deepen our compassion. Daily Zoom calls allow you to practice in a fun and interactive group setting, ask questions, listen to others' insights, and foster life-long connections. You will have access to instructional resources and an international community of Yoga practitioners.



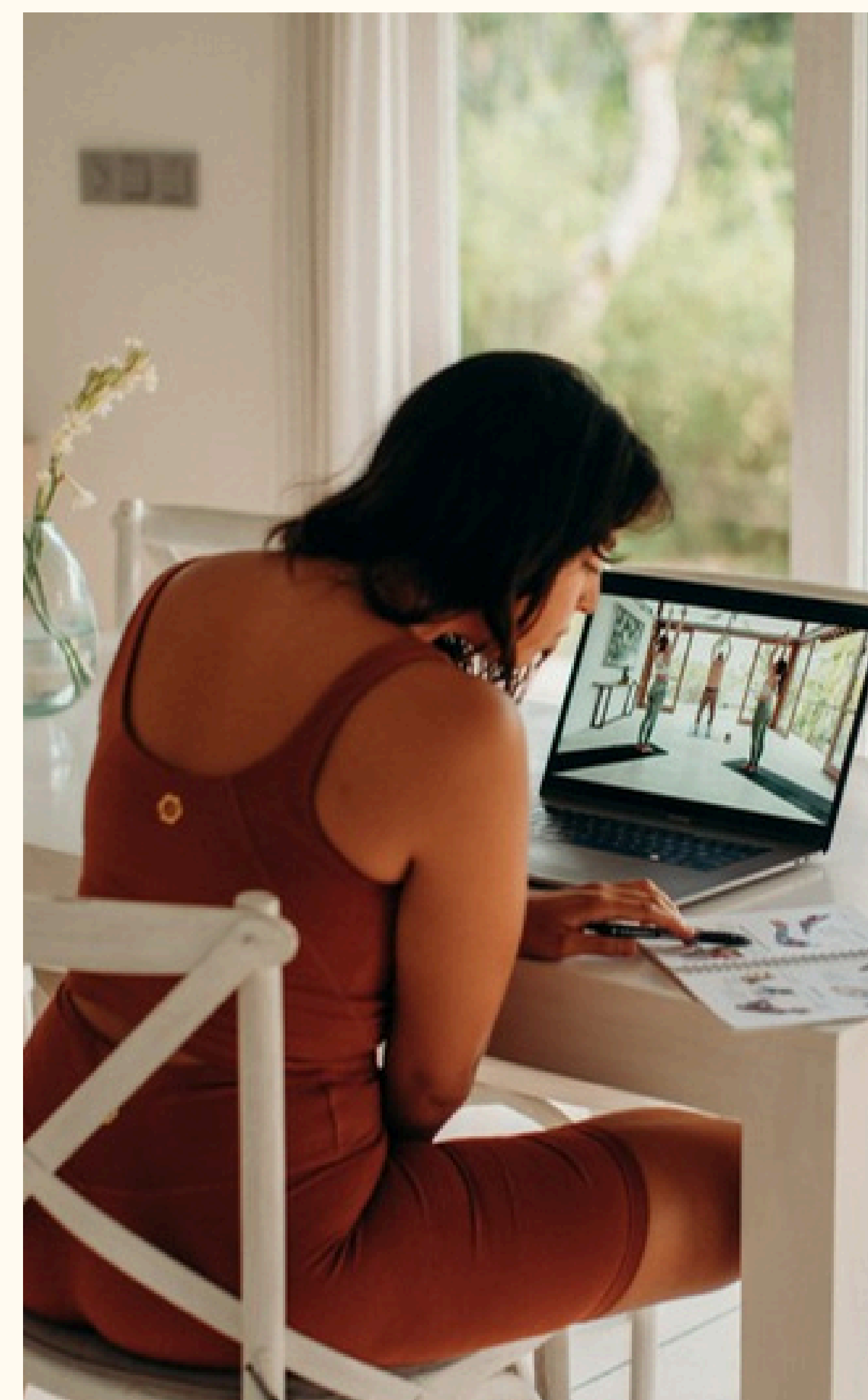
TRANSFORM YOUR LIFE

This immersive yoga training course teaches you how to surrender to the moment and live with greater awareness and intention. Heart-opening techniques, meditation, and breath-based asana guide you through a deep and transformative inner journey that will enhance your relationships and change the way you see the world.



LIVE SUPPORT AT EVERY STEP

This is a fully supported interactive Online Yoga Teacher Training with plenty of opportunities for direct communication with your teachers, mentors & fellow students. Our caring & experienced team is fully available to guide you in real-time at every step, helping you with whatever arises. Get inspired in our daily live sessions where all questions & concerns are personally addressed by senior teachers. You will leave with new heartfelt friendships – and the confidence, skills & certification to teach Yoga anywhere in the world.



SUCCESS STORY OF AN ONLINE GRADUATE

Meet one of our Online Graduates Louise, whom did her teacher training in the middle of the Pandemic. Louise started teaching at her own studio directly after completing the online training. Curious how she did this?

Watch this video to find out more:



WATCH THIS VIDEO NOW

Get in touch with us and learn more about our program

BOOK A CALL



CHAT WITH US

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Hear from Priyan:



After completing his 200 Hr Yoga Teacher Training with Akasha Yoga, Priyan started his full time career as a Yoga Teacher. He later opened his own Yoga studio in Singapore.

Priyan continued his Yoga studies with Akasha and after attending his 300 Hr Yoga TTC, he's now successfully offering his own Yoga TTC's .

Hear from Becky:



“The 200 hour yoga teacher training course offered by the experts at Akasha Yoga Academy is designed to facilitate self-inquiry, help participants develop a deeper personal practice in asana, meditation, and pranayama and inspire them to discover their authentic voice and life’s purpose.

Course structure includes learn-on-demand video modules, in-depth manuals covering the foundational practices and principles of yoga, and live, facilitated (AMAZING!) daily Zoom calls connecting yoga teacher training students from all around the world.”

Journey with us into the Depths of Yoga

LOOK INSIDE



OUR COURSE

Deepen your practice. Discover your purpose. Teach with confidence.

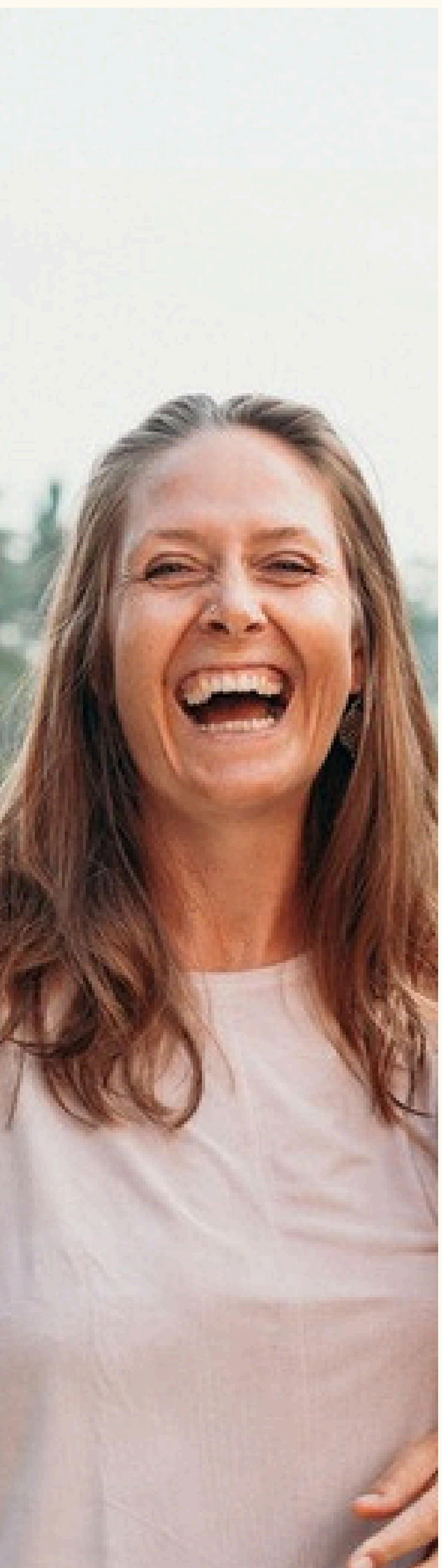
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OPEN YOUR HEART

TRANSFORM
YOUR LIFE



MEET YOUR TEACHERS



Our life-changing courses transmit theory & practice of classical Yoga & meditation, delivered by knowledgeable & passionate senior teachers in a safe & nurturing learning environment.



BURKHARD

INSPIRATION

“Philosophy means Love of Wisdom. I am captivated by the great wisdom traditions – especially the Yogic philosophies of India. It is my passion to share the practical relevance of these ancient ideas in modern life. My aspiration is the integration of science & spirituality, and a unified understanding of Eastern & Western philosophies.

EDUCATION

I graduated with a Master’s degree in Critical Psychology from the Free University of Berlin, where I studied Education & Ken Wilber’s Integral Theory. In parallel to my academic interests, I began in 2001 to explore the practical side of spirituality by traveling to the roots of Yoga in India.

Since 2007 I am living year-round in Asia, where I dedicated more than 5000 hours to the study of yogic practices:

The journey began with a truly thorough exploration of classical Hatha & Kundalini Yoga. My practice of mindful meditation started in the Buddhist Vipassana style, learning from Ajaan Tong Sirimangalo and other masters in Thailand.

With my meditation teachers Sahajananda & Mooji, I discovered the Oneness teachings of Advaita Vedanta. Hareesh Christopher Wallis allowed me to deepen my understanding of non-dual Kashmiri Shaivism.

I understood how to unify these profound wisdom traditions in a simple breath-based asana practice, following the lineage of Krishnamacharya.

Over the years, I joined more than two dozen 10-day silent meditation retreats, concluded a 49-day solitary meditation retreat in the jungle of Thailand, and immersed my Self in various darkroom Kayakalpa retreats.”

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CERTIFICATION

Burkhard is a Yoga Alliance certified and Experienced Registered Yoga Teacher at the highest level (IYF & E-RYT-500). In addition to thousands of hours of retreats & workshops, he completed a 500-Hour Hatha Yoga Teacher Training, a 500-Hour Hridaya Yoga & Meditation Teacher Training, a 100-Hour Yin Yoga Teacher Training, and a 200-Hour Breath-Based Yoga Teacher Training.

Since 2008, Burkhard has been sharing his vast experience in a variety of contexts, including Yoga Teacher Trainings, meditation retreats, workshops & life-coaching sessions. He has been teaching in various locations across Asia, Europe & America. Together with his dear friend Kirsten, he founded in 2011 the Akasha Yoga Academy.



TESTI MONI ALS



“The depth of his practice is brilliant. He really holds the space well, and opens from the heart consistently.” – Zoran from Canada

“Burkhard is extremely intelligent, kind, giving. Sometimes firm, but always spot on in his comments and psychological understanding of a person.”

– Anastasia from Germany



KIRSTEN

INSPIRATION

“In my experience, breath-based movement is an effective & joyful way to re-center and to touch base with the Heart of the moment. Practicing Hatha Yoga and sharing the practice are both essential parts of my everyday life. In the vast field of Yoga, my interest & passion belong to classical breath-based, slow flow Hatha Yoga, and long-held deep Yin Yoga poses.

EDUCATION

I love when movement practices lead into silent contemplation and stillness. This is the way I practice, and this is what I teach. I started my own Yoga journey during university times as I studied architecture & art history. Yoga first caught my attention on a trip through South India in my early twenties.

My introduction to Yoga included a classical static style of Hatha Yoga integrated into a holistic way of living, including breathing practices, diet, cleansing routines, mantra chanting, etc. My interest in Yoga & meditation, and the call to dedicate more of my time & energy to self-discovery, led me to journey through India & South East Asia for more than a decade. And that adventure continues even today!

In 2007, Yoga moved from being a cherished side aspect of my life to being its center. Since then, many years have been dedicated to classical Hatha & Yin Yoga practice & studies, to meditation, contemplation & retreats, and to the investigation into the Essence of Life.

My Hatha Yoga & meditation practice is inspired by Krishnamacharya's Vinyasa Krama, and I am moved by the pointing of Mooji, which profoundly pulls the Yoga teachings off the mat into a moment by moment inquiry.”

CERTIFICATION

Kirsten teaches classical Hatha Yoga & pranayama, Yin Yoga & meditation. She is certified by the Yoga Alliance as an Experienced Registered Yoga Teacher at the highest level (E-RYT-500).

Since 2008, she has been presenting drop-in asana classes, workshops & meditation retreats, as well as a variety of 200-Hour & 500-Hour Yoga Teacher Trainings. On her way, she supported her teachers to setup & run Yoga centers in Mexico & Thailand, before she co-founded the Akasha Yoga Academy with her dear friend Burkhard in 2011.



TESTI MONI ALS



“Kirsten is very much to the point, captivating, precise & enthusiastic.” – Nadine from Germany

“Kirsten comes directly from the heart, which is soothing, patient & understanding.” – Zoran from Canada

“Kirsten is super clear & precise. She has a beautiful presence. She is motherly, but not patronizing, kind & compassionate.” – Anastasia from Germany

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DEVIDAS

INSPIRATION

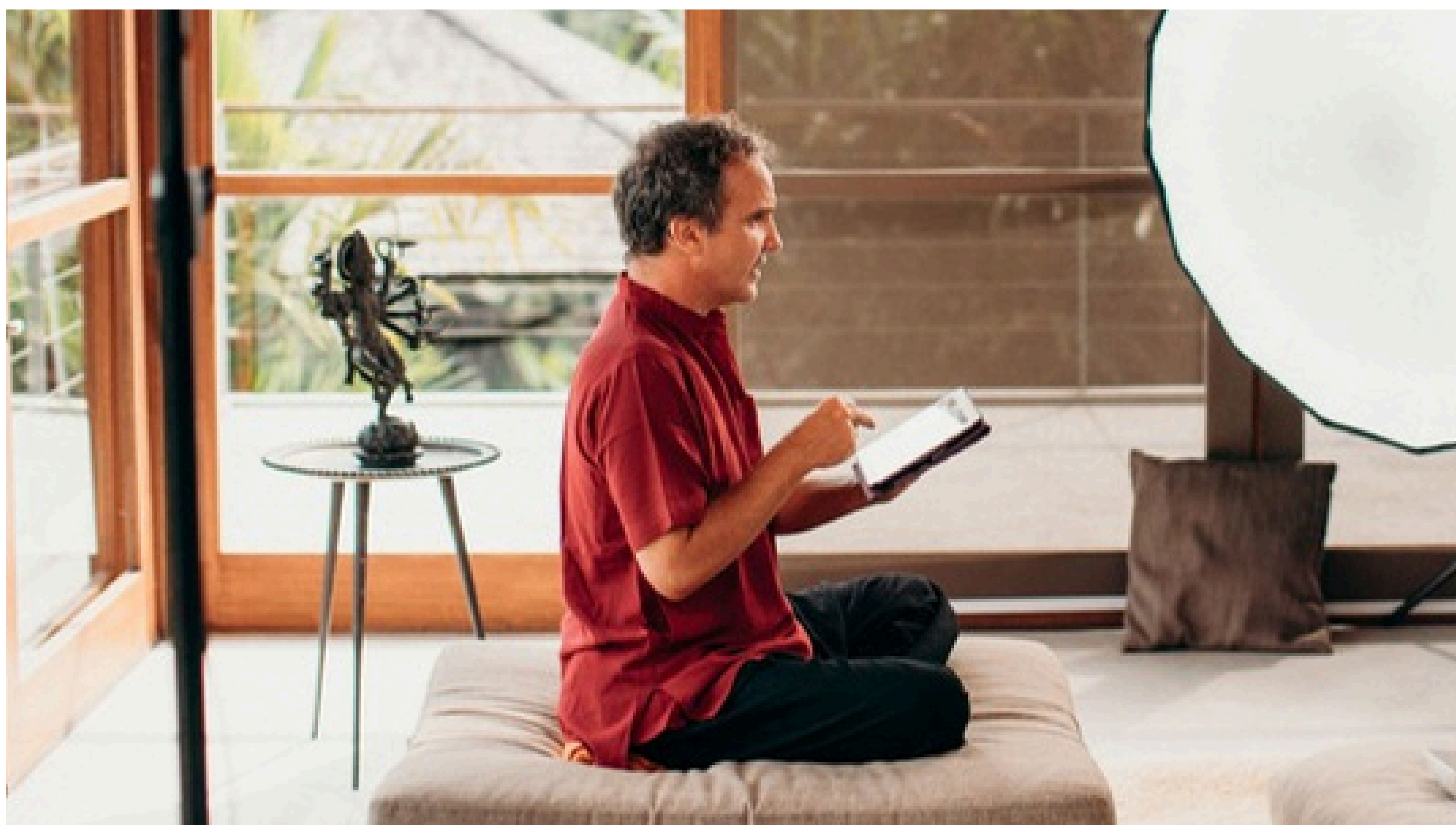
“By Grace, I discovered Hatha Yoga when I was just 16 years old, and it was love at first sight. By the time I was 18, I had discovered meditation & pranayama, and the love was growing deeper & more profound. Later, I moved to India, and spent twelve years of my life teaching meditation, kirtan & pranayama in the sacred land which gave birth to Yoga. For this privilege, there are no words that can describe my gratitude.

On my way, I have been deeply blessed by many powerful teachers, probably the most profound connections have been with Swami Jnanananda and Sri Mooji. Yoga has given me more than I could have ever imagined. It is my great joy and honor to share all that has been given and learned in my life-long love affair with the art & science of Yoga.”

CERTIFICATION

Devdas is a Registered Yoga Teacher (RYT-500), who is trained to teach meditation, pranayama & Hatha Yoga. Before joining the Akasha Yoga Academy team, he taught Yoga for twelve years in several major cities of India. He helped set up & run several Yoga & meditation centers, and has been sharing the joy of selfless service Seva & Kirtan chanting all around the globe... in America, Italy, Portugal, India, Bali, Thailand, Mexico, and beyond!

TESTI MONI ALS



“The way Devdas holds space and lectures is amazing. I feel blessed to have had the opportunity to learn from him.”

– Rebecca from the US

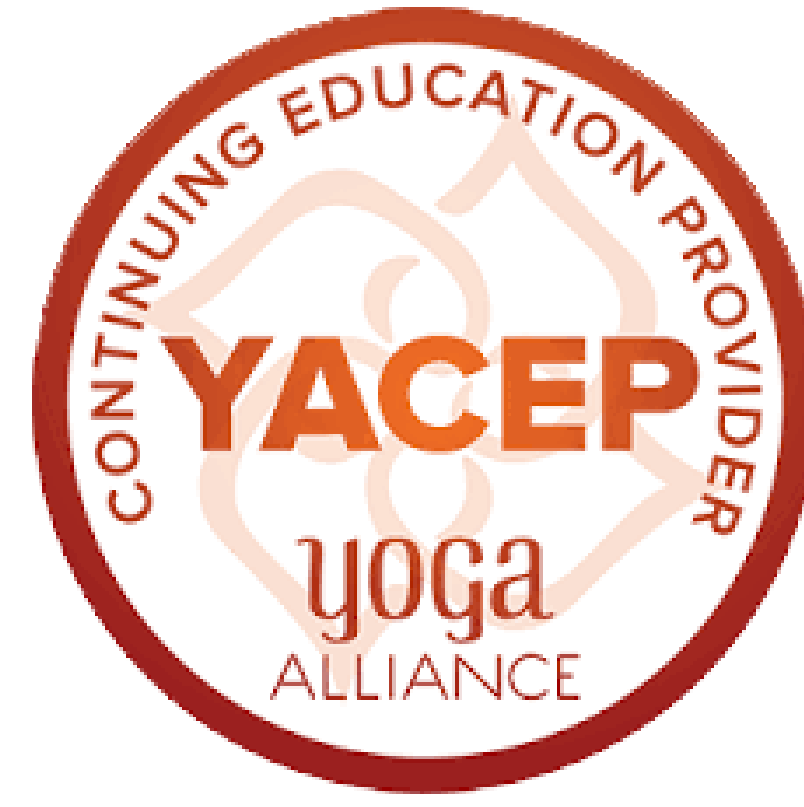
“Devdas reminded me to be kind to myself. It was such a beautiful experience just to be in his company.”

– Camille from the UK

OFFICIALLY REGISTERED

The Akasha Yoga Academy is a Registered Yoga School (Registry-ID: 87485) since 2012, and our lead teachers are Experienced Registered Yoga Teachers at the highest level

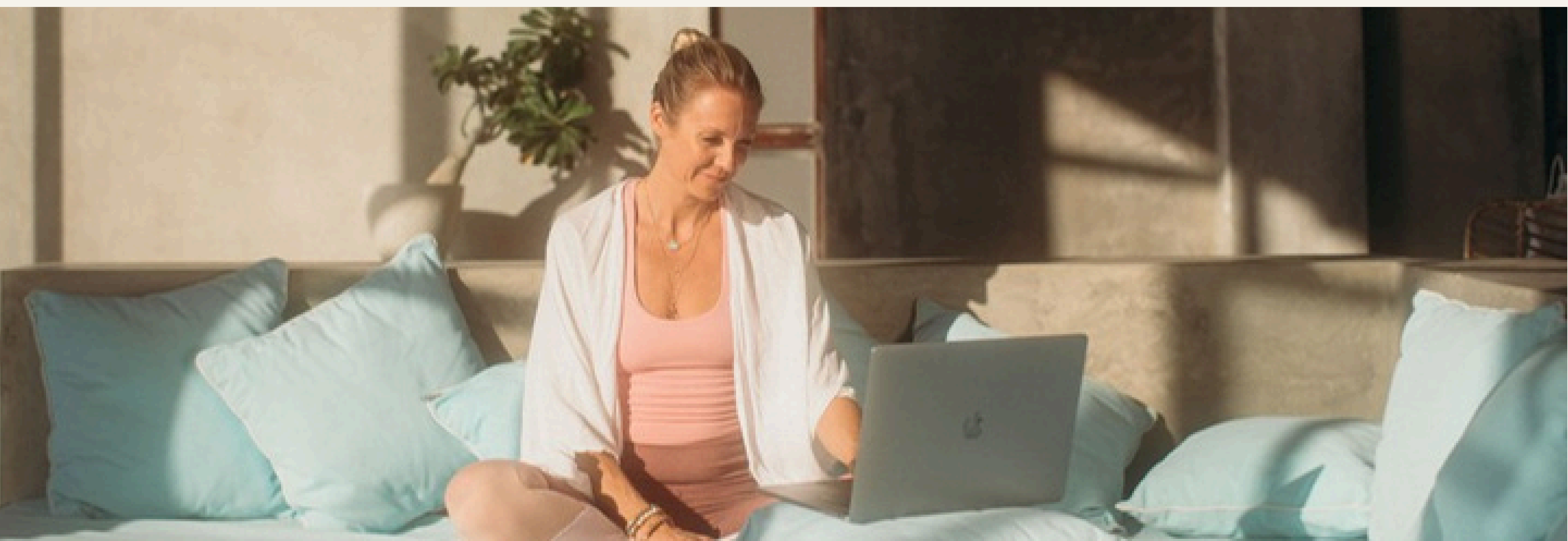
(E-RYT-500 - Registry-IDs: 86166 & 155442).



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WHAT IS INCLUDED ?



- ✓ Rich & interactive curriculum that meets & exceeds official requirements
- ✓ Professional teachings based on decades of committed research, study & practice
- ✓ 200+ state-of-the-art video lessons filmed in our exclusive "BALIWOOD" studios and compatible with any device
- ✓ Guided practice and theory, basic asanas and sequencing, breathwork, meditation, philosophy, anatomy, teaching methodology, and self-practice

- ✓ Connect with a worldwide community of beginning and experienced Yoga practitioners and teachers
- ✓ Assessments/examinations. Part 1 - Quiz, Film & send self-practice. Part 2 - Film & send 60 min practicum. Part 3 - Film & send 90 min practicum. Part 4 Final Assessment

- ✓ Mentoring for professional development, marketing, and networking
- ✓ Akasha Yoga comprehensive training
700+ page manuals
- ✓ Access to all videos and training materials
- ✓ Live sessions every day, Monday to Sunday.



COMPLETE MANUAL



YOGA TEACHER TRAINING MANUAL AND GUIDEBOOK



You will have access to this incredibly comprehensive and well thought out 700+pages yoga teacher training manual for our program.

Years after the TTC you can come back to it and dive deeper.

The content is spread over 4 manuals:

- Teaching Manual - Foundation
- Teaching Manual- Application
- Scripture Study - Gita & Sutras
- Teaching Manual - Anatomy

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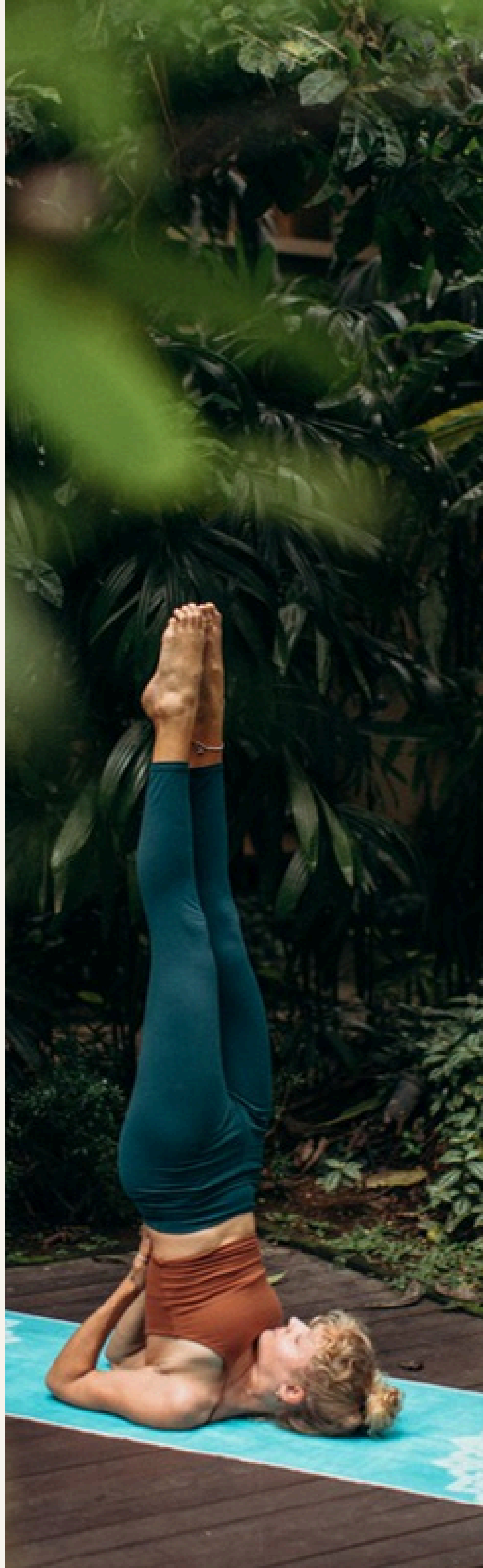
THE CURRICULUM

Experienced & passionate senior teachers deliver each class in a safe & nurturing learning environment.

Learn the essence of breath-based Hatha Yoga in the Vinyasa Krama style of Krishnamacharya. Receive access to this authentic classical approach in our truly systematic syllabus, which is based on decades of committed research, study & practice under reputable masters..

YOU CAN VISIT OUR WEBSITE
AND EXPLORE OUR ENTIRE
CURRICULUM [HERE](#)

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PRACTICE &
THEORY

PART 1

Asanas & alignment training, cleansing breathwork, heart meditation, practical philosophy, art of living, chakras

YOGA
PHYSIOLOGY

PART 3

Scripture Study: Bhagavad Gita, Yoga Sutras, purification, Yogic diet, sequencing, teaching of own 60-minute Yoga class

PRACTICUM &
HOW TO GET
STARTED

PART 4

History of Yoga, self-practice, own teaching of a 90-minute Yoga class, marketing & networking

ANATOMY &
POSTURE

PART 2

Advanced asanas & pranayama, bandha, applied Yoga anatomy, teaching skills, adjustment training & posture study



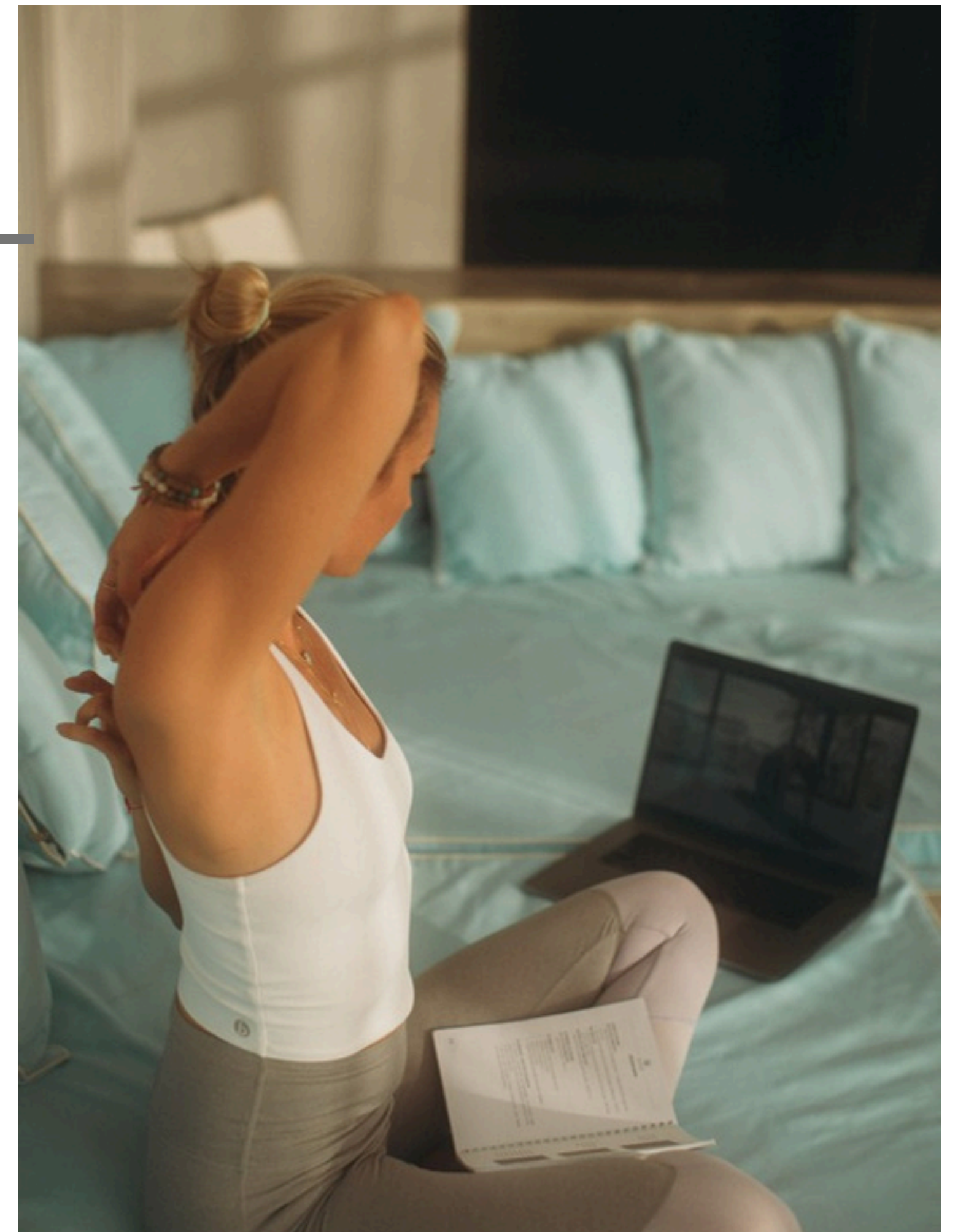


PRACTICE

- 60 Hours of Asana
- 20 Hours of Pranayama
- 15 Hours of Meditation

THEORY

- 40 Hours of Yoga Anatomy & Posture Study
- 50 Hours of Lectures on Applied Philosophy & History
- Teaching Techniques & Instructor Skills



TEACHER EDUCATION

Personally Supervised Practicum Assignments with:

- Guided Prep
- Video Recording & One-on-One Feedback
- Marketing, Networking & How to Get Started

PERSONAL GUIDANCE & FUN

- Various Interactive Elements such as Daily Live Q&As
- Community Forums, Private Facebook Group & Chats
- Bhajan Chanting & so much more



"THEY HAVE TAUGHT ME HOW TO STEP INTO MY OWN AUTHORITY, HOW TO TEACH WHAT I LOVE, AND HOW TO KEEP GROWING."

NICI KELLERMAN - YOGAWITHNICI.COM

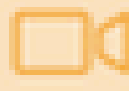











COURSE
CONTENT





SYLLABUS

Take a closer look at the comprehensive curriculum of our Yoga Alliance program. Find below an example of what every chapter looks like:

1 WELCOME & INTROS

-  Essential Info to Get Started 
-  Get to Know Your Teachers 
-  Welcome, Intro & Bali Temple 
-  Tips for Slow-Flow Participants 
-  Etiquette & Useful Tricks
-  How to Video Record Yourself

2 Manuals

-  Teaching Manual – Foundation
-  Teaching Manual – Application
-  Anatomy Manual
-  Scripture Study Manual


7 – Chapter 1.2

-  1.2.1 Sadhana Asana
-  1.2.2 Sadhana Meditation
-  1.2.3 Breath – The Key to Asana
-  1.2.4 Duality
-  1.2.5 Sadhana Pranayama
-  1.2.6 Meditation Intro
-  1.2.7 Yama & Niyama
-  1.2.8 Sadhana Asana
-  Join our Daily Live Q&A (18:00 Bali Time)










8 – Chapter 1.3

-  1.3.1 Sadhana Asana
-  1.3.2 Sadhana Meditation
-  1.3.3 Subtle Foundation
-  1.3.4 Non-Duality
-  1.3.5 Sadhana Pranayama
-  1.3.6 Mechanics of Posture
-  1.3.7 Yama & Niyama
-  1.3.8 Sadhana Asana
-  Join our Daily Live Q&A (18:00 Bali Time)

9 – Chapter 1.4

-  1.4.1 Sadhana Asana
-  1.4.2 Sadhana Meditation
-  1.4.3 Chakras Introduction
-  1.4.4 Significance of the Heart
-  1.4.5 Sadhana Pranayama
-  1.4.6 Posture Study
-  1.4.7 Yama & Niyama
-  1.4.8 Sadhana Asana
-  Join our Daily Live Q&A (18:00 Bali Time)

10 – Chapter 1.5

-  1.5.1 Sadhana Asana
-  1.5.2 Sadhana Meditation
-  1.5.3 Chakras In-depth
-  1.5.4 Self-Inquiry
-  1.5.5 Sadhana Pranayama
-  1.5.6 Posture Study
-  1.5.7 Yama & Niyama
-  1.5.8 Bhajans
-  Join our Daily Live Q&A (18:00 Bali Time)

11	- Chapter 1.6	▲
	📄 1.6.1 Sadhana Self-Practice	
	📄 1.6.2 Sadhana Meditation	
	📄 1.6.3 Path of Yoga	
	📄 1.6.4 Spiritual Heart Meditation	
	📄 1.6.5 Sadhana Pranayama	
	📄 1.6.6 Posture Study	
	📄 1.6.7 Yama & Niyama	
	📄 1.6.8 Sadhana Asana	
	📄 QUIZ PART 1	
	👤 Join our Daily Live Q&A (18:00 Bali Time)	
12	PART 2	▲
	📄 Schedule - Part 2	
13	- Chapter 2.1	▲
	📄 2.1.1 Sadhana Asana	
	📄 2.1.2 Sadhana Meditation	
	📄 2.1.2.C Yama & Niyama Contemplation	
	📄 2.1.3 Part 2 Practicalities	
	📄 2.1.4 Anatomy Intro	

If you will like to explore the whole curriculum click [HERE](#)

BOOK A CALL



CHAT WITH US

ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM

MONEY-BACK GUARANTEE

Experience Excellence with Peace of Mind

With decades of experience and 1100s of satisfied learners, we're confident to offer not one, but a distinct Money-Back Guarantee. Sign up risk-free, knowing you have the option of a full refund either within the first 14 days.

14-Day Absolute Freedom Guarantee:

If our program doesn't meet your expectations in the first 2 weeks, you can easily receive a full refund. Get your money back without any hassle. This straight-forward offer is our genuine commitment to your freedom of choice.





Mandee Parks

"Even if you are not pursuing a teaching career, this program will change your entire outlook on life ."

www.akashayogaacademy.com

" I cannot recommend this program enough to anyone interested in learning more about the practice of Yoga. Even if you are not pursuing a teaching career, this program will change your entire outlook on life.

For an online training course, they do an amazing job at making you feel like you are a part of the community, and like you are there in Bali with them. The teachers are beyond extraordinary. Their love and acceptance are boundless. They truly want to see each student succeed, and are so supportive throughout the journey of the course.

This program, in short, was transformational for me. It brought me closer to myself and the world around me. It helped me see all the possibilities that lived beyond the limitations of my own mind. I have never felt so deeply connected to my heart and body."

ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM



QUESTIONS FAQ

What is the duration of the course?

You have the flexibility to take the course in a way that fits your life, supported by the momentum of a global community of Yoginis. We offer interactive 1-hour live daily Zoom calls, and you can join a minimum of 30 group sessions as your schedule allows.

To help you integrate this educational program into your daily routine, we provide personalized schedule options. We offer customized sample schedules for an intensive format, as well as slower-paced formats that span 2, 3, 4, 5, or 6 months. These options give you flexibility, but you're free to adjust and create your own unique rhythm. Our experienced team is available to support you throughout your journey.

You can receive a full Yoga Alliance certificate by completing the training. Our goal is to help you achieve your certification, and we're here to ensure you reach your milestone smoothly.

Is the online certificate the same as on-site?

The comprehensive curriculum of our fully accredited Online Teacher Training meets & exceeds the standards of the international Yoga Alliance.

When graduating from our interactive online course, you will receive an officially recognized certificate that is identical to an on-site course.

You'll get a regular full-fledged Yoga Alliance certificate that carries exactly the same value and looks exactly the same as one coming from an on-site course.

Interactive tools for online participants?

We've been offering outstanding educational programs for more than a decade and our premium online courses provide a great variety of interactive ingredients. See for yourself:

PERSONAL SUPPORT

You will receive plenty of one-on-one guidance, starting with a customized schedule and continuing with individual support on all levels.

Various practicum assignments give you a chance to send us videos of your own practice & teaching. In turn we provide detailed feedback & personalized supervision for you.

There are so many other interactive communication tools offered: connect directly with us via WhatsApp, email or messenger, ask questions in the forum of our exclusive online platform, interact with your new global Yoga family in private Facebook & WhatsApp groups, etc. It doesn't get much better than this.

LIVE ZOOM CLASSES

We offer 1-hour group daily Zoom call. You can join a minimum of 30 live sessions whenever it fits your personal schedule. This provides the best mix of individual freedom and heart-felt group support. Connect directly with your teachers, ask any question, share your experience & learn from others in our uplifting international community. It's really such a beautiful experience. Trust us on this one.

DAILY ZOOM CALLS

30 live calls per week:

Monday to Sunday, You are required to attend a total of 4 hours per category:

Sundays: Self-Practice – 4 Hours

Mondays: Alignment Training – 4 Hours

Tuesdays: Teaching Methods – 4 Hours
 Wednesdays: Q&A – 4 Hours
 Thursdays & Fridays: Sharing – 4 Hours
 Saturdays: Lead Teachers – 4 Hours
 6 hours of the 30 hours are free to choose.

In addition to the awesome one-on-one and peer-to-peer support, you get full access to all professional materials:

The entire 200 hours are recorded in true high-end audio & and video quality. We produce all sessions in our state-of-the-art Baliwood Film Studio (as compared to the common amateur webcam approach of other schools).

For more than a decade, we've been upgrading & and polishing our 4 Teaching Manuals to perfection. You get free access to useful pdf files & and printed books. In addition to these 700+ pages of complimentary reading, you receive a grand variety of mind-blowing resources on all related topics.

Bottom line: We've got you covered on all levels. Really.

How do you check my poses online, making sure I'm doing it correctly?

If you need one on one assistance we are here to help, you have our full support & dedication to the process, just as if you were on-site with us. We check your asana postures during the class you lead and teach. – Our Support Team are always available for advice and assistance.

Why choose an online yoga

It is simply more convenient and cheaper. You can take it from anywhere, in a full-time schedule or fitting it into your daily life to your availability. In addition, you can go back to the course content anytime you would like to review a class/lesson.

I am a beginner. Are there any pre-requisites?

Experience shows that our foundation program is suitable for beginners with some basic practical experience. There are no specific formal pre-requisites to join this intensive course, although practical experience is of course of advantage. The key is your openness and your sincere enthusiasm!

In what language will the instruction be?

English

BOOK A CALL

What happens if I have questions?

Any questions that arise will be answered via multiple channels (Zoom/Facebook/WhatsApp)

What if I have Internet connection issues?

Don't worry if your internet connection is somewhat slow. Our state-of-the-art system allows for streaming to mobile devices in lower resolution.

But you can even join when you sometimes do not have any online access: It's a special feature of our course that you can download all videos to your devices. This is actually a very unusual & generous offer which most other schools do not offer.

Our download option enables you to join our digital course even with limited online connection.

Who is this course suitable for?

This online yoga teacher training course is for yoga students looking to deepen their practice, as well as those of you who are looking to teach yoga as a professional yoga instructor.

Are there any assessments/examinations?

Please see below for the rough outline of how your participation will be assessed and integral standards measured. As you are taking the program at your own pace, the below schedule will be spaced out accordingly.

W

Week 1 - Quiz, Film & send self-practice.

Week 2 - Film & send 60 min practicum.

Week 3 - Film & send 90 min practicum.

Final Assessment

Certification requirements

Our educational online program is fully accredited by the international Yoga Alliance, and the curriculum meets and exceeds the official standards.

To earn the renowned RYT 200 certificate from the Yoga Alliance, we require dedicated and full-hearted participation, completion of all practicum assignments, understanding of the content demonstrated in simple quizzes and a final exam, and acting in a respectful manner.

You are required to fulfill these obligations to receive the accredited certificate. Please note that tuition payment alone does not guarantee certification from the Akasha Yoga Academy Teacher Training.

We invite you to use all interactive tools we offer to grow into a competent and confident teacher. In our educational programs, we provide outstanding professional quality on all levels, and we trust that our dedication will inspire your own journey.

Successful graduation from our online program authorizes you to become a full-fledged and officially Registered Yoga Teacher (RYT-200).

What time zone are you in?

We are located on the wonderful island of Bali. The local timezone is the same as

Singapore = Australian Western Standard Time (AWST) = WITA
GMT +8 = UTC +8

Makes use of helpful sites like:
www.TheTimeZoneConverter.com

Online Certification

The Akasha Yoga Academy is a Registered Yoga School and a member of the internationally recognized Yoga Alliance (Registry-ID: 87485). The curriculum of our fully accredited Teacher Training meets & exceeds the requirements of this leading organization.

Upon successful graduation from the course, you will receive the officially accredited certificate. This authorizes you to become a Registered Yoga Teacher (RYT-200) and enables you to optionally sign up with the international Yoga Alliance.

Do you offer payment plans?

You can either choose to pay the tuition in full.
Or you can alternatively opt for a convenient payment plan.

Please find the details of this special offer [HERE](#).

You are free to choose between PayPal and Credit Card.
Other options are available on request.

Successful graduation from our online program authorizes you to become a full-fledged & officially Registered Yoga Teacher (RYT-200).

We are registered with the international Yoga Alliance based in the US. However, the different international Yoga Alliance branches across the world share very similar standards for Yoga Teacher Training Programs and Continuing Education. They all maintain an updated registry of certified Yoga Teachers and Yoga Schools and tend to recognize one another.

How much time do I have to get certified?

We do offer 6-Month Access to our Essential program and 1 year to our Premium program.

The dedicated Akasha team offers a generous amount of personal attention to each student: Our premium program incorporates a great variety of interactive elements, such as heart-opening Zoom calls, caring 1-on-1 feedback for various practicum assignments and sooo much more.

In order to get certified by the International Yoga Alliance, participants have to complete their training within 6 months of the time of purchase. The personal guidance ends after 6 months, but experience shows that we will find ways for you to graduate before.

What happens if it takes longer for me to graduate?

The dedicated Akasha team offers a generous amount of personal attention to each student: Our premium program incorporates a great variety of interactive elements, such as heart-opening Zoom calls, caring 1-on-1 feedback for various practicum assignments and so much more.

What payment methods do you offer?

We offer the common & safe options of PayPal and Credit Card. All major cards (such as Visa, Master, American Express) are supported.

Upon request, we can of course also provide other payment channels (such as bank-to-bank wire transfer, Transfer Wise, etc.)

You can either choose to pay the tuition in full. Or you can alternatively opt for a convenient payment plan.

Please find the details of this special offer [HERE](#).

BOOK A CALL

Booking Conditions & Cancellation

Money-Back Guarantee

14-Day Absolute Freedom Guarantee:

If our program doesn't meet your needs in the first 2 weeks, claim a full refund.

Register now, and decide later.
Benefit on all levels. Risk-free.

Can I take this course if I have already completed another 200 Hour Yoga Training course?

Yes! If you've already completed a yoga teacher training course – this is a great addition to your yoga teacher training or simply a great refresher if you took one several years ago. You'll receive valuable yoga books, information, and video content to add on to your previous training.

Can I safely lead yoga classes after completing this program?

On our tropical island we create the ideal conditions for you to grow into a competent and confident instructor. It is wonderful to see how the experience of teaching Yoga can empower and enrich our lives in so many ways. Our strong pedagogical framework and the supportive feedback of our professional instructors empowers participants to feel comfortable as a Yoga teacher. Our curriculum includes tremendous variety, with topics ranging from holding space, to voice training, to leadership qualities, which allow aspiring graduates to become truly inspiring teachers.

BOOK A CALL

A crucial factor in becoming a good Yoga teacher is practice. Our Teacher Training emphasizes the direct experience of teaching students in a studio setting. Five practical assignments help the student-teacher cultivate and eventually master the skills needed to successfully teach their own classes. After the practicum sessions the aspiring instructor receives systematic feedback from peers, and very thorough feedback from our advanced supervisors.

VISIT OUR SITE [HERE](#) FOR MORE FAQ

Start Your Yoga Journey Today!

BOOK A CALL



CHAT WITH US

ENROLL NOW

OUR VISION FOR YOU



"To find teachers with so much depth, passion & dedication is quite unique." Valerie, Curaçao



OUR VISION FOR YOU

OPEN YOUR HEART – TRANSFORM YOUR LIFE

Uncover the profound relationships
between body, mind, soul & Spirit

LIVE A FULFILLED LIFE OF PASSION & PURPOSE

Experience how genuine Yoga can
actually benefit all areas of your life.

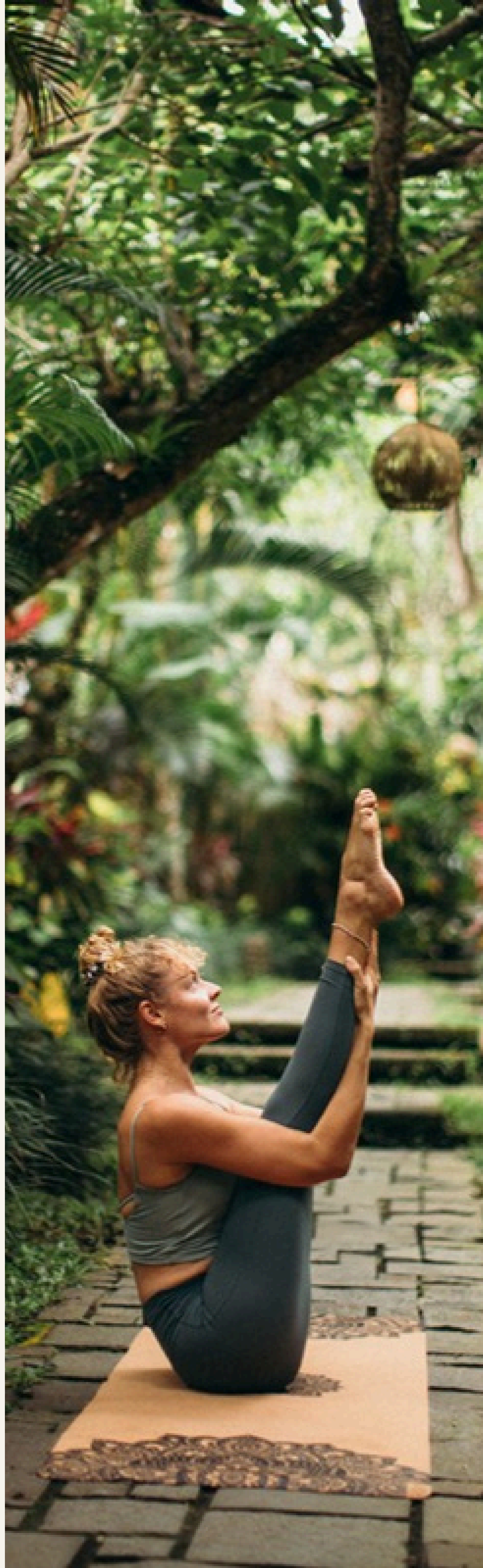
OUR MISSION

DEEPEN YOUR KNOWLEDGE & PRACTICE

Learn & experience a deeper level of
Yoga in both philosophy & practice.

At Akasha, we take the authentic essence
of breath-based Yoga and present it in a
way that empowers you to become a
confident self-practitioner, that deepens
your knowledge & experience of the
wisdom of Yoga, and enables you to
share your love of Yoga with others.

ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM



Plus you get these incredible bonuses for FREE!

Value
\$190

BONUS #1

1-on-1 Asana Feedback (for Premium Plan)

Detailed review of your postures to keep you safe. Your personal Mentor Teacher provides truly personalized feedback on your alignment.

This bonus gives you interactive guidance to refine & empower your practice.



Value
\$59

BONUS #2

Design Your Schedule

Receive a tailor-made, personalized schedule. Get empowered to complete this course successfully.

This helpful customization service allows you to fit our flexible course into your daily life.

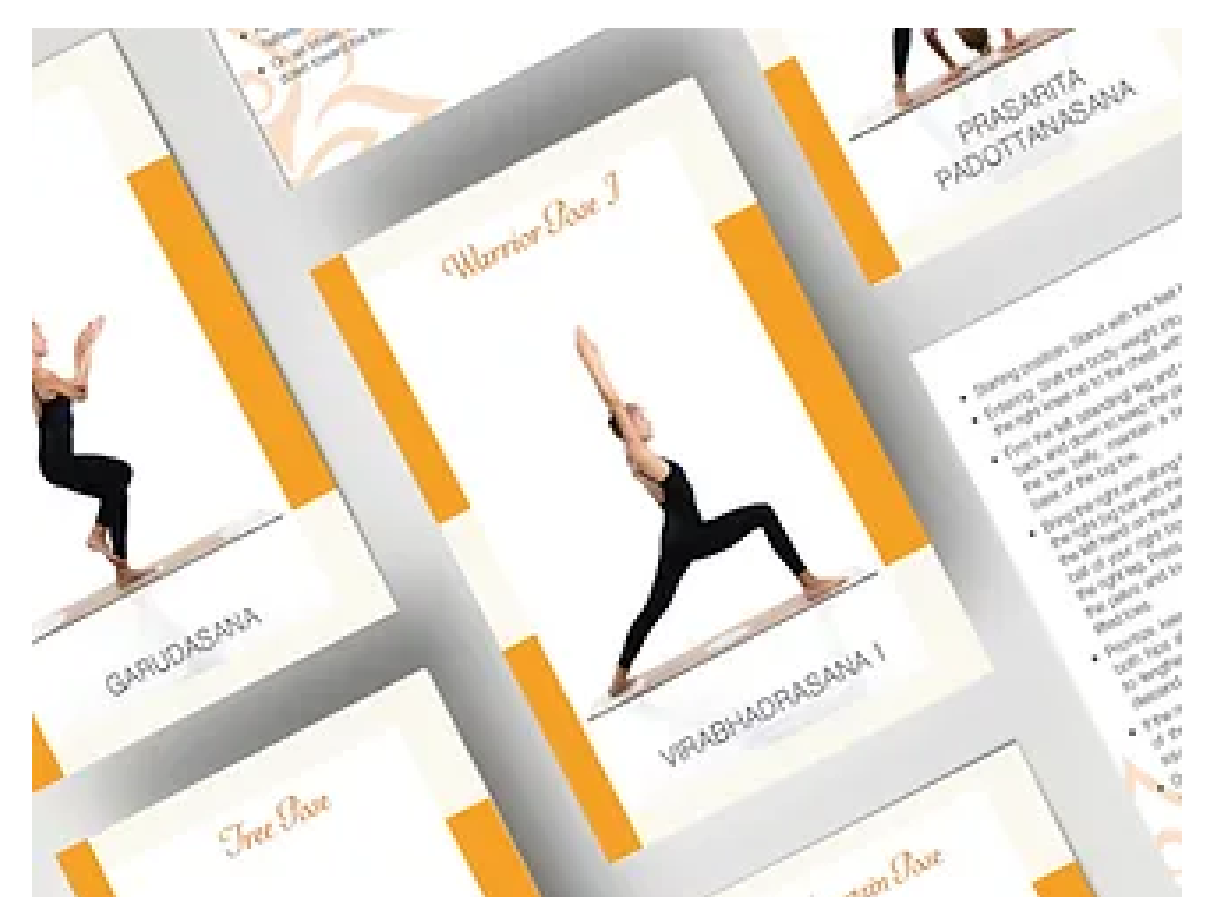


Value
\$35

BONUS #3

Asana Study Flashcards

These Asana study flashcards were made especially for you to memorize the teaching cues. The Asanas in this card deck are part of Akasha's 200-Hour Teacher Training.



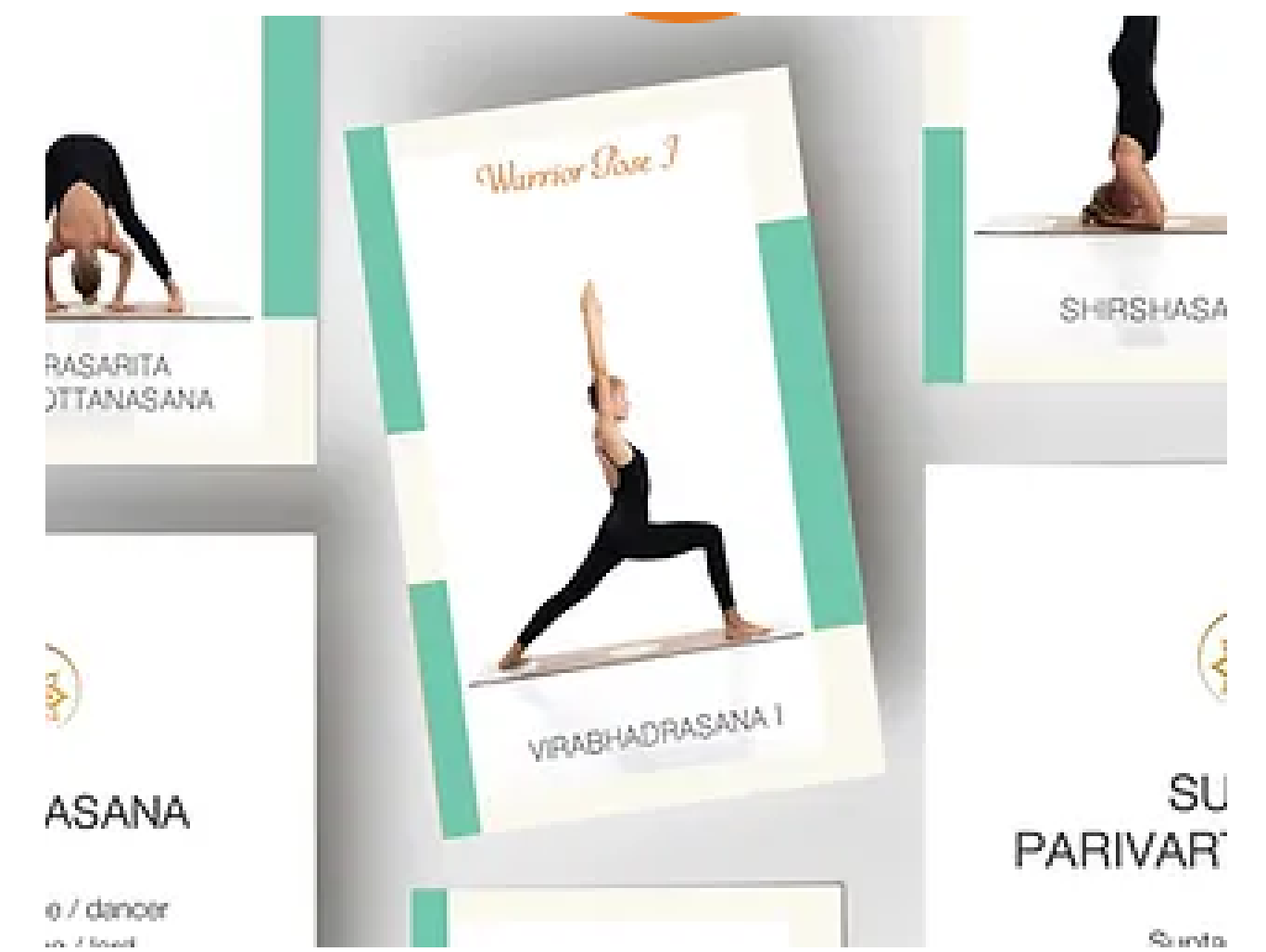
Plus you get these incredible bonuses for FREE!

BONUS #4

Sanskrit Study Flashcards

These Sanskrit study flashcards were made especially for you to memorize the Sanskrit names of the Asanas. The cards in this deck are part of Akasha's 200-Hour Teacher Training.

Value
\$35



BONUS #5

Poster Asana Poses

Poster with all the Asana's covered in our 200-Hr Yoga TTC in high image quality. Perfect to show case at home or your Yoga studio.

Value
\$69



BONUS #6

The Art & Science of Teaching

Unite ancient wisdom with modern methods. Elevate your teaching with a fusion of yogic artistry and evidence-based science. Perfect for aspiring and seasoned instructors.

Value
\$39



Plus you get these incredible bonuses for FREE!

BONUS #7

Yoga in Daily Life

Discover 'Yoga in Daily Life': our bonus book delving into Yama & Niyama, yoga's ethical foundations. Learn to integrate these virtues into everyday life & practice.

Value \$55



BONUS #8

Yoga Liability Waiver

This waiver template is an essential document for any Yoga teacher that informs the students of the risks involved in practice and can also protect you and your business from any legal issues.

Value \$19



BONUS #9

Resume Yoga Teacher

An important and helpful component in seeking yoga teaching opportunities is a professional resume. A resume helps to give potential employers a snapshot of your background and mission statement to help you get your foot in the door for an interview or audition.

Value \$19



Plus you get these incredible bonuses for FREE!

Value
\$19

BONUS #10

Cover Letter Yoga Teacher

A well-written cover letter will show potential yoga employers that you are organized and professional. It will also help them understand why you are a good fit for the position. Cover letters allow potential employers to understand who you are and encourage them to read your resume.



BONUS #11

Intake Form New Clients

You can use this sample New Yoga Client Intake and Health History Form to learn about their health history background. It is recommended to have a complete health history so you can address key issues and make sure you focus on what matters to your students.

Value
\$35

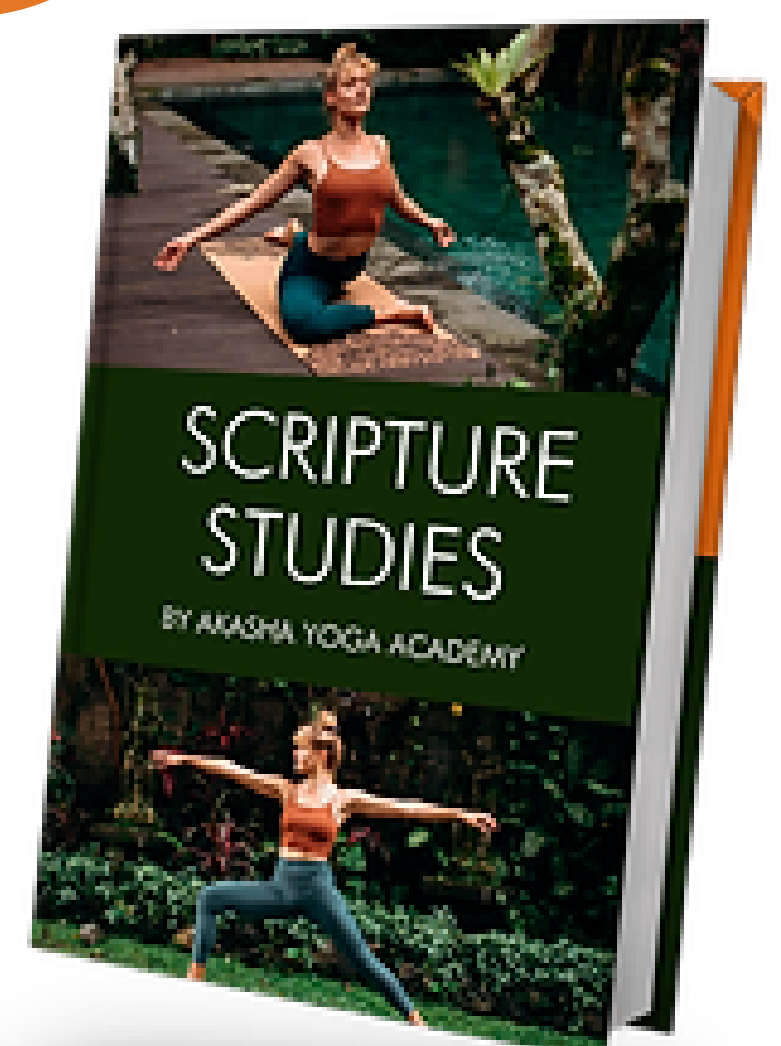


BONUS #12

Scripture Study Book

Explore timeless pearls of wisdom in our Scripture Studies Book

Value
\$29



Plus you get these incredible bonuses for FREE!

Value
\$19

BONUS #13 Yearly Planner

Set a vision for your life and intentions with this monthly planner. Calendar pages provide room for notes and schedule-keeping. Filled with inspiring images, quotes, and reflection pages to give yourself the space to go deeper and reflect on why you strive for those things on your list and what motivates you to keep going.



BONUS #14 Ayurveda Foundation Course Bundle

Value
\$498

In this self paced program you will receive classes on demand, unlimited program Access and personal support & guidance by the Yoga Veda Institute.

This is a Recognized Foundation Program which includes the following courses :

- Sister Science Foundations Course
- Foundations of Ayurvedic Nutrition Course
- Foundations of Yoga Therapy Course



Start Your Yoga Journey Today!

BOOK A CALL

CHAT WITH US

ENROLL NOW



Arianne from Canada

"The Akasha teachers are the most incredible role models for us to be able to see what that lifestyle looks like. The kind of energy, personality and the love that they share is just amazing."

www.akashayogaacademy.com

" For me the course was not only inspiring, but transformative!

I first got into yoga for the asana practice, but I soon realized that there was more to it.

I have found so much meaning in the teachings of yoga and I am ready to apply them to my life. Moving forward, I know that I can trust in myself and in the universe.

For the first time in my life, I feel connected."

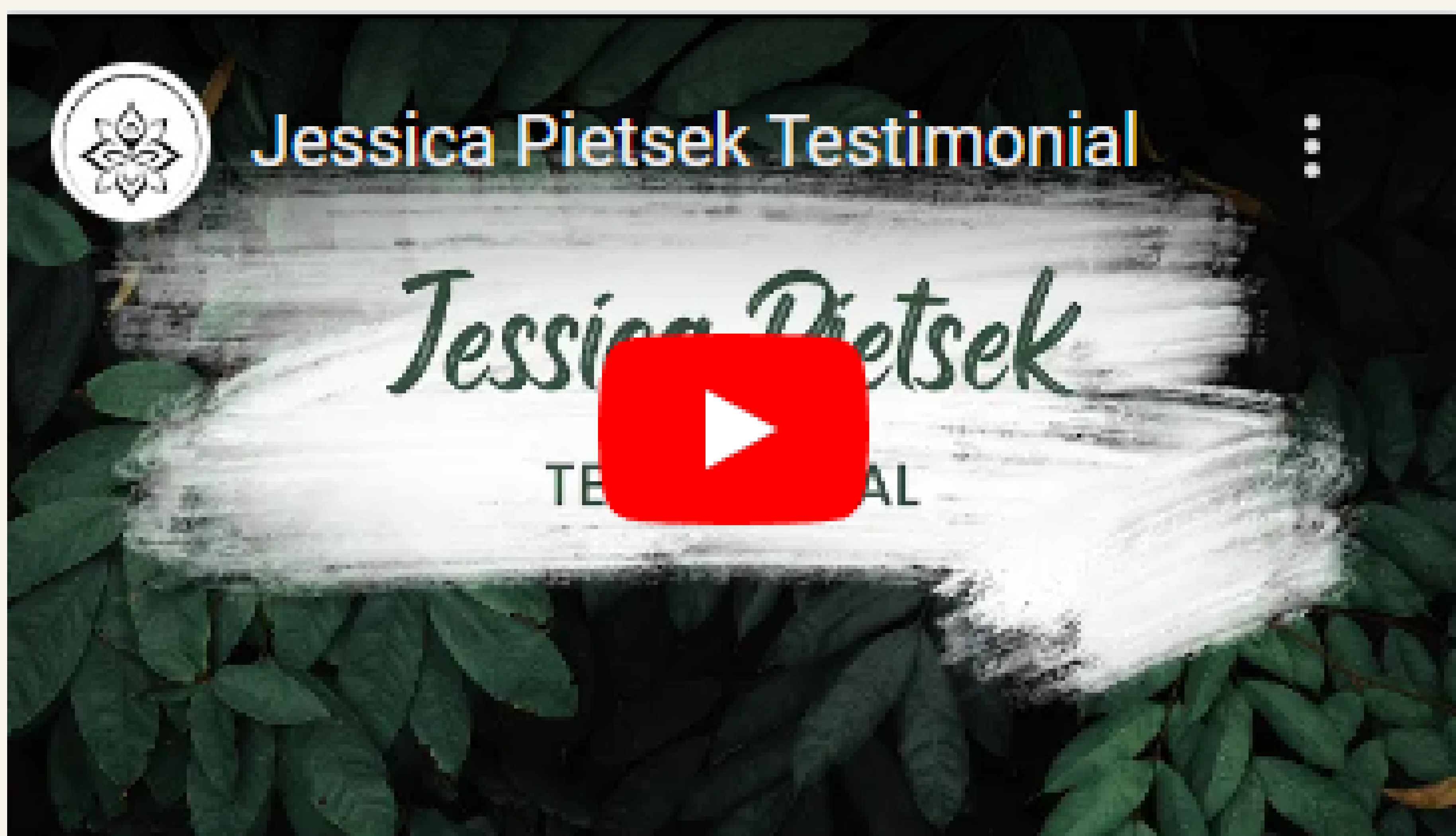
Ale Zamora

"I just found that yoga brought me balance and brought me so much love for myself that helped me to ground to stay centered"



Hear from Jessica Pietsek

"I think my favorite thing about the whole process is was to understand the importance of surrender and acceptance"



GIVING BACK

It's in giving that we receive

We are living in truly special times, and now after over a year of lockdown, more than ever is the time to support each other.

The people of Bali need our help! We feel a strong call to give back to these amazing people, who always hosted us with open Hearts by donating a percentage of your Tuition fee.



LOCALS LEFT WITHOUT WORK & FOOD

Bali is immensely affected by the Covid-19 lock down, as the island strongly relies on tourism. Airport & borders are still closed for foreigners, and many locals are running out of resources. Simple people suffer the most: cleaners, drivers, hotel, restaurant & spa staff. Your generosity will help make a huge positive impact until they can welcome visitors on this beautiful island again.

PROVIDING SUPPORT

This is the moment to take action — and it's so easy: We collaborated with a trustworthy local charity, Plastic Exchange, that distributes food to hungry workers.



LEARN MORE

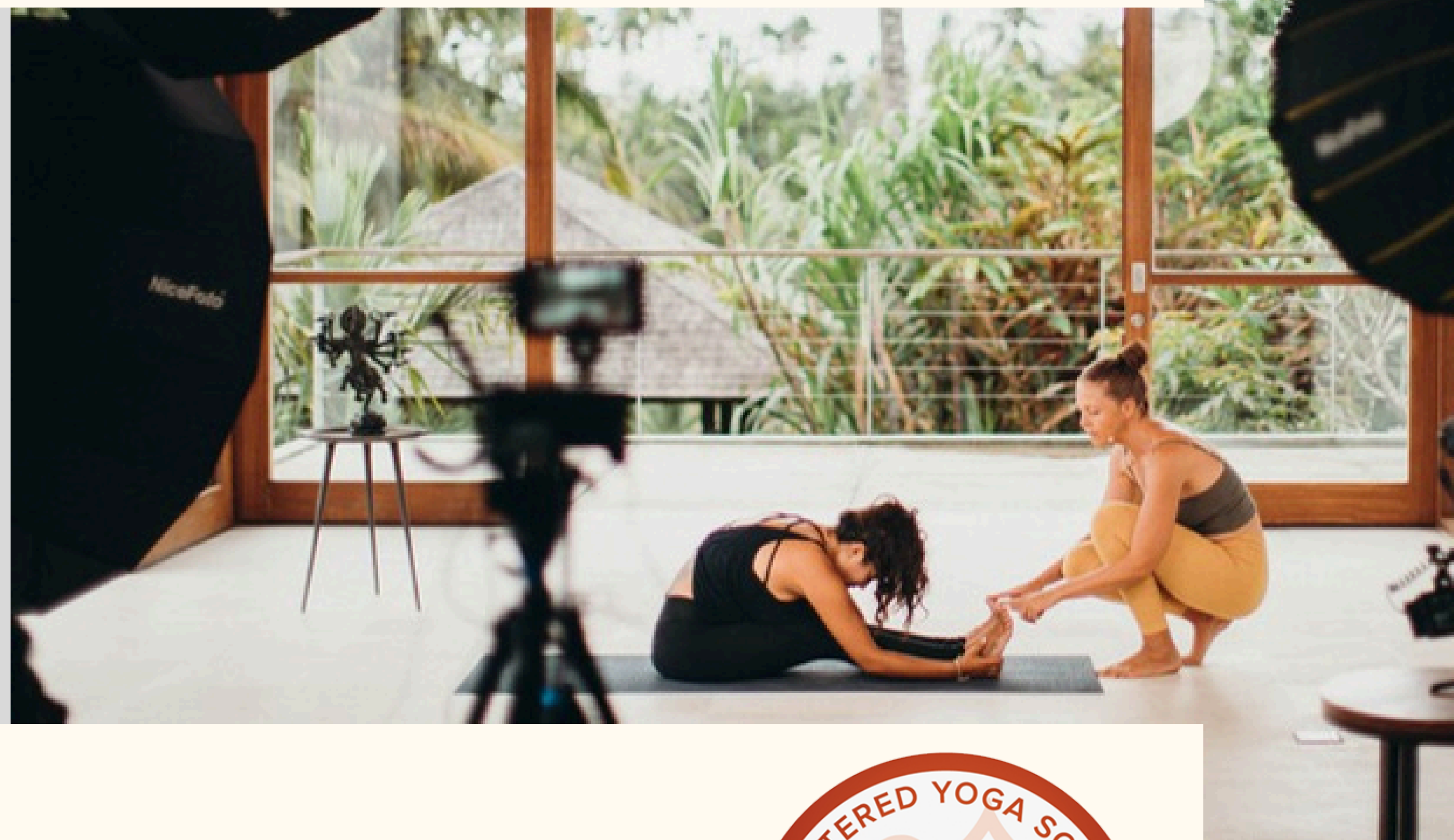
ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM

STUDY WITH THE BEST

At Akasha, we pride ourselves on being a top-rated yoga school, where our heart-centered yoga teacher team fosters a deep family connection. We're eager to share our passion for yoga and life with you. Our commitment is to personally guide you through an authentic and transformative teacher training program, offering support on every level.

Join our trusted and time-proven training to not only deepen your practice but also to emerge as a competent and confident Yoga Teacher. Evolve with our educational programs that are renowned for their superb level of quality, expertise, and excellence.

In the nurturing and loving family atmosphere of Akasha, you will be guided by passionate and dedicated senior teachers. These are Experienced Registered Yoga Teachers (E-RYT-500), embodying the highest level of teaching standards, ensuring that you receive an education that truly reflects our status as a top-rated school.



OFFICIALLY CERTIFIED



Our curriculum is fully accredited & certified by the International Yoga Alliance, and you get empowered as a Registered Yoga Teacher RYT-200. Our lead teachers are Experienced Registered Yoga Teachers at the highest level (E-RYT-500), and since 2012 the Akasha Yoga Academy is a Registered Yoga School



AKASHA
YOGA ACADEMY

TESTIMONIAL

Some Words From Our Graduates



Coral from the US

I came to deepen my own practice, with no intention to teach, but I am leaving with a passion to share this energy and the lessons I have learned here. The support from the teachers and students made me abandon my fears that I held on to and gain the confidence in all areas of my life that I was lacking. I really feel like a new person ready to shine and to share what I have learned!



AKASHA
YOGA ACADEMY

WE WANT TO SEE YOU SHINE

You are taking a huge step forward. An authentic yoga teaching training course takes time, commitment, self-compassion, and expert teachers who have been there.

That's why we designed a holistic, professional program that dives deep into practical and spiritual Yoga fundamentals while remaining accessible to all levels of learning.

No matter where you're starting from, we want this to be the best investment of your life.

YOU CAN RELY ON:

- ✓ Experienced Registered Yoga Teachers at the highest level (E-RYT-500)
- ✓ A decade of teaching more than 1100 certified Yoga instructors worldwide, who are now teaching on all 6 continents
- ✓ As a top-rated school, our consistent 5-star reviews and heartfelt testimonials speak volumes

Experience the breath-taking quality & benefits of our premium
200-Hour Online Yoga Teacher Training

Start your journey into the heart of Yoga!

ENROLL NOW

ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM